



## Crispy confit of duck with almonds and spices

### Ingredients:

4 duck legs  
 4 puff pastry squares  
 20 g shallots  
 1/2 bunch parsley  
 50 g flaked almonds  
 1 cl balsamic vinegar  
 50 g lettuce leaves, washed  
 2 cl olive oil  
 2 cl grape seed oil  
 Salt and pepper  
 10 g garam masala spice mix

### Accessories:

Multi-element  
 Ceran hob  
 Griddle

### Preparation:

Make a vinaigrette using the balsamic vinegar and olive oil. Roast the flaked almonds.  
 Peel the shallots and finely dice. Wash the parsley and finely chop.  
 Cut up the duck legs and mix together with the parsley, almonds, garam masala and shallots.  
 Roll out the puff pastry squares and place this filling in the middle. Fold together to make a slice.

Colour the crisp pastries with grape seed oil and keep warm.

Arrange the lettuce leaves on a plate, season with the vinaigrette and place the pastries on top.

### Notes:

Preparation time: approx. 40 mins / difficulty level: medium / calories p.p.: n/a

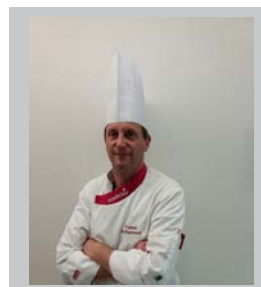
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**590 g CO<sub>2</sub> per portion**

63 % less CO<sub>2</sub> than the average when preparing this recipe.

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