

Roasted Challans Duck with Honey & Sesame, Kumquat & Celery Roots



A nice duck can feed six to eight people. Buy it one week in advance, dry age it in the fridge so its skin gets crispier.

Serves: 4

Profitability:

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Ingredients:

CELERY ROOT WEDGES

1 celery root, peeled & sliced 2cm thick

350ml orange juice

20g butter

1 sprig thyme

CELERY ROOT PUREE

1 small celery root, peeled & diced

500ml milk

1 bay leaf

1 lemon, juiced

Salt

KUMQUAT CONDIMENT

200g kumquats, washed

120g sugar

1 star anise

1 lemon, juiced

2 tsp rock salt

ROAST DUCK

1 Challans duck

60g honey

2 1/4 tsp white sesame seeds

Salt

TO FINISH

Fleur de sel

Cracked black pepper

Duck jus

Few leaves dandelion

Steps:

CELERY ROOT WEDGES

Slice each celery root into 6 wedges

Put them in one layer in a pan, add the orange juice, butter and thyme, and cook on low heat for 15-20 minutes. Reserve in the cooking liquor

CELERY ROOTS PUREE

Put the celery root in a pan, cover with milk, add the bay leaves and salt

2. Cook until tender and mix until smooth with the lemon juice

KUMQUAT CONDIMENT

Put the kumquats in a pan and cover with water. Bring to a boil, strain and refresh under cold water. Repeat two more times

Put the blanched kumquats in a pan with the sugar, salt and star anise and cover with water. Bring to a simmer and cook for 45 minutes

Strain, reserving the cooking liquor. Mix the kumquats with a little of the cooking liquor until you obtain a smooth purée

Season with the lemon juice. Keep in a squeeze bottle in the fridge until needed

ROAST DUCK

Preheat the oven to 235°C

Remove the legs from the duck and reserve. Leave the breast on the bone

Rub the breast with honey, giving the entire skin a good coating. Spread the skin uniformly with sesame seeds and season with plenty of salt

Roast for 16 minutes. Turn the meat over 90 degrees every 4 minutes to check that it is cooked. Make sure the thickest part of the breast is hot to the touch on both sides. Take the breast out of the oven and rest for 25–30 minutes at room temperature

TO FINISH

Reheat the celery wedges in their cooking liquor and then place on a plate

Reheat the celery root purée and put a quenelle on the plate

Slice the duck breast and put a slice on each plate, season with fleur de sel and cracked black pepper. Add a dot of the kumquat condiment

Pour the jus and garnish with the dandelion leaves