

Miele

Steamed spice duck, coconut watercress salad

By Miele

30 minutes

Prep time

1 hour 30 minutes

Cooking time

4 Servings

Serves



INGREDIENTS

1 x no.18 organic duck, cleaned
2 fresh banana leaves, hard spine removed
100 g watercress sprigs (no thick stems)
50 g bean sprouts
12 slices young ginger, finely shredded
2 tablespoons Thai basil leaves, chopped
2 small red chillies, finely sliced
3 red shallots, finely sliced

Spice paste

2 red shallots, peeled and halved
3 garlic cloves
2 teaspoons minced fresh ginger
1 teaspoon minced fresh galangal
1 teaspoon minced fresh turmeric
½ lemongrass stalk, chopped
3 small red chillies
2 candlenuts
2 teaspoons shrimp paste (Belacan), dry roasted
1 teaspoon coriander seeds, roasted and ground
1 teaspoon cumin seeds, roasted and ground
1/8 teaspoon ground cloves
¼ teaspoon ground cinnamon
¼ teaspoon ground cardamom
1/8 teaspoon freshly grated nutmeg
1 teaspoon ground turmeric
½ teaspoon freshly ground black pepper
35 ml tamarind water
10 ml lime juice
35 ml vegetable oil

Coconut chilli sauce

100 ml coconut cream
20 g palm sugar
20 ml fish sauce
2 teaspoons Christine Manfield Chilli Jam
20 ml lime juice, strained

METHOD

Spice paste

1. Blend all ingredients together in a food processor until it forms a smooth paste.

Duck

1. Pat the duck dry with paper towel. Spread the spice paste over the skin and internal cavity of the duck so it is liberally coated. Wrap the duck in the banana leaves.
2. Place the wrapped duck into the solid stainless steel tray and cover loosely with foil. Steam at 100°C for 90 minutes or until the duck is cooked through.

Coconut chilli sauce

1. In a small saucepan combine coconut cream, palm sugar, fish sauce and chilli jam. Stir over medium heat until sugar dissolves and mixture comes to boiling point. Remove from heat, stir in the lime juice. Keep warm.

To assemble

1. Remove the duck from the oven and discard the banana leaves.
2. When the duck is cool enough to handle (about 10 minutes). Remove the breast and leg meat from the bones and shred the meat with your fingers.
3. In a bowl combine the shredded duck with the watercress, bean sprouts, shredded ginger and basil, sliced chilli and shallots. Add sufficient of the warm Coconut Chilli Sauce to lightly coat the salad ingredients and toss to combine.
4. Arrange on plates to serve.

Hints and tips

- Candlenuts must always be blanched or cooked before using.