



# Duck liver parfait, brined duck breast, burnt apple puree, walnut crunch

By Kate Fay

**12 hours**

Preparation time

**Cooking time**

1 hour, 30 minutes

**10 servings**

Serves

## INGREDIENTS

### Duck Liver Parfait

60 ml brandy  
60 ml madeira  
60 ml port  
¼ onion, finely diced  
1 tablespoon currants  
3 bay leaves  
600 g duck livers, cleaned  
3 eggs  
250 ml cream  
Salt and freshly ground pepper  
150 g butter, melted  
15 ml truffle oil

### Duck Brine

3 whole jumbo duck breasts  
1 litre water  
? cup fine sea salt  
1 teaspoon pink salt  
80 g sugar  
20 ml Stams tart apple syrup  
4 pieces liquorice root  
2 cinnamon sticks  
1 piece ginger sliced  
4 bay leaves  
1 tablespoon coriander seeds  
1 teaspoon whole black peppercorns  
1¾ teaspoons fennel seeds  
2 star anise

### Liquorice Salt

2 g liquorice root  
2 star anise  
¾ teaspoon fennel seeds  
1½ teaspoons fine sea

### Burnt Apple Puree

3 granny smith apples  
1 tablespoon caster sugar  
Pinch salt  
1 tablespoon apple vinegar  
1 tablespoon Stams tart apple syrup  
2 tablespoons olive oil

### Candied Walnuts

1 tablespoon liquid glucose  
1 tablespoon sugar  
160 g toasted walnuts  
Salt and freshly ground black pepper to taste

### Fennel Sand

75 g ground almonds  
50 g flour  
75 g sugar  
2 tablespoons ground fennel  
½ teaspoon Maldon sea salt  
1 tablespoon crushed garlic

## METHOD

### Duck Liver Parfait

1. Line a 30 cm terrine mould with baking paper.
2. Place the brandy, madeira, port, onion, currants and bay leaves in a saucepan and bring to the boil on high heat, Inductions setting 8. Reduce the heat and simmer, Induction setting 5, until the mixture has reduced by a third.
3. Strain and discard the aromatics. Set the liquid aside to cool.
4. Thoroughly clean the livers, removing any sinew or green parts and drain them of any blood. Place the livers in a food processor and puree.
5. Add the eggs to the processor one at a time and then the cream, stock reduction and seasonings. Lastly, add the butter and truffle oil.
6. Pass the mixture through a fine strainer, and then pour into the terrine mould.
7. Cover with the terrine lid and place in the steam oven. Steam at 85°C for 40 minutes.
8. Remove the terrine from the steam oven and cool. Transfer to the refrigerator to set overnight.
9. The next day unmould the terrine and cut into slices.

### Liquorice Salt

1. Place all the spices in a spice grinder and grind to a smooth dust. Sieve and mix in the salt. Set aside.

### Burnt Apple Puree

1. Place apples on a baking tray and sprinkle with sugar and salt. Place in the oven on Fan Plus at 180°C. Bake apples for 15 minutes or until cooked through.
2. Remove apples from the oven and blacken the skin with a blow torch, or alternatively under the grill.
3. Once the skin is completely black, remove the core.
4. In a food processor, blend the apple with vinegar, apple syrup and olive oil. Set aside.

### Candied Walnuts

1. Prepare a baking tray lined with baking paper.
2. In a small saucepan heat the glucose and sugar together on medium heat until the sugar has dissolved, Induction setting 5. Add the walnuts and stir well to coat them evenly.
3. Spread the walnuts on the baking paper lined tray and place in oven on Fan Plus at 160°C and cook for 5-6 minutes or until golden.
4. Remove from the oven and sprinkle with salt and pepper and then set aside to cool.
5. Once cool, coarsely grind in a food processor or by hand.

### Fennel Sand

1. Mix all the ingredients until crumble-like texture achieved.
2. Place on a baking tray lined with baking paper and place in oven on Fan Plus at 160°C. Cook until golden brown.
3. Cool and mix in with the coarsely ground candied walnuts.

### Brined Duck Breast

1. In a medium saucepan bring all ingredients, except the duck breast, to the boil on high heat, Induction setting 8. Once the sugar and salt have dissolved remove from the heat and leave to cool and infuse.
2. Trim duck breast of excess fat. Submerge the breast in the cold brine and leave to refrigerate for 24 hours.
3. Remove the duck from the brine and pat dry with paper towel. Follow either the Sous vide method or Cooktop method below, depending on your appliance.

### **Sous Vide Method**

1. Vacuum pack the duck breasts then place in the Steam Oven. Select Sous vide at 60°C for 45 minutes.
2. Remove the duck from the Steam Oven, score the skin and season with liquorice salt. Sear on medium heat, Induction setting 6, until all the fat has rendered. Turn the breast and sear the flesh for 1–2 minutes.

### **Cooktop Method**

1. Score the duck breast skin and season with liquorice salt. Sear in a medium pan until all the fat has rendered, Induction setting 6. Turn the breast and sear the flesh for 1–2 minutes.
2. Remove from the oven and rest for 10 minutes before slicing.

### **To Serve**

1. Slice duck breasts length ways and place on one side of the plate. Sprinkle a line of candied walnuts on the opposite side of the plate. Slice the parfait and place on top of the walnuts.
2. Dot the burnt apple puree around the plate. Garnish with freshly blanched asparagus and crostini's.