

DUCK TONGUE, WITH BABY LETTUCE, SPROUTS AND PINE NEEDLE GEL



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Sous-vide duck tongue is accompanied by nettle puree, baby lettuce, pine needle gel and sprouts.

- Sub Category Name
Food
Main Courses
- Recipe Source Name
Dilmah Real High Tea Global Challenge 2015

Ingredients

DUCK TONGUE, WITH BABY LETTUCE, SPROUTS AND PINE NEEDLE GEL

Ingredients for Duck Tongue

- 1kg Duck Tongue
- 150g Salt
- 40g Sugar
- 50g Duck Fat
- 2 Twigs of Thyme

Ingredients for Nettle Puree

- 250ml Vegetable Stock



- 500g Nettle Leaves
- 4g Gellan Gum
- 2tsp Butter
- Salt
- Hint of Garlic

Ingredients for Pine Needle Gel

- 5g Gellan Gum
- 0.5l Water
- Salt
- 200g Pine Needle

Methods and Directions

DUCK TONGUE, WITH BABY LETTUCE, SPROUTS AND PINE NEEDLE GEL

Duck Tongue Method

- Cure the duck tongue with salt and sugar for 3 hours. Vacuum the tongue with a spoon full of duck fat. Cook it for 10 hours at 85C. Cool to room temperature. Remove the tongue from the bags and remove the bone.

Nettle Puree Method

- Put the vegetable stock over medium heat and blanch the nettle for 2-3 min. Drain and reserve the stock. Then put the leaves and garlic into the Thermomix and blend to a puree.
- Boil 250ml vegetable stock with Gellan gum and add it into the puree with the butter.
- Season and set it aside in the fridge to cool down.
- When cooled and very hard, put the puree into the Thermomix, until you get a smooth paste, and then pass it through a fine sieve.

Pine Needle Gel Method

- Brew the pine needles with water, like a tea and let it infuse for 5-10 minutes.
- Pass and reheat the pine needle tea to 85°C, add the Gellan gum and salt (to taste), and let it cool down.



- After it is cold and hard put the jelly into the Thermomix and mix on high speed for 2 minutes, pass through sieve and fill into a squeeze bottle.

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