

Tea Smoked Duck Breast With Decadent Foie Gras In Crispy Bean Curd Skin



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Alan Orreal

- Sub Category Name
Food
Main Courses
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The Chefs and the Tea Maker - 2014



Ingredients

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- 3 pieces of duck breast
- Bean curd skin

For Smoking

- 2g Dilmah Silver Jubilee Gourmet Black Tea with Almond
- 50g sugar
- 100g rice
- 250g foie gras
- 10g flour (for dusting the foie gras)
- Salt and pepper to taste

- 100ml Dilmah Silver Jubilee Gourmet Black Tea with Strawberry and Vanilla
- 400ml champagne
- 40ml light soy sauce
- 30ml oyster sauce
- Pinch of sugar
- Chicken jus

Methods and Directions

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- Prep the smoker, add the duck and smoke for 25 minutes.
- Toss foie gras in seasoning and flour, pan fry and remove.
- Use pan juice to make sauce with champagne and other sauces.
- Assemble as illustrated.

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