SLICED DUCK BREAST WITH SESAME SEEDS WITH PEAR AND GINGER SAUCE



Chef: Gianluca Galliera

Menù Ingredients

15 g Glassa all'aceto balsamico di Modena IGP - Balsamic glaze - D20
180 g Salsa di Pere e zenzero – Pear and ginger sauce - TV7
20 g Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5
60 g Semi di sesamo - R00

Ingredients

900 g duck breast
60 g sesame seeds
to taste salt
to taste pepper
6 g fresh mint

Method

For 6 People
Score the skin on the duck breast. Coat both sides in sesame seeds. Heat the olive oil in a frying pan and place the duck breast in the pan skin-side down. Cook for 2-3 minutes on both sides until the sesame seeds are toasted. Slice the duck breast, season with salt and pepper and place in a roasting tin lined with grease-proof paper. Spread the Salsa di pere e zenzero on top of the meat. Cook in a pre-heated oven at 180 °C for 7-8 minutes (the duck breast should be pink in the middle). Serve and garnish with a few drops of balsamic vinegar glaze, the sauce in which the duck was cooked and some fresh mint leaves.

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