

## Warm puff pastry filled with duck breast and duck liver gravy



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Ng Wai Kee

- Sub Category Name  
Food  
Savory
- Recipe Source Name  
Real High Tea Web Site

### Used Teas



Silver Jubilee Pure  
Chamomile

### Ingredients

#### WARM PUFF PASTRY FILLED WITH DUCK BREAST AND DUCK LIVER GRAVY Meat Filling

- 140g duck breast
- 35g chicken
- 75g pork
- 35g sub-walnut calf
- 40g lard



- 30g farce gratin
- 50g duck liver, 30g diced, 20g sieved
- Madeira Cognac
- Truffle juice
- Salt
- Pepper

### **Stuffing Gratin**

- 23g fat bacon
- 23g lean pork
- 230g chicken liver
- 100g red wine
- 100g port wine
- Salt
- Pepper
- Cognac
- Juniper Berries

### **Puff Pastry**

- 350ml water
- 28g salt
- 120g melted butter
- 300g cake flour
- 500g bread flour

### **For Folding**

- 340g butter

## **Methods and Directions**

### **WARM PUFF PASTRY FILLED WITH DUCK BREAST AND DUCK LIVER GRAVY**

- Dissolve the salt in cold water and mix with the melted butter.
- Add the cake flour and bread flour in the butter-water mixture and stir.
- Mix the dough, wrap it with a plastic film and rest in the fridge for 2 hours.
- Roll out the dough into a rectangle; place the butter in the centre.
- Fold the sides of the dough over the butter to make them overlap slightly in the centre.
- Roll out the dough, fold the bottom third up over the middle, then fold the top third over, roll it out and repeat the folding.
- Rest the dough in the fridge for 3 hours, and then repeat the folding twice.
- Cut out circles from the dough



- Spread a disc of dough; put the meat filling in the centre to form a core.
- Put another disc of dough on top.
- Seal and polish with egg yolk.
- Preheat the oven to 180°C and bake for 16 minutes

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