

Duck croquettes with sticky Yandina ginger, Smoked Almonds and Lemon Balm



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Duck confit slow-cooked in duck fat for two hours, combined in a Duchess potato with a hint of lemon. Lightly cooked until crisp and golden

- Sub Category Name
Food
Main Courses
- Recipe Source Name
Real High Tea Australia Volume 1

Ingredients

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- 100g Earl Grey Tea
- 4 duck legs
- 1 litre duck fat
- 8 juniper berries
- 1 bunch tarragon
- 300g potato purée
- 1 lemon for lemon zest
- Juice of 1 lemon
- Salt and pepper to taste
- 50ml olive oil
- 100g Yandina ginger
- 20g castor sugar
- 4 lime leaves
- 200ml green ginger wine
- 200g smoked almonds
- 1 punnet of micro

- lemon balm leaves
- 200g Japanese breadcrumbs for double crumbing

Methods and Directions

Duck croquettes with sticky Yandina ginger, Smoked Almonds and Lemon Balm

- Steep strong Earl Grey Tea and soak duck legs with juniper berries, salt and tarragon. Leave for 24 hours.
- Remove duck legs and air dry in cold room uncovered for 24 hours. Cover with melted duck fat and confit for 2 1/2 hours at 165C.
- Remove from oven and leave to rest, remove duck legs and cool completely, cover and refrigerate.
- Remove meat from legs and shred, combine with prepared potato and other ingredients, combine well, adjust seasoning, roll into croquette shapes and crumb in Japanese breadcrumbs. Fry until golden brown.
- Combine all other ingredients and make syrup over low heat.
- Add ginger to syrup and cook slowly for 1 1/2 hours.
- Remove ginger and store in prepared syrup.
- Garnish with microplaned smoked almonds and picked micro lemon balm leaves.