

# RECIPE

## CRAFT/INDUSTRY

### FLYING DUCKMAN - Sous Vide Duck/Goose Breast



#### material combination:

duck/goose breast with skin

#### RAPS products per kg mass:

**20-25 g FLYING DUCKMAN – Sous-vide Gans & Ente Art.Nr.: 30900**  
**Ev. 15 g vegetable oil**

#### Production:

1. Rub breasts with spice mixture.
2. Pack single or up to four pieces under vacuum.
3. Let it infuse at least overnight.
1. Cook at 58 °C in a water bath for 2-3 h.
4. Cool it in ice water.

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## CRAFT/INDUSTRY



### Preparation pan/grill:

1. Put the meat out of the refrigerator for approx. 30 min.
2. Sear hard in the pan or on the grill.
3. Fry each side for approx. 4-5 minutes, turning several times.
4. Leave meat to rest for approx. 1 minute after frying.

TIP: Slightly incise the skin before frying.

### Preparation convection ovens:

1. Put the meat out of the refrigerator for approx. 30 min.
2. Fry at 180-220 °C for 10-15 min.

TIP: Slightly incise the skin before frying.