

SMOKY ROSE SMOKED DUCK | FOIE GRAS GEL INFUSED WITH ROSE AND FRENCH VANILLA TEA



0 made it | 0 reviews



Kit Piu Yau



Ryan Fung

Be wooed by the high tea spread at the quirky Woo Bar of W Hotel in Hong Kong. Represented by Ryan Fung & Kit Piu Yau .

- Sub Category Name
Combo
Main Courses
- Recipe Source Name
Real High Tea 2014/15 Volume 1

Used Teas



t-Series Rose With
French Vanilla



t-Series Natural
Rosehip with
Hibiscus

Ingredients

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VANILLA TEA

Rose Smoked Duck

- 1 pc whole duck (2.5kg)

Marinade

- 10g Dilmah Natural Rosehip with Hibiscus
- 50g dried roses
- 50ml rose water
- 5g five-spice
- 20g sea salt
- 10g sugar

For Smoking

- 50g dried roses
- 10g Dilmah Natural Rosehip with Hibiscus
- 100g sugar
- 50g rice
- 100g flour

Rose and French Vanilla Injection Foie Gras Gel

- 200g foie gras
- 200ml Dilmah Rose with French Vanilla Tea
- 10ml brandy
- 2g Xanthane
- 2g sea salt

Methods and Directions

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Marinade

- Mix all marinade ingredients well, stuff all into the duck, marinate for 1 day.
- Poach whole duck in boiling water for about 3 minutes, then place it in refrigerator and let it dry for around 6-8 hours.
- Mix all the smoke-ingredients well together, and then place them in the center of a wok.
- Add a steam-tray and place the duck on the tray, cover with the wok-cover.
- Smoke until a lot of smoke comes out and turn off gas. Rest for 10-15 minutes, repeat the smoking 3 times.



- Reheat oven to 170°C, bake the duck for half an hour. Then turn up heat to 190°C, bake the duck till golden brown.

Rose and French Vanilla Injection Foie Gras Gel

- Dice the foie gras; marinate it with seasoning and the Rose with French Vanilla Tea for half an hour.
- Turn on the steamer to 65°C, steam the foie gras with the marinade sauce for 5 minutes.
- Blend the other ingredients with the foie gras until it looks like gel, then fill it into the gel mould.

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