



Dezember (Winter time recipe)

Fried Duck Breast in Orange sauce

Ingredients (for 4 people):

Wood

- 4 duck breasts
- 2 oranges
- 1 glass of white wine
- 1 glass of orange juice

Fire

- Paprika powder

Earth

- 2 teaspoons olive oil
- Dash of cane sugar
- 200 g white mushrooms

Metal

- One bunch of scallions
- 2 teaspoons of green pepper in whole grains

Water

- Salt

Preparation:

Peel the oranges with a knife and excavate the filets. Wash the mushrooms and slice them. Wash the scallions and slice them as well. Wash the duck, dry it, and season the breasts with salt and pepper. Cook the duck in very hot oil, skin-side down for about 7 minutes. At this point, the duck will be medium cooked. Switch to the other side for another 5 minutes.

Then mix in the mushrooms and pour in the white wine.

Let the mix steam for 4 minutes and finally mix in the orange filets and let them heat up a little bit.

Season with orange juice, a dash of cane sugar, pepper and the scallions and serve with cooked potatoes or rice.

Enjoy your meal!