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THAT'S THE WAY YOU LIKE IT AT THE **canteen** —  
*by pace*

## DUCK BREAST WITH ORANGE AND OVEN CARROTS



### INGREDIENTS:

For 2 people

2	duck breasts
300 g	potatoes, floury
50 ml	milk
20 ml	cream
15 g	butter
1	orange
300 g	carrots
10 g	butter
30 ml	vegetable stock/broth
100 ml	gravy



### PREPARATION:

1. Peel the potatoes, cut into 3 cm pieces and boil in salted water until soft.
2. Remove the tendons from the duck breast and carefully score the fat layer
3. Peel the carrots, cut in half lengthwise and cut into crescent-shaped
4. Peel and fillet the oranges
5. Heat the milk, cream and butter together in a pan
6. When the potatoes are soft, press them through a potato ricer, add the cream and milk mixture and taste everything
7. Fry the duck breast in sunflower or rapeseed oil and place in a pre-heated oven (160°C) and cook to a core temperature of 55°C. Then leave to rest.
8. Heat the butter in a pan, add the carrots, season, add a little vegetable stock and cook until the carrots are al dente.
9. Cut the duck breast into thin slices.
10. Arrange the components as shown in the picture.

