
DUCK TONGUE, WITH BABY LETTUCE, SPROUTS AND PINE NEEDLE GEL



Food : Main Courses

Ingredients

Ingredients for Duck Tongue• 1kg Duck Tongue• 150g Salt• 40g Sugar• 50g Duck Fat• 2 Twigs of ThymeIngredients for Nettle Puree• 250ml Vegetable Stock• 500g Nettle Leaves• 4g Gellan Gum• 2tsp Butter• Salt• Hint of GarlicIngredients for Pine Needle Gel• 5g Gellan Gum• 0.5l Water• Salt• 200g Pine Needle

Methods

Duck Tongue Method

- Cure the duck tongue with salt and sugar for 3 hours. Vacuum the tongue with a spoon full of duck fat. Cook it for 10 hours at 85C. Cool to room temperature. Remove the tongue from the bags and remove the bone.

Nettle Puree Method

- Put the vegetable stock over medium heat and blanch the nettle for 2-3 min. Drain and reserve the stock. Then put the leaves and garlic into the Thermomix and blend to a puree.
- Boil 250ml vegetable stock with Gellan gum and add it into the puree with the butter.
- Season and set it aside in the fridge to cool down.
- When cooled and very hard, put the puree into the Thermomix, until you get a smooth paste, and then pass it through a fine sieve.

Pine Needle Gel Method

- Brew the pine needles with water, like a tea and let it infuse for 5-10 minutes.
- Pass and reheat the pine needle tea to 85°C, add the Gellan gum and salt (to taste), and let it cool down.
- After it is cold and hard put the jelly into the Thermomix and mix on high speed for 2 minutes, pass through sieve and fill into

a squeeze bottle.