

THE NEST



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 Rahul Ratnakar

 Vipin Sharma

- Sub Category Name
Food
Main Courses

- Recipe Source Name
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Ingredients

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Duck

- 3 duck breasts
- Rind from 1 lemon
- Thyme sprigs
- 40ml olive oil
- Salt to taste

Kataifi Basket

- Kataifi pastry

Duck Filling

- 30g butter
- 50g chopped onions
- 2 sprigs thyme
- 50ml white wine
- 100g mushrooms finely chopped
- 2 cloves of garlic

- Salt
- Pepper

Methods and Directions

THE NEST

Duck

- Combine the lemon, thyme, salt and olive oil to make a marinade.
- Apply the marinade to the duck breasts and leave to marinate for 2 hours.
- Sear the duck breast and cook in an oven at 180C to 8-10 minutes.

Kataifi Basket

- Loosen the Kataifi pastry.
- Take 2 wire baskets – one basket should be 2.5 inch in diameter and the second should be 2 inches in diameter. (The baskets can be bought from any Chinese grocery shop)
- Place some of the pastry inside the larger basket and press down with the smaller basket.
- Deep fry until crisp and keep on a paper towel to absorb the oil. If required trim the edges to make it neat.

Duck Filling

- Sauté the onion, add chopped garlic and the mushrooms and cook until lightly brown.
- Add the white wine and cook until the wine is absorbed.
- Cool mix.