

Duck breast with Mac Tourn



Serves 4 : 

Preparation 30 mins : 

Cooking time 20 to 30 mins : 

INGREDIENTS

- Four 200g duck breasts pre-scored in crosses
- Salt, Pepper and Oil
- 200g of thickened veal stock or 250g of duck stock thickened with kneaded butter and flour
- 4 slices of dried Mac Tourn (also called Malabar Orange or Beal Fruit) or a small teaspoon of orange flower
- A large spoonful of Grand Marnier or a large spoonful of Cointreau if you don't have Grand Marnier.

RECIPE

Sear the seasoned duck breasts on the fatty side on medium heat in a non stick frying pan. Turn them over from time to time for 10 minutes. Take them out of the pan, cover them with foil and keep them somewhere warm. Rinse the pan and deglaze it with half a glass of water, and then boil it to melt the juices. Once the water has almost evaporated, add the thickened veal stock and the previously washed and dried Mac Tourn slices. Stew slowly for a few minutes and then take out the Mac Tourn and put them on one side for decoration later. Strain the juice through a conical wire mesh strainer and keep it warm in another small saucepan. Check the seasoning and then add the Grand Marnier to the hot sauce just before serving.

COOKING TIPS

The ten minutes where the duck breast are out of the pan means that the meat remains nicely pink, but make sure you always keep them hot. Serve the duck breasts either whole or cut in strips. Coat them with the sauce and add slices of Mac Tourn as decoration. This dish goes well with gratin dauphinois or sautéed potatoes and fresh vegetables with butter.

Seun Seb = Enjoy your meal in Lao!

★ ຮ້ານອາຫານ “ເລເລຟອງ” **L'Elephant Restaurant** ★

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