

World Gourmet Summit 2006
Culinary Workshop and Luncheon
The Grand Hyatt, Singapore

25 April 2006 / 10.00am to 2.30pm

MAGRET OF MULLARD DUCK GLAZED WITH HONEY AND
PISTACHIO, BRAISED RED CABBAGE,
MAXIM POTATO, JASMINE SAUCE

Presented by:
Guest Chef Kevin Thornton

Serves 1

Ingredients

Magret of Mullard Duck

- 250 g Duck breast, trim off excess fat
- 5 g Sea salt
- Freshly ground white pepper, to taste
- 5 g Thyme
- 5 g Juniper berries
- 3 tbsp Olive oil
- 1 Bay leaf
- 10 g Rock honey
- 10 g Crushed pistachio

Braised Red Cabbage

- ½ Head of red cabbage, thinly sliced
- ½ Mandarin
- 1 Lime
- ½ Grapefruit
- 100 g Red currant jelly
- 4 g Sea salt
- 1 ltr Water

Jasmine sauce

- 2 Shallots, peeled and diced
- thyme
- 100 g Fresh jasmine flowers
- 1 Bay leaf
- 1 ltr Fig vinegar
- 250 ml Veal stock
- 10 ml Duck stock
- Sea salt and freshly ground white
- Pepper, to taste
- Potato Wafers
- Jasmine flowers



Aubergine Puree

20g Aubergine
20g Garlic cloves
10g Thyme, Rosemary

Method

1. For the magret of mallard duck: Score the duck breast and season with sea salt, freshly ground white pepper, thyme, juniper berries, olive oil and bay leaf. Cover and marinate for a few hours or up to 3 days. Heat pan and brown the duck breast in a hot pan, Turn the duck breast and add honey and pistachio and cook in the pan until medium rare.
2. For the braised red cabbage: Bring a pot of hot water to the boil. Add in red cabbage and blanch for about 30 seconds. Strain and leave to cool. Heat a separate pot and put in grapefruit, orange and lemon juice until softened. Add in red currant jelly and cook until it becomes liquid. Then add in cooled red cabbage and cook gently. Continue braising until all ingredients are soft then remove orange and grapefruit. Keep warm.
3. For the jasmine sauce: Heat the pan and add the diced shallots, thyme, half of the Jasmine flowers, bay leaf, vinegar, veal stock and duck stock. Bring stock to a boil and reduce by $\frac{3}{4}$. Pass the sauce through a fine strainer and add the remaining jasmine leaves. Adjust seasoning and pass through a sieve again.
4. Aubergine puree: Cut aubergine in half lengthways and score flesh. Sprinkle with salt and pepper and place thyme, garlic and shallot onto one half of the aubergine and placing the other on top. Wrap in foil and bake in oven until tender. Remove flesh and puree in blender with a drizzle of olive oil. Keep warm.
5. To serve: Slice duck breast and arrange on the plate. Place a spoonful of braised red cabbage on the side and a quenelle of aubergine puree, garnish with oven dried potato crisp and a jasmine flower. Finish by drizzling jasmine sauce over.