



Sous Vide Duck with Red Bliss Potatoes and Haricot Verts

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Ingredients:

12 each skin on duck breast
8lbs red bliss potatoes
3lbs carrots
1 T vanilla extract
2lbs fresh haricot verts
1 qt red wine
2 cups white sugar
2 oz thyme
12 cloves garlic
Salt and pepper
Canola oil

Instructions:

Duck

- Score the skin of the breast in a crisscross and pattern season with salt and pepper. Render the fat off in a sauté pan over medium heat for 10-15 min.
- Remove from heat and chill duck in refrigerator.
- Heat water with sous vide machine to 130 f. Place duck in sous vide bags and seal. Immerse in water for 1 hour up to 4 hours.
- Remove from water bag, pat dry and return to sauté pan cooking to medium with crisp skin. Rest and slice thinly.

Vanilla scented carrot purée

- Peel and rough chop carrots, place in a pot with water, season with salt and simmer until tender. Reserve 1/2 cup water.
- Strain and purée, seasoning with vanilla and salt.

Red Bliss Potatoes

- Quarter potatoes and season with oil, salt and pepper. Roast at 425 for 25-30 min until golden brown.
- Sautéed haricot verts
- Clean and portion beans, heat pan over med heat with oil and sauté 3-5 min season with salt and pepper.

Red wine reduction

- Simmer wine thyme and sugar until desired consistency.