

TEA CONSOMMÉ WITH CONFIT DUCK LEG TORTELLINI



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Confit duck leg tortellini, cooked in tea, is served with a delectable Silver Jubilee Ceylon Ginger, Honey and Mint Tea consommé topped with fresh mint tips.

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

Used Teas



Silver Jubilee Ceylon
Ginger, Honey &
mint

Ingredients

TEA CONSOMMÉ WITH CONFIT DUCK LEG TORTELLINI

Tea Consommé



- 5L Duck Stock
- 2 large Onions, peeled and chopped
- 6 Garlic Cloves, crushed
- 1 Red Chilli, chopped
- 100g Fresh Ginger, sliced
- 5tbsp. Honey
- 60g Silver Jubilee Ceylon Ginger, Honey and Mint Tea
- 1tbsp. Canola Oil

Clarification

- 1kg Egg Whites
- 2 Lemon Rinds
- 1 Chopped Lemon
- 2tbsp. Silver Jubilee Ceylon Ginger, Honey and Mint Tea
- 2 slices Fresh Ginger
- 5 large Fresh Mint Tea Leaves
- ½ Chilli, sliced

Confit Duck Leg Tortellini

- 3 Duck Legs
- Duck Fat, to cover
- 1tbsp. Rock Salt
- ½tbsp. Cracked Pepper
- 30 Wonton Wrappers

Methods and Directions

TEA CONSOMMÉ WITH CONFIT DUCK LEG TORTELLINI

Tea Consommé

- In a pot sweat off the onion, garlic, ginger and chilli in oil for 5 mins. Add the honey and cook for 5 more mins without over caramelising or burning the honey. Add the duck stock, bring to a boil and simmer until it reduces by ½. Skim the top of the stock frequently. Once reduced, pass through a fine sieve and let cool.

Clarification

- In a bowl, mix all the ingredients together. Pour the cooled consommé into a pot and add the egg white mixture. Cook on low heat, stirring constantly so that it doesn't catch at the bottom, until the 'raft' comes up to the surface. Turn off the heat and pass through a very fine cloth to catch all impurities.



Confit Duck Leg Tortellini

- Mix salt and pepper together, then rub the legs with it and marinate for 1 hour.
- Wash off the legs and pat them dry. Put the legs on a tray, cover with duck fat and cook in oven at 150°C for 2 - 2 ½ hours or until meat falls off the bone.
- Cool down and take the meat off the bone. Shred and season to taste.
- Take 30 round wonton wrappers and spoon duck leg mix onto each of them.
- Wet the outer rim with water and fold into ½ moon and then fold again to obtain a tortellini shape.
- Repeat until all 30 are done. Keep aside refrigerated.

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