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SMARTTECH ITALIA onfalos SONO MARCHI REGISTRATI.



# MULARD DUCK BREAST, SWEET-STRONG ORANGE AND SPICE SAUCE, WITH GOLDEN FRUIT & WINTER VEGETABLES

*An original reinterpretation of the classic duck à l'orange: a dish rich in flavour and Oriental perfumes. Its golden, lively hues create a delightful presentation.*

Onfalós hotplate temperature 180 °C



## SERVES 4:

2 Mulard duck breasts, 350 g each  
fleur de sel and freshly ground white pepper

### For the sauce

1 kg oranges (unwaxed)  
100 g acacia honey  
15 cl Xérès vinegar (or red wine vinegar)  
1 tsp coriander seeds  
1 tsp fennel seeds  
1 small piece fresh ginger  
1 small piece cinnamon stick  
1 shard macis

### Fruit and vegetables

1 apple  
1 pear  
1 small celeriac  
1 fennel  
2 turnips

### Garnish

8 small lemon or orange leaves

## METHOD

- Use an ordinary kitchen stove burner to make the sauce and cook the fruit and vegetables.
- Peel 500 g oranges, cut the orange zest (no white pith) into fine strips and squeeze the oranges to obtain about 250 ml juice.
- Use the remaining oranges to obtain 12 segments (3 for each person); peel each segment.
- To make the sweet-strong sauce: boil the orange juice in a saucepan with the honey and spices. Allow to reduce over a medium heat until the sauce becomes slightly syrupy. Add the vinegar, bring the sauce back to the boil then strain it into a clean saucepan. Tip in the orange zest strips and allow the sauce to reduce further.
- Peel the celeriac and turnips and cut them into 5mm slices. Use a round biscuit cutter to obtain 6cm discs.
- Trim and wash the fennel, cut it into 5mm slices.
- Place the vegetables in separate saucepans in cold, lightly salted water and bring to the boil. Cook the celeriac discs and fennel slices for 2 minutes and the turnip discs for 5 minutes.
- Peel the apple and pear, slice in half, remove the core then cut into 5mm slices.
- Heat Onfalós hotplate to 180 °C.
- With a very sharp knife cut X shapes into the duck fat then cut the breasts in half lengthwise to obtain 4 pieces.
- When the Onfalós plate is hot put the duck breasts on it, fat side down, and cook for 7-8 minutes. Turn the meat over and cook on the other side for 3-4 minutes.
- Meanwhile, place the vegetables (celeriac, turnips and fennel) and the apple and pear slices on the plate and allow them to brown gently in the duck fat. Cook for 5-6 minutes on each side.
- When the duck is cooked, place it on a grille (with a dish underneath to catch the juices), cover with aluminium foil to keep it hot and leave to rest for a few minutes. The duck meat will be even more tender.
- Add the orange segments to the sauce and heat through.

## PRESENTATION:

Place a whole piece of duck breast (or sliced lengthwise) in the middle of each plate, adjust the seasoning. Arrange the vegetables and fruit around the meat together with three orange segments, drizzle with hot sauce and garnish with a few strips of orange and two leaves.