

Braised duck breast with a Floc de Gascogne sauce



Ingredients for 4 persons

- 500g duck breast
- 1 Golden apple, 1 Granny Smith, 1 Royal Gala
- 1 Comice pear
- 1 bunch of small white grapes
- 4 semi-candied plums (or Agen prunes)
- 1 glass of Floc de Gascogne Rosé
- 250ml of stock (preferably duck)
- Salt and pepper
- 1 teaspoon duck fat
- 1 verjuice or white wine vinegar
- 1 coarse salt and cracked pepper

Fruit preparation:

Wash each fruit thoroughly to keep the skin. Cut the apples and the pear in half. Only half of each fruit is used.

Cut these halves into four equal parts, taking care not to mix the fruit.

Remove the semi-candied plum kernels (these are plums which have been stopped cooking before reaching the prune stage. They have the advantage of having a high concentration of sugar while keeping the softness of the fruit fresh).

In a frying pan brown each variety of apple and pear in a knob of butter to give them a nice caramelised colour

Do the same for the plums.

Cooking the duck:

Heat a pan, preferably with duck fat.

Season the duck and brown it on each side. When the duck is sautéed, remove all the fat from the pan and pour in the Floc de Gascogne Rose with the duck breast

Let the duck poach in the Floc for about twenty minutes, depending on the size. Turn the duck breast halfway through cooking. Reserve in a dish and cover with a sheet of aluminum foil.

Reduce the syrupy Floc, then reserve into a small container. Leave to rest.

Add the duck stock to the pan. After having degreased it (the fat rises to the surface), pour the reduced Floc into the duck stock.

Bring everything to a boil and finish cooking the fruit over low heat in this sauce. The juice should thicken slightly. At the last moment, add the grapes and prunes, just to reheat them while keeping their beautiful color.

Dressing:

Cut the duck breast into thick slices, and reconstitute it on an oval dish.

Place the fruit all around, trying to mix the colors.

Drizzle the duck breast with the hot sauce to which you will have added the verjuice or white wine vinegar

Adjust seasoning. Place a few grains of salt on the duck with a few coarsely crushed black peppercorns