

CHESTNUT DUCK ECLAIR



0 made it | 1 reviews



Philip Khoury



Sean D'Almada-Remedios

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



Used Teas



Meda Watte

Ingredients

CHESTNUT DUCK ECLAIR



Chestnut Choux Paste

- 300ml milk
- 10g sugar
- 5g salt
- 500g butter
- 125g high-protein flour
- 40g chestnut flour
- 5g gluten powder
- 5 eggs

Meda Watte Smoked Duck

- 2 duck breasts (skin on)
- 1 scoop Dilmah Meda Watte Single Region Tea
- Salt

Truffle Aioli

- 2 garlic cloves
- 1 tsp Dijon mustard
- 1 egg yolk
- 1 tbsp truffle paste
- 200g grape seed oil
- 1 tbsp lemon juice

Assembly

- Shiraz grapes, thinly sliced
- Beaufort cheese, finely shredded
- Roasted chestnuts, sliced
- Baby celery

Methods and Directions

CHESTNUT DUCK ECLAIR

Chestnut Choux Paste

- Preheat oven to 180°C.
- Boil milk, salt, sugar and butter, and add flours and gluten off heat.
- Stir till combined and cook panade out for 3 minutes over medium heat.
- Place into a mixer bowl with a paddle and beat till cool.
- Gradually add eggs and pipe with a star tip tube.



- Bake for 15 minutes with the vent closed then a further 15 minutes with the vent open.

Meda Watte Smoked Duck

- Skin the duck breast and render the fat, along with a good pinch of salt.
- Place the cooled fat, tea and breast in a vacuum sealable pouch and seal at high pressure.
- Cook sous-vide in a water bath at 57°C for approx. 1 hour or until internal temperature reaches 57°C. Chill and slice thinly against the grain.

Truffle Aioli

- Process garlic, Dijon, yolk and paste and slowly drizzle oil.
- Fold lemon juice through.

Assembly

- Make a partial slice lengthwise through the top of the éclair.
- Place a slice of duck breast in the base with some Beaufort cheese and quartered grapes.
- Pipe a thin line of aioli and place slices of breast and place 3 pieces each of sliced chestnut, grapes and pipings of aioli.
- Finish with baby celery.