

SMOKED DUCK SALAD IN CHOUX PASTRY SWANS



0 made it | 0 reviews

 Amanda Wan Anne Cheng

Local molecular mixology guru Antonio Lai teams up with Amanda Wan, Malaysia's Bartender of the Year 2010 (Diageo Reserve World Class Bartender of the Year for Malaysia) to create a unique and innovative experience at The Envoy. Represented by Anne Cheng & Amanda Wan.



- Sub Category Name
Food
Desserts
- Recipe Source Name
Real High Tea 2014/15 Volume 1

Ingredients

SMOKED DUCK SALAD IN CHOUX PASTRY SWANS

Smoked Duck Pâté

- 1 smoked duck breast
- 4 shallots
- 4 cloves garlic
- Pinch of all-spice
- 1/2 bunch of thyme
- Salt and pepper
- 500ml white wine
- Port

Smoked Duck Salad

- Smoked duck pâté
- Frisee leaves
- Pomegranate seeds
- Chopped parsley

Choux Pastry Swans

- 125ml milk
- 125ml water
- 100g butter
- 5g salt
- 15g sugar
- 150g flour
- 4 eggs

Pomegranate Blueberry Reduction

- 1 cup pomegranate juice
- 1 tbsp finely chopped ginger
- 1 tbsp finely chopped thyme
- Zest and juice of 1 orange
- 1 1/2 tbsp honey
- 1/4 tsp ground cloves
- 4 1/2 cups frozen blueberries
- Pinch of salt
- Juice of 1/2 a lemon
- Pomegranate seeds

Methods and Directions

SMOKED DUCK SALAD IN CHOUX PASTRY SWANS

Smoked Duck Pâté

- On a low to medium heat, sauté shallots and garlic till it becomes aromatic.
- Add in thyme, salt, pepper and all-spice.
- Deglaze with port then add white wine.
- Bring stock to the boil then remove from heat.
- When liquid is cooled to room temperature, marinate the duck breast in it overnight.
- Blend it the next day and pass it through a fine sieve.

Smoked Duck Salad

- Pipe a small mound of smoked duck pâté into the cavity of the swan's body. Top with frisee

leaves and chopped parsley.

- Drizzle with the blueberry and pomegranate reduction. Garnish with pomegranate seeds

Choux Pastry Swans

- In a medium size saucepan, heat the milk, water, butter, salt and sugar until butter is melted and the mixture starts to boil.
- Remove from heat and add in the sifted flour. Mix until it becomes a well-combined dough. Put back on heat to dry out the dough.
- Mix in beaten eggs.
- Pipe with a flower tip the swan bodies with tapering ends as the tails. Use a small round tip to pipe the swan necks.
- Bake at 180°C until golden brown.
- Cool on rack and slice one end of the swan's body top open. Split the top into halves lengthwise to form their wings. Attach the necks to the bodies with a dollop of crème fraîche.

Pomegranate Blueberry Reduction

- Combine pomegranate juice, ginger, thyme, orange zest and juice, honey and cloves in a medium size saucepan over medium heat.
- Bring to a simmer and cook until the mixture has reduced by half, for about 10 minutes.
- Add blueberries and continue cooking, stirring occasionally, until sauce is concentrated and slightly thickened, for about 8 to 10 minutes.
- Remove from heat and season with salt and lemon juice. Cool and reserve.