

## Lively Lime and Orange Tea Infused and Earl Grey Marinated Duck Breast



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All tea needs to be chilled before going into the Vacuum Pac bag. Once you have removed the bag from the water, chill it immediately in an ice water bath. It is vital to do this to stop bacteria growing.

- Sub Category Name  
Food  
Main Courses
- Recipe Source Name  
Real High Tea at Home Recipes

### Used Teas



Exceptional Lively  
lime and Orange  
fusion



Exceptional Elegant  
Earl Grey

### Ingredients

#### Lively Lime and Orange Tea Infused and Earl Grey Marinated Duck Breast

You will need 1 x Vacuum Pac machine and 1 x medium Vacuum Pac bag for this recipe.



- 2 duck breasts, skin removed
- 1 cup Dilmah Exceptional Elegant Earl Grey tea, keep the brewed leaves
- 1 cup Dilmah Exceptional Lively Lime and Orange Fusion tea
- 300ml apple juice
- 2 small eschallots, thinly sliced
- ½ teaspoon coriander seeds
- ½ bay leaf
- 1 sprig of thyme
- 3 tablespoons duck fat
- 100ml Good beef jus
- Salt & freshly ground black pepper
- 50ml olive oil
- 1 orange, zested, juiced, reserving 20ml
- 1 small frizzle lettuce
- 50g roasted walnuts
- 50g cooked green beans
- 12 black olives
- 6 cherry tomatoes

## Methods and Directions

### Lively Lime and Orange Tea Infused and Earl Grey Marinated Duck Breast

- Brew the Elegant Earl Grey tea and the Lively Lime and Orange Fusion tea separately.
- Strain teas into a bowl and set aside to cool, reserving the tea leaves.
- Place duck breasts in a high-sided container with 1 teaspoon of Elegant Earl Grey tea leaves. Add the apple juice, eschallots, coriander seeds, bay leaf, and thyme and eschallots.
- Cover and place in the fridge for 2 hours to marinate.
- Drain duck breasts from marinade and place in vacuum bag.
- Add the duck fat and beef jus and season with salt and pepper.
- Add 100ml of Lively Lime and Orange tea and ½ teaspoon of reserved tea leaves. Seal bag and cook in 48°C water bath for 25 minutes.
- Combine oil, orange juice and zest in a small bowl. Season with salt and pepper.
- Arrange lettuce, walnuts, beans, olives and tomatoes on serving plates. Thinly slice duck and arrange over salad. Drizzle with dressing and serve immediately.