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Sauces

Like the icing on a cake, a great sauce adds the finishing touch to a dish.

Roasted Duck Breast With Glazed Mango & Balsamic Sauce

Serves 4

4 x 150g duck breasts
Salt, freshly ground black pepper
and crushed black pepper, to taste
Potato mash and glazed mangoes, for serving

Balsamic Sauce

25g **Haco Classic Demi-Glace**
250ml lukewarm water
2 thyme sprigs
Cooking oil, for sautéing
2 shallots, peeled and diced
1 garlic clove, peeled and sliced
200ml sherry
100ml balsamic vinegar
5g sugar

- For the balsamic sauce: Mix the **Haco Classic Demi-Glace** and 250ml lukewarm water in a saucepan and bring liquid to a boil, stirring constantly until smooth. Reduce heat, add in the thyme sprigs, and simmer for about 3 minutes. Remove saucepan from the heat and set aside.

Heat another saucepan with cooking oil and sauté the diced shallots and sliced garlic until fragrant. Add in the sherry, balsamic vinegar and sugar, and simmer until sauce coats the back of a spoon. Return the **Haco Classic Demi-Glace** to the saucepan and simmer for about 3 minutes. Strain the sauce through a chinois and set aside.

- Season the duck breasts with salt and freshly ground black pepper. Heat a sauté pan with cooking oil and sear the duck breasts until well-browned. Transfer the seared duck breasts into a roasting pan, and roast in a preheated oven at 180°C. Remove the roasted duck breasts from the oven and set aside to rest for 5 minutes before slicing it.
- To serve: Place the potato mash onto each serving plate and top with the roasted duck breast slices. Spoon the balsamic sauce over and garnish with glazed mangoes. Sprinkle with crushed black pepper all over the plate.