

SENCHA GREEN TEA SMOKED DUCK BREAST TART



0 made it | 0 reviews



Ferdy Iman Harefa



Fandy Wijaya Adi

Overlooking the breathtaking seaside, Sheraton Bali Kuta is known for its iconic hospitality, fabulous dining experiences and serene relaxation. This beautiful hotel is located at the very heart of Kuta, just steps away from the city's myriad attractions. Represented by Fandy Wijaya Adi & Ferdy Iman Harefa.

- Sub Category Name
Combo
Main Courses
- Recipe Source Name
Real High Tea 2014/15 Volume 1

Used Teas



t-Series Sencha Green
Extra Special

Ingredients



SENCHA GREEN TEA SMOKED DUCK BREAST TART

- 1 piece puff pastry

Smoked Duck

- 1 pcs duck breast, skin on
- 1 pcs cinnamon stick
- 2 pcs star anise
- 100g sugar
- 100g rice grains
- 100g Dilmah Sencha Green Tea
- Salt and pepper

Parsnip Puree

- 250g parsnip, peeled and cut into 4 pieces
- 100ml cream
- 5g thyme leaves
- 10g garlic, peeled and skin off
- Salt and pepper

Vanilla Gastrique

- 250ml brown chicken jus
- 1/4 pcs vanilla stick, seeds only
- 50ml red wine vinegar
- 20g sugar
- 20g pomegranate seeds
- 10g gorgonzola cheese

Methods and Directions

SENCHA GREEN TEA SMOKED DUCK BREAST TART

- Preheat oven to 200°C.
- Bake puff pastry in oven for 12 minutes.

Smoked Duck

- Marinate the duck breast with salt and pepper. Leave marinated for 30 minutes.
- Bring a frying pan to medium heat, seal and brown the duck breast skin down for 5 minutes. Remove and set aside.
- Place some foil in a wok, add cinnamon stick, star anise, Sencha Green tea, sugar and rice grains.
- Place a wire rack in the wok and cover.



- Turn the heat to high until the woks begin to smoke. Add duck breasts skin-up and reduce the heat to medium. Cover and allow to smoke for 10 minutes.
- Turn off the heat and rest the duck for another 5 minutes.
- Cool down and place in the chiller.

Parsnip Puree

- Put parsnips in a pot, season with salt and cover with water. Place over medium heat and bring to a simmer. Cook until tender.
- In a medium saucepan place the cream, thyme sprigs and garlic over low heat and bring to a simmer. Drain parsnips and place them in a food processor. While processing, add the strained heavy cream mixture. Season with salt and pepper to taste, and puree until very smooth.
- Slice the smoked duck breast.
- Arrange the parsnip puree, crumble gorgonzola cheese on top of the parsnip and arrange the sliced smoked duck breast. Serve the duck tart with vanilla gastrique.

Vanilla Gastrique

- Place Brown Chicken Jus, vanilla seeds, red wine vinegar and sugar in a saucepan and let it reduce over a low flame until it's about half the original volume. At that point, it should coat the back of a spoon.

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