

Miele

Confit of duck with apple and pear

By Shannon Bennett

40 minutes

Prep time

4 hours 25 minutes

Cooking time

4 Servings

Serves



INGREDIENTS

Duck breast

4 duck breasts
3 large sebago potatoes
2 tablespoons olive oil
Knob of butter
1 tablespoon Italian parsley, very finely chopped
1 tablespoon
Beechworth honey
3 Granny Smith apples
3 Williams pears
150 ml Dirty Granny cider
½ bunch kale

Confit duck leg

4 duck legs
50 g Sea Salt
1 tablespoon eight spice powder
1 sprig of thyme
1 bay leaf
1 kg duck fat
Knob of butter, extra

Eight spice powder

20 g juniper berries
30 g whole star anise
15 g white peppercorns
15 g cinnamon quills
15 g cloves
1 pinch saffron threads
25 g Sea Salt
10 g cardamom pods

METHOD

Eight spice powder

1. Toast the spices in a large pan over medium heat, Induction setting 4-5, for 1 minute, or until fragrant.
2. Grind all the spices to a fine powder in a spice grinder or mortar and pestle.
3. Allow to cool.
4. Store remaining spices in an airtight container

Confit duck leg

1. Trim the knuckle from leg bone and discard.
2. Sprinkle each duck leg with salt, eight spice and herbs; leave to salt for 12 hours.
3. Pre-heat oven on Conventional at 110°C.
4. Wipe salt from the duck with paper towel.
5. Place duck into medium Gourmet oven dish, cover with duck fat, place in oven on shelf position 2 and cook for 4 hours. The meat should nearly fall off the bone.
6. Once cooked, carefully drain on a resting rack and leave to cool in the refrigerator.

Potato

1. Cut potatoes into 16 rounds using a 30 mm parisienne cutter and Steam at 100°C for 15 minutes.
2. Strain and set aside until required.

Duck breast

1. Season both sides of the duck breast with sea salt.
2. In a non-stick pan, place duck breast, skin side down, and cook for approximately 5-8 minutes on medium-high heat, Induction setting 6-7 until deep golden in colour
3. Turn the duck and cook for a further 20 seconds. Set aside.

Apples and pears

1. Peel apples and pears, keep in cold water with a little lemon juice to stop from oxidising.
2. Using the smaller side of a 25 mm parisienne cutter, cut apples and pears into balls and place into the water
3. Add honey, drained apples and pears to a small pan and lightly caramelize on medium-high heat, Induction setting 7, cook for 3 minutes.
4. Add cider and cook for 2 minutes, to cook off the alcohol.
5. Remove from heat and rest until serving.

To serve

1. Pre-heat oven on Fan Plus at 200°C.
2. Add butter to an oven proof pan and cook the confit duck leg skin side down on medium heat, Induction setting 5-6, for 5 minutes.
3. Place pan in the oven and cook for a further 6 minutes.
4. Place duck breast on a round baking tray in the oven with the duck legs and cook for a further 4 minutes.
5. Remove all duck from the oven, rest duck breast for 4 minutes before slicing.
6. Heat 1 tablespoon of olive oil in pan and sauté potatoes on medium-high heat, Induction setting 7-8 until golden in colour.
7. Add a knob of butter and cook for a further minute, add parsley before serving.
8. Heat remaining tablespoon of oil and sauté kale in batches, until it becomes crisp.
9. Remove kale from pan and place onto paper towel to remove any excess oil and season with salt.
10. Place kale in position on plate, top with sliced duck breast.
11. Arrange four potatoes around the plate
12. Place confit duck leg on top of one of the potatoes to hold it up.
13. Add the apple and pears and drizzle sauce around the plate.

Hints and tips

- Eight spice powder can be stored for up to 3 months in an airtight container.
- Confit duck can be used in steamed buns with pickles.
- When purchasing the duck leg, ask your butcher to trim the knuckle from the leg bone.