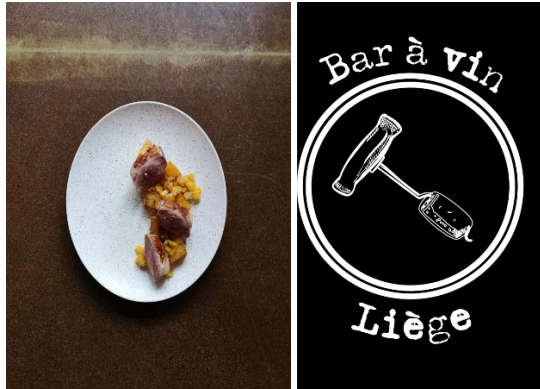


Montréal spiced duck breast



Ingredients for duck:

1 duck breast

Montréal steak spices:

salt, pepper, dried onions, dried garlic, coriander seeds, rosemary, mustard seeds, cumin, dried oregano, dried thyme, paprika.

Try to find them labeled “Mtl spice” because the proportions are not easy to find. The Chef Charles-Olivier will help you prepare them.

Ingredients for butternut garnish:

1 butternut squash

25ml of olive oil

1 small onion

1 clove of garlic

4 tablespoons of sugar

80ml of apple cider vinegar

50ml of water

Salt and pepper to taste.

1 tablespoon of butter

Wine suggestion:

Pinot noir grape with low sugar (<<3g/L), e.g. Bourgogne, Oregon, New Zealand, Niagara.