

Duck Parfait and Pear



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- Sub Category Name
Food
Savory
- Recipe Source Name
Real High Tea Australia Volume 2



Used Teas



Exceptional Italian
Almond Tea

Ingredients

Duck Parfait and Pear

Duck pate

- 500g duck livers
- 40g shallots
- 10g garlic
- 5g thyme
- 50g brandy
- 5g red wine vinegar
- 60g cream
- 150g butter

Pear purée

- 350g pears
- 10g vinegar
- 0.5g five-spices
- 25g butter
- Pinch of salt

Almond tea brick tuile

- 2 sheets brick pastry
- 80g icing sugar
- 10g Dilmah Exceptional Italian Almond tea
- 20g butter

Muscovado bread

- 800g flour
- 500g wholemeal flour
- 85g yeast
- 50g salt
- 600ml water
- 150g muscovado
- 150g butter

Methods and Directions

Duck Parfait and Pear

Duck pate

- Slowly cook garlic and shallot, add thyme and red wine vinegar.
- Pan fry livers medium rare.

- Deglaze with brandy and cream.
- Thermomix, season, pass and set.

Pear purée

- Vacuum-pack pears, steam at 75°C for 1 hour. Blend.
- Add spice, vinegar and salt.
- Hand blend with butter.

Almond tea brick tuile

- Coat brick pastry with butter.
- Bake in oven.
- Dust with icing sugar and tea mix.

Muscovado bread

- Add all together in mixing machine. Mix with bread hook for 10–15 minutes. Prove for 24 hours in the fridge. Roll, prove and bake at 250°C for 9 minutes.