

Miele

Dukkah-crusted Peking duck breast, duck liver parfait, house-made hoisin

By Miele

7 hours

Preparation time

1 hour 10 minutes

Cooking time

8 servings

Serves



INGREDIENTS

Peking duck breast

4 duck breasts

Duck liver parfait

300g duck liver
1 teaspoon curing salt
2 tablespoon brandy
300g butter
120g double cream
2 egg yolks

Duck leg cigar

20g ginger
20g garlic
½ chilli
100g sliced spring onion
3 confit duck legs
75g duck liver parfait
1 egg yolk, lightly beaten
spring roll pastry to wrap
canola oil, to fry

Dukkah spice

56g sesame seeds
22g coriander seeds
20g cumin seeds
50g hazelnuts (skinned)
11g sea salt
11g black peppercorns

Hoisin

1 tablespoon grape seed oil
11g minced garlic clove
½ teaspoon Chinese five-spice
½ cup red miso paste
½ cup maple syrup
2 tablespoons rice vinegar

To serve, per plate

30g hoisin sauce
30g parfait
1 duck breast
1 duck leg cigar
30g parfait
2 nasturtium
1 teaspoon dukkah

METHOD

Duck liver parfait

1. Clean livers of any sinew and marinate livers for 2-3 hours in the curing salt and brandy.
2. Place in a vacuum seal bag with the butter and vacuum on level 3 and seal on level 3. Place on a tray in the Steam Oven and steam at 68°C for 30 minutes.
3. Heat the cream to 75°C, and allow to cool slightly.
4. Allow the livers and butter to come down to the same temperature as the cream. Strain off the butter, using a seive to catch the livers. Place the livers in the blender with the yolks and cream.
5. Blend the livers, cream and yolks and add the butter slowly. Pour into a 1 litre container and refrigerate for approximately 3-4 hours to set.

Dukkah spice

1. Toast all the seeds as well as the hazelnuts.
2. Blend all ingredients in a spice grinder or pestle and mortar, being careful not to over blend as the oil from the nuts will make it into dough.

Hoisin

1. Sauté garlic and five-spice in the oil until fragrant. Add remaining ingredients and bring to the boil, stirring constantly.
2. Allow to boil for 3-4 minutes or until slightly thickened. Remove from the heat and set aside.

Duck leg cigar

1. Finely chop the ginger, garlic and chilli and sweat them off in 1 tablespoon of canola oil.
2. Add the picked confit duck leg meat to the garlic, ginger and chilli and toss through.
3. Transfer this mix to a bowl and add the sliced spring onion. Allow this to cool before mixing through the parfait into the mixture.
4. Cut the spring roll pastry in half to make 2 triangles. Brush the sides with the yolk and place the duck mix along the long edge. Flip over the ends and roll tightly to form a tight cigar.
5. Deep fry in canola oil for approximately 2 minutes or until golden.

Peking duck breast

1. Trim the duck breasts so the fat is only covering the meat. Remove any sinew and score the fat.
2. Heat an ovenproof dry pan on a medium high heat, Induction setting 7. Place the breasts skin-side down to render the fat.
3. When the skin is golden and there are no obvious, raw fat pieces, turn the duck breasts over just to seal the meat and then return it so the skin side is down.
4. Place in oven on Moisture Plus at 180°C with an Automatic burst of steam and cook for 6-8 minutes.
5. Remove from the oven and allow to rest on a rack for 6 minutes. Brush the skin with hoisin and pat generous amounts of dukkah on to the skin.

To serve

1. Spoon the hoisin on to the plate.
2. Using a hot teaspoon, scoop out the parfait making 2 rochers (one-handed quenelle).
3. Cut the duck breast in half and arrange between the parfait rochers.
4. Cut the cigar in half and arrange next to the sliced breast.
5. Garnish with the nasturtium and a sprinkle of dukkah.