



Trio of Flavors on a Stick: Duck Mousse, Duck Breast and Meringue-Berry

READY IN



140 min.

SERVINGS



12

CALORIES



327 kcal

SIDE DISH

Ingredients

- 2 large fuji apples diced cored peeled
- 1 pint blackberries
- 3 slices brioche bread dry for 1 hour cut into 12 to 16 cubes, set out to air
- 1 skin-on duck breast
- 8 ounces duck liver mousse thick cut into 12 to 16 small cubes
- 3 egg whites
- 1 bunch mint leaves fresh roughly chopped
- 1 habanero pepper halved seeded

- 1 juice of orange juiced
- 12 servings kosher salt and pepper black freshly ground
- 2 mangoes diced ripe peeled
- 1 medium onion diced
- 0.3 cup orange blossom honey
- 1 asian pear diced cored peeled
- 0.3 cup powdered sugar
- 1 pint raspberries
- 12 raspberries fresh
- 2 sticks butter unsalted
- 2 tablespoons butter unsalted

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- ladle
- oven
- whisk
- pot
- hand mixer
- toothpicks
- skewers
- pastry bag
- cutting board

Directions

- Special equipment: 36 to 48 long toothpicks or small skewers
- In a medium-sized saucepan, melt the butter over medium heat. Once the butter has melted, and the foam moves to the top, skim off the foam with a spoon or small ladle.
- Pour off the clean yellow butter, into a small bowl, leaving the cloudy milky liquid on the bottom. The clean liquid is clarified butter. In a clean skillet, over medium heat, pour in some of the clarified butter. Once the butter is hot, add the brioche cubes and toast on all sides until golden brown.
- Transfer the bread cubes to paper towels and set aside. To assemble, skewer 1 bread cube on a toothpick, then follow with a piece of mousse and 2 berries. Repeat with remaining toothpicks and serve.
- Preheat the oven to 375 degrees F.
- In a large skillet or saucepan, melt the butter over medium-low heat and saute the onion until soft, about 5 to 6 minutes. Gently stir the fruits and orange juice into the pan and cook for 2 minutes. Stir in the honey and habanero.
- Sprinkle the mint leaves over the top, cover with lid, reduce the heat to low and cook until the fruit is tender, about 5 to 7 minutes.
- Remove the habanero pepper just before serving.
- Season the skinless side of the duck breast with salt and pepper.
- Heat a small oven-proof skillet over medium-high heat until very hot, add the duck breast, skin side down, to cook until crispy, about 6 minutes. Turn the breast over and transfer the pan to the oven. Roast for 8 minutes for medium-rare.
- Remove the duck breast from the oven to a cutting board and let rest for a few minutes before slicing. Keep warm. Slice duck breast into 12 thin slices. Fold each slice in half, spear on a toothpick and garnish with spoonful of chutney.
- Preheat the oven to 275 degrees F.
- Set a very clean, heat-proof bowl over a pot of simmering water.
- Add the egg whites to the bowl and whisk until just fluffy. Continue whisking and gradually add the powdered sugar. (You can switch to a hand mixer at this point if you'd like, or continue using a whisk.) Beat the whites until stiff peaks form. Make sure not to overbeat, as this will cause the whites to release water and the batter will become runny.
- Put the batter into a pastry bag with a large, round tip and pipe out 12 small rounds with a little peak onto a parchment lined baking sheet. Meringues should be bite-sized. If you have more batter, pipe out more rounds and bake them for a snack! Store in an airtight container.

- Bake the meringues until light gold, about 20 to 30 minutes.
- Remove from the oven and set aside to cool. On a toothpick, gently skewer 1 meringue and follow with a fresh raspberry or blackberry.

Nutrition Facts

■ **PROTEIN 12.58%**
■ **FAT 52.76%**
■ **CARBS 34.66%**

Properties

Glycemic Index:34.35, Glycemic Load:7.69, Inflammation Score:-10, Nutrition Score:29.07478297275%

Flavonoids

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Nutrients (% of daily need)

Calories: 327.15kcal (16.36%), Fat: 19.89g (30.6%), Saturated Fat: 11.51g (71.91%), Carbohydrates: 29.4g (9.8%), Net Carbohydrates: 22.2g (8.07%), Sugar: 17.56g (19.51%), Cholesterol: 157.34mg (52.45%), Sodium: 87.42mg (3.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.67g (21.34%), Vitamin B12: 12.7µg (211.61%), Vitamin A: 8609.32IU (172.19%), Copper: 1.37mg (68.55%), Vitamin C: 40.56mg (49.16%), Folate: 186.87µg (46.72%), Iron: 7.6mg (42.24%), Manganese: 0.74mg (36.95%), Selenium: 20.69µg (29.56%), Fiber: 7.2g (28.79%), Vitamin B2: 0.34mg (20.1%), Vitamin B6: 0.38mg (18.93%), Vitamin B5: 1.78mg (17.82%), Vitamin B1: 0.26mg (17.35%), Vitamin B3: 3.12mg (15.58%), Vitamin K: 16.11µg (15.34%), Phosphorus: 136.76mg (13.68%), Vitamin E: 1.73mg (11.55%), Potassium: 391.83mg (11.2%), Magnesium: 38.24mg (9.56%), Zinc: 1.28mg (8.5%), Calcium: 50.2mg (5.02%), Vitamin D: 0.32µg (2.12%)