

Plats principaux

# Magrets de canard épicés et purée de pois chiches et de betteraves rouges

Par [Marc Fosh](#)

Temps total :

35 mn

Parts :

4

## Ingrédients

## Méthode

Préparation :

0

Cuisson :

0

Parts :

4

Difficulté :

[Missing text '/recipes/details/difficulty' for 'French (Belgium)'] 3

1. Preheat the oven to 200°C and attach Braun's MQ 20 chopper accessory to a suitable hand blender. To make the glaze, mix all the spices using the chopper accessory. Make use of the variable one-hand speed wheel with 21 different speeds to ensure maximum precision.
2. Toast the spices lightly in a frying pan over a low flame. Clean the frying pan.
3. In a saucepan, add the maple syrup, water and toasted spices and bring to a boil. Boil this mixture down to a thick syrup glaze, stirring occasionally. Set aside.
4. Heat a clean small frying pan over high heat. Season the duck breasts. Place them skin side down and fry gently until golden. Turn over the duck breasts and fry on the other side before placing them on a baking tray.
5. Using a spoon, coat the duck skin with the glaze and roast them in the oven for about 5 minutes. Remove from the oven, cover with foil and let rest for 3 minutes.
6. Meanwhile, for the sauce, pit the cherries and then heat them over a medium temperature in the same saucepan as the glaze, adding the chopped ginger.
7. Pour in the chicken stock and boil, stirring gently with a wooden spoon, until it has halved in volume then take off the heat and set aside.
8. For the chickpea and beetroot purée attach Braun's MQ 50 purée accessory to your hand blender. With the EasyClick system, changing accessories is as easy as one simple click. Purée all the ingredients at low speed and pulse to a silky smooth purée.
9. Spoon the sauce over the duck and serve with the purée.

The chickpea and beetroot purée makes a lovely dip on its own. Serve with carrot and celery sticks and water crackers for a healthy snack.