
TEA CONSOMMÉ WITH CONFIT DUCK LEG TORTELLINI



Food : Main Courses

Ingredients

Tea Consommé • 5L Duck Stock • 2 large Onions, peeled and chopped • 6 Garlic Cloves, crushed • 1 Red Chilli, chopped • 100g Fresh Ginger, sliced • 5tbsp. Honey • 60g Silver Jubilee Ceylon Ginger, Honey and Mint Tea • 1tbsp. Canola Oil Clarification • 1kg Egg Whites • 2 Lemon Rinds • 1 Chopped Lemon • 2tbsp. Silver Jubilee Ceylon Ginger, Honey and Mint Tea • 2 slices Fresh Ginger • 5 large Fresh Mint Tea Leaves • ½ Chilli, sliced Confit Duck Leg Tortellini • 3 Duck Legs • Duck Fat, to cover • 1tbsp. Rock Salt • ½tbsp. Cracked Pepper • 30 Wonton Wrappers

Methods

Tea Consommé

- In a pot sweat off the onion, garlic, ginger and chilli in oil for 5 mins. Add the honey and cook for 5 more mins without over caramelising or burning the honey. Add the duck stock, bring to a boil and simmer until it reduces by ½. Skim the top of the stock frequently. Once reduced, pass through a fine sieve and let cool.

Clarification

- In a bowl, mix all the ingredients together. Pour the cooled consommé into a pot and add the egg white mixture. Cook on low heat, stirring constantly so that it doesn't catch at the bottom, until the 'raft' comes up to the surface. Turn off the heat and pass through a very fine cloth to catch all impurities.

Confit Duck Leg Tortellini

- Mix salt and pepper together, then rub the legs with it and marinate for 1hour.
- Wash off the legs and pat them dry. Put the legs on a tray, cover with duck fat and cook in oven

at 150°C for 2 - 2 ½ hours or until meat falls off the bone.

- Cool down and take the meat off the bone. Shred and season to taste.
- Take 30 round wonton wrappers and spoon duck leg mix onto each of them.
- Wet the outer rim with water and fold into ½ moon and then fold again to obtain a tortellini shape.
- Repeat until all 30 are done. Keep aside refrigerated.

The range of Dilmah Tea used :

- Dilmah Silver Jubilee Gourmet

The variety of Dilmah Tea used in the recipe :

- Silver Jubilee Ceylon Ginger, Honey & mint