



**Miele**

# Sous-vide Duck Breast with Grape Salsa

By Miele

**20 minutes**

**45 minutes**

**4**

Serves

## INGREDIENTS

4 duck breasts, skin on  
Murray River salt flakes  
Cracked black pepper

### Grape salsa

250g seedless red and white  
grapes, halved  
1 shallot, finely diced  
3 tablespoons chives, finely sliced  
2 tablespoons verjuice  
100ml extra virgin olive oil  
50g walnuts, roasted and chopped  
½ green chilli, seeds removed and  
finely diced  
Murray River salt flakes and cracked  
black pepper

## METHOD

### Sous-vide duck

1. Score the skin of the duck breasts into a criss-cross pattern, making sure not to cut into the flesh. Season with salt and pepper.
2. Place the duck breasts into a vacuum sealing bag. Place bag into the Vacuum Sealing Drawer and vacuum on setting 3 and seal  
  
on setting 3.
3. Place the bag into a perforated steam tray. Steam or Sous-vide at 65°C for 35 minutes.

### Grape salsa

1. In a bowl, combine grapes, shallots, chives, chilli, verjuice and oil together and at the last minute add the walnuts. Season with  
  
salt and pepper.

### To serve

1. Position the grease filter in the rear of the Steam Combination Oven.
2. Pre-heat the Oven on Full Grill, Level 3 for 10 minutes.
3. Remove the cooked duck breasts from the bag discarding the juices. Place duck on the grilling and roasting insert in the  
  
multi-purpose tray.
4. Place the tray on shelf position 3. Grill for approximately 5-7 minutes until the skin is crisp and brown in colour.
5. Remove the tray from the oven. Allow the duck breasts to rest for 5 minutes before slicing.
6. Slice the duck lengthways and serve on top of the salsa. Drizzle with remaining dressing.

## HINTS AND TIPS

- Walnuts can be roasted for 5-7 minutes on Fan Plus at 170°C.