

## DUCK BREAST

*with red cabbage with apples  
 and potato dumplings*

| Ingredients | Duck breast                         |
|-------------|-------------------------------------|
| 700 g       | Duck breast (fried until well-done) |
| 300 ml      | Vegetable stock                     |
| 40 g        | GELEAcold                           |

| Ingredients | Potato dumplings        |
|-------------|-------------------------|
| 500 g       | Boiled potato dumplings |
| 300 ml      | Cold water              |
| 200 ml      | Oil                     |
| 40 g        | GELEAcold               |
|             | Salt, nutmeg            |

| Ingredients | Red cabbage with apples              |
|-------------|--------------------------------------|
| 1000 g      | Ready cooked red cabbage with apples |
| 40 g        | GELEAcold                            |

### Heating/serving:

Place the frozen food on a plate, cover and heat at 100°C in a steam oven for 12-15 minutes. Serve with a suitable sauce.

Nutrition facts for one serving (approx. 175 g)

|                    |                      |
|--------------------|----------------------|
| Energy/Calories    | 1139 kJ/<br>272 kcal |
| Fat                | 20.5 g               |
| Of which saturates | 3.9 g                |
| Carbohydrates      | 12 g                 |
| Of which sugars    | 4.3 g                |
| Fibre              | 4.5 g                |
| Protein            | 8.3 g                |
| Salt               | 0.5 g                |

### Duck breast:

Blend the duck breast and stock to a very fine puree for 5 minutes then add the GELEAcold and stir in for 20 seconds. For a more attractive appearance, sprinkle the silicone mould with a little ground paprika before filling. Pipe the mass into a "Chicken Breast" silicone mould with a disposable piping bag, use a lid to spread it evenly in the mould then freeze.

### Potato dumplings:

Blend the boiled dumplings, cold water and oil to a very fine puree for 5 minutes. Season with a little salt and nutmeg to taste then add the GELEAcold and stir in for 20 seconds. Fill the mass into a semicircular silicone mould, cover with cling film then freeze.

**Alternatively:** Use a spoon to shape the mass into dumplings, place on a GN baking tray then freeze.

### Red cabbage with apples:

Blend the red cabbage with apples to a very fine puree for 5 minutes then add the GELEAcold and stir in for 20 seconds. Pipe the mass into a "Spinach" silicone mould with a disposable piping bag, use a lid to spread it evenly in the mould then freeze.

**Alternatively:** Pipe the mass with a potato press or a piping bag with a spaghetti nozzle into decorative red cabbage nests on a GN baking tray then freeze.

### Kitchen tips:

The finer the puree, the better the result! We recommend the Robot-Coupe Blixer and a pureeing time of 5 minutes. Cover and heat in the microwave for max. 5 minutes at medium heat (400W). Test heating behaviour beforehand!



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