

## CEYLON CINNAMON SPICED TEA SMOKED DUCK BREAST WITH JAVANESE LONG PEPPER AND BEETROOT CRISP



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- Sub Category Name  
Food  
Main Courses
- Recipe Source Name  
Real High Tea 2014/15 Volume 2

### Used Teas



t-Series Ceylon  
Cinnamon Spice Tea



## Ingredients

### **CEYLON CINNAMON SPICED TEA SMOKED DUCK BREAST WITH JAVANESE LONG PEPPER AND BEETROOT CRISP**

#### **Ceylon Cinnamon Spiced Tea Smoked Duck Breast**

- 1 duck breast
- 1 Java pepper
- 100g Dilmah Ceylon Cinnamon Spiced Tea, loose leaf

#### **Beetroot Crisps**

- 2 large orange baby beetroots
- 2 large purple baby beetroots

#### **Star Anise Spiced Sugar Dome**

- 1000g isomalt
- 100ml water
- 5 star anises

## Methods and Directions

### **CEYLON CINNAMON SPICED TEA SMOKED DUCK BREAST WITH JAVANESE LONG PEPPER AND BEETROOT CRISP**

#### **Ceylon Cinnamon Spiced Tea Smoked Duck Breast**

- Microplane Java pepper over duck skin
- Score and season skin then place in a frying pan on medium heat, skin side down. Render out the fat. Do not flip onto the other side.
- Remove from heat. Place in perforated tray.
- In another tray, place the tea leaves. Place perforated tray on top. Then place on a medium heat.
- Allow to cook until the leaves start to smoke, remove from heat and cover. Cook for 5 minutes.
- Then remove duck breast from perforated tray. Allow to cool in fridge/cool room.

#### **Beetroot Crisps**

- Peel and slice beetroots thinly.
- Blanche in hot water for 1 minute and refresh in iced water.
- Place in tray and dehydrate in the oven at 80C.

#### **Star Anise Spiced Sugar Dome**



- Bring isomalt, water and star anise to 160C. Do not allow to caramelise.
- Pour sugar mix through a strainer onto a silpat matt. Allow to cool slightly.
- Fold edges into centre continuously until you can touch the sugar. Pull sugar until pearlescent.
- Attach a small amount to a sugar blowing pump. Blow into a dome and cut from pump. Allow to cool.

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