

## Duck Confit Blueberry and Clove Gel



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Peter Kuruvita

- Sub Category Name  
Food  
Main Courses
- Recipe Source Name  
Dilmah t-Series Recipes

### Used Teas



t-Series Natural  
Infusion of Blueberry  
and Clove

### Ingredients

#### Blueberry and Clove Gel Blueberry and Clove Gel

- 1 cup Frozen Blueberries
- 500ml White Chicken Stock
- 2 teaspoons Balsamic Vinegar
- 6g Natural Infusion of Blueberry and Clove Infusion
- 10 cloves
- Sea salt
- 8g agar agar



## **Confit Duck**

### **Confit Duck**

- 6 Duck Legs
- 2 kg Rock Salt
- Thyme
- Bay Leaves
- Pepper Corns
- Orange Zest
- Oil
- 2L Duck Fat

## **Methods and Directions**

### **Blueberry and Clove Gel**

#### **Blueberry and Clove Gel**

- Place blueberries in sauce pan with all ingredients except agar agar.
- Bring to boil and simmer for 20 minutes
- Strain and return to pan and reduce to 500ml, add agar agar and cook till dissolved.
- Cool over an ice bath till set, transfer to a blender and puree till smooth.
- Strain and keep in fridge

### **Confit Duck**

#### **Confit Duck**

- Cure duck legs in salt and mix for 6 hours
- Rinse off salt mix and vacuum pack (seal in a plastic bag) with oil
- Sous-vide at 80 degrees overnight

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