



Rezepte aus der Behr Küche

SalaRico with breast of duck and apple and walnuts



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1 SalaRico
1 slightly sour apple
50 g walnuts
2 shallots
50 ml Calvados
2 tbsp. honey
Pinch of salt
300 g breast of duck
A little oil for frying

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Vigorously sauté the duck breast in a pan on its skin side for about 5 minutes, turn and sear the meat on the other side for 2-3 minutes. Drain off surplus fat. Finish cooking in a pre-heated oven at 200°C (Gas Mark 6/400°F) for 12-15 minutes, wrap in aluminium foil and leave to rest for 5 minutes. Core the apple and slice into thin rings with the shallots. Fry in the pan with very little oil until golden, deglaze with Calvados and briefly simmer. Caramelize the walnuts with the honey in the pan (no oil). Wash, quarter and cut the SalaRico into strips, arrange on a plate or large dish with slices of duck breast and the remaining ingredients.