

Wimmera duck liver mousse



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Served on Gentle Minty Green Tea sablé Breton and topped with a Berry Sensation Jelly.

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

Used Teas



Exceptional Berry
Sensation

Ingredients

Wimmera duck liver mousse Green Tea Sablé Breton Biscuit

- 188g butter
- 145g sugar
- 6g salt

- 1/4 bag green tea ground into powder and sifted
- 75g egg yolk
- 250g flour, sifted
- 8g baking powder, sifted

Wimmera Duck Liver Mousse

- 500g Wimmera duck liver,fat and sinew removed
- 1 litre cold water
- 250ml water to boil
- 80g salt
- 8g sugar
- 8g ground white pepper
- 1g Chinese five spices
- 1 clove garlic, peeled and crushed
- 20ml vegetable oil
- 1 sprig thyme
- 60g shallot, sliced
- 20g unsalted butter
- 120g dry white wine (sauvignon blanc)
- 40g crème fraîche

Berry Sensation Jelly

- 10g gelatine
- 90g sugar
- 150ml freshly brewed Berry Sensation Tea
- 2g citric acid

Methods and Directions

Wimmera duck liver mousse **Green Tea Sablé Breton Biscuit**

- In a small mixing bowl, beat the butter, sugar and salt until soft. Add green tea powder and continue mixing until light and pale.
- Add egg yolk at room temperature bit by bit ensuring it is clear each time.
- Fold in flour and baking powder. Lightly mix by hand to just combine, wrap and rest for 2 hours.
- Roll the dough out to 5mm thick and use 3cm round cutter to cut out the dough and bake in 3cm molds at 170C until golden brown in colour.
- Rest for 5 minutes before removing from mold. Let cool completely and store in an airtight container

Wimmera Duck Liver Mousse

- Make the curing liquid by bringing the 250ml water to the boil.
- Mix the salt, sugar, ground pepper and Chinese five spices then pour the boiling water over and stir to dissolve.
- Add the cold water and cool to 4C .Then submerge the duck liver into the curing liquid.
- Refrigerate for 3 hours.
- Drain the liver and rinse with cold water then pat dry.
- Heat a frying pan on high heat and add the duck liver, cook for 1 minute and add garlic.
- Turn the liver over, add thyme, reduce the heat and cook further until the liver is medium (for about 1 – 2 minutes depending on size).
- Discard the garlic and thyme; transfer the liver to food blender.
- In the same pan add the shallot and butter and cook until transparent, add the white wine and let simmer to reduce by half.
- Pass the liquid over the duck liver and blend until smooth, scraping down the side and add the crème fraîche.
- Blend until amalgamated then pass through fine mesh and refrigerate until completely cool.

Berry Sensation Jelly

- Dissolve the citric acid, sugar in Berry Sensation Tea and add pre-soaked gelatine.
- Combine well and cool down on ice water bath.
- Refrigerate until set.