

Soup: Essence of Duck with Foie Gras

“ This dish is a special tribute to Rosette, the SHATEC restaurant I used to work in as part of my training. I recalled baking batches and batches of croissants until the trainer was satisfied with our work. The use of the croissant dough in my dish is a twist on the more common puff pastry soup and a testimony to my Rosette days. The roast duck is prepared our local way and every part of the fowl is used to make the flavourful collagen stock.”

- Chef Tuck Wai

INGREDIENTS

(Serves 4)

Sliced foie gras (40gm)	4pcs
Roast duck meat (sliced)	200gm
Celery (diced)	40gm
Carrot (diced)	40gm
Matsutake mushroom	50gm
Duck Stock	800ml
Croissant Dough	4 pcs

Duck Stock

Roast duck carcass	1 no
Celery (washed, large dice)	100gm
Carrot (washed, large dice)	100gm
Onion (washed, large dice)	100gm
Water	3 litres

Roast Duck

Whole duck	2kg
Sea Salt	1 tsp

For Marinade:

Cooking oil	2tbsp
Minced ginger	1tsp
Minced garlic	1tbsp
Minced onion	1tbsp
Sugar	1tbsp
Rice wine	2tbsp
Hoisin sauce	2tbp
Five spice powder	2tsp

For Glazing:

Maltose syrup	4tbsp
Rice Vinegar	1tbsp
Warm Water	240ml

METHOD OF PREPARATION

Roast Duck

1. Wash and clean the duck well using cold water. Remove wing tips and any excess fat from the duck. Strain away the water and pat dry with paper towels.
2. Rub sea salt over the entire duck and place in the chiller for 3hrs.

Marinade

1. Heat the oil in a small sauce pot. Add in the ginger, onion and garlic and stirfry until fragrant.
2. Add in sugar, rice wine, hoisin sauce and five-spice powder, stir well and bring to boil.
3. Reduce the heat and simmer for 3minutes. Remove from the heat and place aside.

Blanch the Duck

1. Remove the duck from the chiller and tie the neck tightly with a string.
2. Pour the cooled marinade into the cavity of the duck and sew it up securely.
3. Bring a stock pot of water to a boil and place the duck inside, holding on the legs, using a ladle to pour the boiling water over any exposed area of duck till the skin has contracted. Remove and dry well.

Air Dry and Glazing

1. Hang the duck in chiller with its head down using an S-hook, place a container under the duck to catch any drips for 4 to 5 hours.
2. Place maltose syrup, rice vinegar and warm vinegar in a bowl, stir and dissolve.
3. Brush it all over the air-dried duck, repeat two more times.

Roasting

1. Pre heat the oven to 200c. Hang the duck head down from the top rack, and place a tray of boiling water at the bottom of the oven.
2. Roast for 20 minutes, baste with the remaining glaze mixture. Reduce the oven temperature to 180c and roast for another 30 minutes, baste with the glaze mixture again. Place a thermometer in the thickest part of the thigh, the duck is done when the reading reaches 180c.
3. Remove the duck from the oven and let it rest at room temperature for 10 minutes.
4. Place the duck on a tray, remove the string to drain out the juices.
5. Place the duck on a cutting board, debone and thin slice into bite sizes.

Duck Stock

1. Roast the duck carcass and vegetables in the oven at 220c till golden brown. Remove from roasting tray and place them in a stock pot.
2. Add water in the stock pot, bring to boil and simmer. Skim any scum that rises.
3. Simmer the stock for 2hrs.
4. After simmering, strain into a pot pressing the meat and veg gently to remove all the liquid. Discard carcass and veg etc.
5. Return the stock to stove. Bring to boil and simmer the stock to 800ml. Skim the scum and strain again.
6. Cool the stock under ice bath.

Complete Dish

1. Soak the matsutake mushroom in water till soft.
2. Pan-seared the sliced foie gras and set aside.
3. Pour 200-250ml of duck stock in each soup bowl, add in seared foie gras, matsutake mushroom, roast duck meat, celery and carrot.
4. Wrap each bowl with cling film and place in steamer and steam for 2 hrs.
5. Trim the puff pastry to desired shape of the bowl and cover the top. Apply eggwash on top of puff pastry.
6. Pre-heated oven at 160c and bake for 12 minutes till the puff pastry turns golden brown.
7. Ready to serve.

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