

DIM SUM PEKING DUCK TARTLET



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Tender duck confit filled pastries topped with julienne of scallions, served with a balsamic, soy and agar agar gel.

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

Ingredients

DIM SUM PEKING DUCK TARTLET

Ingredients For Balsamic Soy Gel

- 150g Balsamic Vinegar
- 60g Soy Sauce
- 3g Agar Agar

Ingredients

- 2 Duck Legs (confit)*
- Ready to use Puff Pastry
- 2 pcs Star Anise
- Pinch of Ginger Powder
- 270ml Olive Oil
- 12 Eggs
- 500ml Fresh Cream
- 3 tbsp. Soy Sauce



- 1 tbsp. Sesame Oil
- 1g Chives
- Pepper to taste

* This ancient preservation method has three parts: First you marinate the meat in herbs and spices, cure the duck legs in salt (drawing out the water in which micro-organisms can live), then you slowly cook them in fat, and finally you store them fully covered in the cooking fat so air can't get in.

Methods and Directions

DIM SUM PEKING DUCK TARTLET

Balsamic Soy Gel

- Mix all ingredients together and leave overnight.

Method

- Place the duck, star anise, ginger and olive oil together.
- Make sure the duck is covered with the oil, slow cook for 5 hours and leave to cool overnight.
- Roll out the puff pastry thinly and place into the moulds, leave in fridge for 15 minutes.
- Whisk eggs, cream, soy sauce, pepper and sesame oil together, leave aside.
- Shred the duck and mix with the chives, place into the moulds just covering the top.
- Place the egg mixture and bake for 15 minutes, serve with the soy balsamic dressing and chopped scallions.