

Duck Liver Parfait, Rose with French Vanilla Jelly and Toasted Sour Dough



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David Pugh

- Sub Category Name
Food
Savory
- Recipe Source Name
The Chefs and the Tea Maker - 2008

Used Teas



Exceptional Rose
With French Vanilla

Ingredients

Duck Liver Parfait, Rose with French Vanilla Jelly and Toasted Sour Dough FIRST DISH COMPONENT

- 4 tea bags Dilmah Exceptional Rose with French Vanilla Tea



- 3 Granny Smith Apples (cut into 1cm cubes)
- 1 dessert spoon Castor Sugar
- 50ml Orange Juice
- 50ml Water
- ½ tablespoon Coleman's Mustard
- 1 teaspoon Black Mustard Seeds
- 1 teaspoon Salt
- ½ teaspoon Ground Black Pepper
- 250ml Sauterne (warm)
- 2 Leaves Gelatine

SECOND DISH COMPONENT

- 200ml Duck Livers (trimmed)
- 2 sprigs Thyme
- 1 Bay Leaf
- 2 Cloves Garlic (crushed)
- 75ml Madeira
- 75ml Cognac
- 1¼ Leaves Gelatine
- 175g Unsalted Butter
- 8g Salt
- ½ teaspoon Ground White Pepper
- ¼ teaspoon Freshly Grated Nutmeg
- 100ml Double Cream
- 15ml Walnut Oil
- 5ml Chardonnay Vinegar
- 1 cup Picked Watercress
- 6 Slices Sourdough (toasted)

Methods and Directions

Duck Liver Parfait, Rose with French Vanilla Jelly and Toasted Sour Dough

FIRST DISH COMPONENT

- In a heavy based pan, combine diced apple, 1 dessert spoon castor sugar, orange juice and 50ml water.
- Cook over medium heat for 5 minutes.
- Add Coleman's mustard, mustard seeds, 1 teaspoon salt, ½ teaspoon ground black pepper. Cook for a further 5 minutes on low heat. Remove from pan and set aside.
- Infuse the tea with warm sauterne for 3-5 minutes. Remove tea bags.
- Soak 2 leaves of gelatine in cold water and add to the tea infusion. Let cool and pour into a shallow tray and place in refrigerator overnight to set.



- When set, remove from tray and cut into cubes.

SECOND DISH COMPONENT

- In a large bowl, combine thyme, bay leaf, garlic, Madeira, cognac and duck livers. Cover and refrigerate overnight.
- Remove bay leaf, garlic and thyme and drain livers. Place marinade in a stainless steel pot and reduce to 40ml.
- Soak 1 ¼ leaves of gelatine in cold water. Remove and dissolve in marinade and strain. In a non stick pan, sauté duck livers on a high heat until seared on both sides. Remove from pan and drain. Let livers cool and then purée in a blender while slowly adding marinade and soft butter. Season with salt, pepper and nutmeg and slowly add the double cream.
- Line a terrine mould with baking paper and spoon in the parfait mixture. Smooth the top and cover with paper and then cling film. Refrigerate for a minimum of 8 hours. Lift paper before removing from mould.
- Slice 6 slices with a hot knife and lay onto plates. In small bowl, mix walnut oil and chardonnay vinegar. Toss watercress and garnish plate. Spoon on apple marmalade, French Vanilla jelly and toasted sour dough.

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