

SMOKED EARL GREY TEA DUCK MACARON



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- Sub Category Name

Food

Savory

- Recipe Source Name

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Ingredients

SMOKED EARL GREY TEA DUCK MACARON

Duck Marinade Mixture

- ½tsp Coriander Seeds
- ¼tsp white peppercorn
- 6 whole cloves
- 225g brown castor sugar
- 550g coarse castor sugar
- 25g fresh parsley, finely chopped
- 2tbsp finely grated lemon zest
- 550g salt
- 3 duck breasts
- 2g Dilmah Earl Grey Tea
- Salt and pepper, to taste
- Knob of butter



Spring Onion and Chillies

- 100g spring onion
- 2 red chillies
- 200g ice

Earl Grey Tea Caviar

- 250g Dilmah Earl Grey Tea (4 tea bags for 250ml)
- 1g sodium alginate
- 5g calcium lactate
- 1000ml water

Cranberry Mixture

- 250g frozen cranberry
- 120g orange juice

Macaron Shell

- 300g almond meal
- 250g icing sugar
- 1st egg white (90g)
- 250g sugar
- 62.5g water
- 2nd egg white (95g)
- 1.5g egg white powder

Methods and Directions

SMOKED EARL GREY TEA DUCK MACARON

Duck Marinade Mixture

- Grind coriander seeds, peppercorn and cloves in an electric spice grinder, stir together with the salt, sugar, parsley and lemon zest in a bowl.
- Score duck skin in a crosshatch pattern with a sharp knife.
- Bury the duck breast in the marinade mixture and chill for 30 minutes.
- Rinse the duck breast lightly and pat dry well.
- Sprinkle Earl Grey tea leaves on the breast.
- Smoke the duck with the smoking gun in the seal bag for 30 minutes and continue for another 30 minutes (smoke with Earl Grey Tea Leaves.)
- Preheat oven 200C.
- Heat up frying pan with cooking oil. Over a medium heat, seal the skin side of the duck breast



for 8 – 10 minutes.

- Pour away the excess fat and then add butter.
- Place the duck breast on the tray; in the oven for 5 – 10 minutes till the duck is medium rare.
- Remove from the oven; rest it for 10 minutes before cutting the breast to 5mm thick slices.

Spring Onion and Chillies

- Cut the chillies and spring onion into julienne.
- Soak in the ice water for 20 minutes.

Earl Grey Tea Caviar

- Blend the tea mixture and sodium alginate with stick blender, set aside and cool in the fridge for 5 hours.
- Blend calcium lactate and water together and cool in the fridge for 5 hours.

Cranberry Mixture

- Cook cranberry and orange juice over low-heat till thick.
- Cook between 8-10 minutes.
- Put in blender together till smooth and set aside.

Macaron Shell

- Mix almond meal and icing sugar together.
- Mix it in a mixer and pass it through a sieve.
- Add 1st egg white. Mix it to form a paste. Make sure all icing sugar and almond meal is mixed well.
- Boil water and sugar in the saucepan to 118C.
- Put 2nd egg white in a mixer with the egg white powder, start whisking the mixture when the syrup is at 115C to obtain the best texture of Italian meringue.
- Keep whisking the meringue until it turns warm.
- Add the meringue in 5 times with the paste.
- To add the meringue in at several times and mixing it well into the preparation is very important for the best final result.
- Once all the meringue is added, then start the MACARONER technique.