



# Poached duck with Brussels sprouts, apple and buckwheat

by [Paul Foster](#)

servings4 1 hour 30 minutes

## Ingredients

Poached duck	2 duck breasts, plump	<input type="checkbox"/>
	200ml of soy sauce	<input type="checkbox"/>
	100ml of red wine	<input type="checkbox"/>
	2 tbsp of honey	<input type="checkbox"/>
	400ml of brown chicken stock, reduced to 200ml	<input type="checkbox"/>
Brussels sprout purée	400g of Brussels sprouts	<input type="checkbox"/>
	50g of butter	<input type="checkbox"/>
	200ml of white chicken stock	<input type="checkbox"/>
	100g of spinach, washed	<input type="checkbox"/>
	20ml of white wine vinegar	<input type="checkbox"/>
	1 tsp Dijon mustard	<input type="checkbox"/>
	50ml of rapeseed oil	<input type="checkbox"/>
	salt	<input type="checkbox"/>
Apple	pepper	<input type="checkbox"/>
	1 Granny Smith apple	<input type="checkbox"/>
	100g of caster sugar	<input type="checkbox"/>
	70ml of water	<input type="checkbox"/>
Garnish	2 sprigs of fresh thyme	<input type="checkbox"/>
	20g of buckwheat, puffed	<input type="checkbox"/>
	20g of caster sugar	<input type="checkbox"/>
	1 handful of baby watercress, or chickweed	<input type="checkbox"/>
	sea salt	<input type="checkbox"/>

# Method

- 1 To start the dish, tightly seal each duck breasts in individual bags. Place into a water bath at 60°C for 40 minutes, remove and allow to cool
  - 2 duck breasts, plump
- 2 Once the duck has cooled to room temperature, remove from the bag and gently remove the skin from the breast (being careful not to tear the flesh) and set aside
- 3 Cut the breast in half lengthways down the centre, wrap tightly in cling film and store in the fridge until required
- 4 Preheat the oven to 160°C/gas mark 2
- 5 Place the skin on a baking sheet lined with baking paper and cover with another piece of the same size. Weigh down with another baking sheet, press down and place in the oven for 20 minutes
- 6 Remove and drain on kitchen paper to absorb any excess fat until cool. Once cool, chop the skin - it should be crispy and easy to chop into small pieces - and keep in an airtight container until required
- 7 For the glaze, combine the soy, honey and red wine in a small saucepan. Bring to a gentle simmer and reduce to a glaze - similar in consistency to honey. Whisk in the chicken stock to thin out slightly and set aside at room temperature until required
  - 200ml of soy sauce
  - 100ml of red wine
  - 2 tbsp of honey
  - 400ml of brown chicken stock, reduced to 200ml
- 8 For the Brussels sprout purée, use a knife to remove a small part of the base of each sprout. Remove and reserve 2-3 of the nice, large outer leaves of each sprout. Place the leaves in boiling salted water for 20 seconds, then strain and refresh in iced water
  - 400g of Brussels sprouts
  - salt
- 9 Finely slice the remainder of the sprouts. Melt the butter in a saucepan over a high heat and add the sliced sprouts. Season with a pinch of salt and cook for 2 minutes
  - 50g of butter
  - salt
- 10 Add the chicken stock and bring to the boil. Once boiling, remove from the heat and add the spinach. Transfer into a blender and, starting on a low speed, blitz for 20 seconds before increasing the speed to achieve a smooth, thick, spreadable purée
  - 200ml of white chicken stock
  - 100g of spinach, washed
- 11 Season the purée to taste, cover with a sheet of cling film so that it is in direct contact with the surface of the purée and refrigerate until required
  - pepper
  - salt
- 12 To make a basic dressing for the sprout leaves, whisk together the vinegar, Dijon and rapeseed oil in a bowl and set aside
  - 20ml of white wine vinegar
  - 1 tsp Dijon mustard
  - 50ml of rapeseed oil
- 13 For the apple, mix the sugar with 20ml of the water and thyme and bring to a golden brown caramel. Bring the remaining 50ml of water to the boil in a separate pan and then whisk into the caramel
  - 100g of caster sugar

- 100g of caster sugar
- 70ml of water

**14** Peel and core the apple, cut into quarters and then cut into small, evenly sized wedges. Once the caramel has cooled, spoon into vacuum pack bags with the apple slices and thyme and seal tightly to compress the apple. Leave for approximately 2 hours in the fridge

- 1 Granny Smith apple
- 2 sprigs of fresh thyme

**15** Combine the puffed buckwheat and sugar in a pan. Place over a medium heat and, while stirring, slowly caramelise and candy the buckwheat. Pour onto a tray and allow to cool. Once cool and set, break up into small pieces

- 20g of buckwheat, puffed
- 20g of caster sugar

**16** Before serving, remove the duck from the fridge and allow to come up to room temperature. Brush with the glaze and sprinkle with a light coating of the duck crackling. Gently warm the sprout purée to a lukewarm temperature and spread onto the centre of each plate

**17** Place the duck on top and add 3 slices of the apple and some of the lightly dressed sprout leaves. Garnish with a few pieces of the buckwheat and some watercress or chickweed. Lightly season with sea salt and serve immediately

- 1 handful of baby watercress, or chickweed
- sea salt