

## SLICED DUCK BREAST WITH SESAME SEEDS AND SALSA DI PERE E ZENZERO



### Menù Ingredients

15 g Glassa all'aceto balsamico - 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

**Chef:** Gianluca Galliera

### 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.