

## Cardamom and Green Tea Seeped Scallops, Szechuan Pepper and Orange Pressed Duck, Fennel Puree



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James Mussillon



Jason Rodwell

- Sub Category Name  
Combo  
Appetisers
- Recipe Source Name  
The Chefs and the Tea Maker - 2008

### Used Teas



Vivid Naturally Pure  
Green tea

### Ingredients

#### Seeped Scallops Seeped Scallops

- 18 Scallops (roe and mussel removed)



- 200ml Tea reserved from the duck
- 1 Orange (juiced)
- Chives (finely sliced)
- Butter

### **Fennel Puree**

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- 1 Fennel head
- 300ml Milk
- 300ml Water
- 20g Butter

### **Pressed Duck**

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- 1l Dilmah Pure Green Tea
- 4 Duck Marylands (with skin)
- Duck fat for confit
- 1 Orange (zest)
- 4 Cardamom pods
- 1 teaspoon Szechuan Pepper
- 1 Bay leaf
- 100g Sea salt

## **Methods and Directions**

### **Seeped Scallops**

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- Bring the tea and orange juice to a boil and check the seasoning and correct if needed. Cool. Seep the scallop for 6-8 minutes in the mix, pat dry and drizzle with a little oil and sear in a smoking pan until coloured. Turn over in the pan for 5 seconds and remove from pan. Warm the tea and monté with a little butter for richness and add chives.

### **Fennel Puree**

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- Slice the fennel finely and add to a saucepan with the water, milk and butter. Cover with baking paper and simmer until the fennel is soft. Remove the liquid (reserving 100ml) and process in a blender until it forms a smooth coating consistency. If the liquid is too thick add some of the reserved liquid. Add the seasoning.

### **Pressed Duck**

### **Pressed Duck**

- Process the ingredients except the duck, the fat and tea together in a blender or with a mortar and



pestle. Rub the salt mixture into the duck and refrigerate for 24 hours. Brew the tea and let it cool completely. Wash the salt mixture off the duck and pat dry. Marinade the duck in the cold tea for 1 hour (reserve the liquid for the scallops). Dry off and place in a braising pan and cover with rendered duck fat and confit for 2-3 hours or until the meat is falling off the bone. Once cooled in fat, remove from the fat and drain. Carefully remove the skins from the duck marylands and lay in a baking tray. Shred the meat off the bone and spread evenly over the skin laid out and cover with another tray and press for a minimum of 3 hours. Portion the pressed duck into 6 even bars. Pan fry slowly with the skin side down when ready to serve.

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