

SMOKED FIVE-SPICE DUCK ON MANTOU



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Usmarini binti Amril



Yam An Nie

A hidden paradise in the heart of a bustling metropolis, Shangri-La Kuala Lumpur lives up to its legendary hospitality to deliver an unforgettable experience. Their afternoon tea is said to be the best in town. No wonder the team claimed the title of the National Winner at the Dilmah RHT Challenge Malaysia. Represented by Usmarini binti Amril & Yam An Nie.

- Sub Category Name
Combo
Main Courses
- Recipe Source Name
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Ingredients

SMOKED FIVE-SPICE DUCK ON MANTOU

5-Spice Duck

- 2 pcs large duck breasts with the skin on
- 1 tbsp 5-spice powder
- 1 tbsp white rice
- 1 tsp kosher salt
- 4 pcs mantou
- Olive oil

To be Tossed with Duck



- 80g cucumber, julienne
- 10g spring onion, julienne
- 10g red chilli, julienne
- 5g sesame seed
- 20ml sesame oil
- 50ml Hoisin sauce
- 5g garlic chips

Hoisin Sauce

- 4 tbsp soy sauce
- 1 tbsp black bean paste
- 1 tbsp honey
- 2 tsp white vinegar
- 1/8 tsp garlic powder
- 1/8 tsp onion powder
- 2 tsp sesame oil
- 1 tsp Chinese hot sauce
- 1 clove garlic

Methods and Directions

SMOKED FIVE-SPICE DUCK ON MANTOU

5-Spice Duck

- Dry duck breasts thoroughly with paper towels. Using a very sharp knife, score fat side of duck in a diamond pattern, making slashes about 3/4 inches apart, to allow fat to render easily. Put 1 tbsp each 5-spice and kosher salt. Sprinkle powder on the fat side of duck and pat in so that it sticks. Dredge underside of duck with any spilled powder.
- Preheat oven to 450°F. Heat a cast-iron pan (or other heavy, ovenproof pan) over high heat for 1 to 2 minutes, until it's nice and hot but not smoking. Gently place duck, skin side down, in pan. Reduce heat to low and cook 15 to 20 minutes, or until most of the fat has rendered and has formed a crisp, deeply browned crust (it will look brown rather quickly due to the spices, but keep going until it's crisp).
- Season the meat side of duck with a little kosher salt and, using tongs, gently turn over. Slide pan into oven and roast for 4 to 5 minutes for medium-rare, or a few minutes more for medium or well done (cut to check). Avoid overcooking as will make the meat tough. Remove duck from oven and transfer to a cutting board to let rest 5 minutes.
- Meanwhile slice the mantou. Heat up a pan, drizzle with some olive oil and pan fry on both sides. Remove from the pan when they turn golden brown.

To be Tossed with Duck



- Slice duck thinly. Toss with the Hoisin sauce, cucumber, spring onion sesame oil, and place on top of the mantou. Garnish with a bit of julienned spring onion, garlic chips and red chili.

Hoisin Sauce

- Place all ingredients in a mixing bowl and whisk until it emulsifies.

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