

**Author:** Darren Teoh Min Guo  
**Preparation time:** 3 hours  
**Cooking time:** 3 hours 15 minutes



## Ingredients

### Duck breast (sous vide):

2 Pekin duck breast  
8 g Sesame oil  
20 g Dark soya sauce

### Salad:

100 g White radish  
150 g Pomelo  
100 g Carrot  
50 g Spring onion  
150 g Cucumber  
30 g Young ginger

### Dressing:

60 g Fish sauce  
20 g Plum sauce  
5 ml Lime juice  
10 g Brown rice

### Foe chuk skin:

2 l Fresh soya milk

### Duck ragout (sous vide):

2 Duck legs  
150 ml Shao Tsing wine  
100 ml Dark soya sauce  
30 g Shallots  
30 g Garlic  
20 g Red cherry tomato  
100 ml Duck stock

### Crispy duck skin:

50 g Duck skin  
3 g Thyme

## Preparation

### Duck breast (sous vide):

Remove the skin from the breast and reserve the skin. Vacuum pack the duck breast, sesame oil and dark soya sauce into a bag for 25 seconds. Just before serving, cook in a sous vide water circulator from **fusionchef** for 15 minutes at 56 °C. Season to taste.

### Salad:

Wash and peel the carrots, cucumber and white radish. Using a rotary slicer set at 2, slice the vegetables lengthwise then julienne. Peel the pomelo and separate the segments and keep chilled. Peel the skin and cut the ginger into thin strips. Keep chilled in an airtight container in water. Wash the spring onions thoroughly and place them into an airtight container and keep chilled.

### Dressing:

Toast the rice over a medium low heat in a dry sauté pan until they turn crisp. Transfer the rice grains onto a tray and allow to cool. Once cooled, crush with a pestle mortar. Keep in an airtight container. Combine the fish sauce, plum sauce and lime juice and mix well. Transfer the dressing into a squeeze bottle and keep chilled until required.

### Foe chuk skin:

Warm the soya milk in a large skillet over a very low heat. Do not stir or allow the milk to simmer. Once a thin skin forms on the surface, gently lift it up by laying a Silpat mat carefully on to the skin. The skin should stick on to the mat and you can lift it out from the milk. Allow the skin to dry completely. Peel away the dried skin. Repeat this process.

### Duck ragout (sous vide):

Half the cherry tomatoes. Vacuum pack the tomatoes, duck legs, Shao Tsing wine and dark soya sauce for 15 seconds. Then in to the **fusionchef** for 3 hours at 90 °C.

Reserve the juices of the legs. Remove the bones and dice the meat. Dice and sweat down the shallots and garlic in a sauté pan. Add the meat. Sauté for another

2 minutes.

Add the reserved liquid from the legs and duck stock. Keep cooking slowly over a medium low heat until all the liquid is reduced by three quarters and the sauce coats the meat. Stir occasionally to prevent scorching. Season to taste. Keep aside warm until required.

Just before serving, spoon the ragout in the center of the dried foo chuk skin. Roll it up. Bake inside a preheated oven set at 160°C until golden brown.

#### **Crispy duck skin:**

Use a knife to remove as much fat as possible from the underside of the reserved duck skins. Chop the thyme and sprinkle on both sides of the skin. Season with salt and pepper. Place the skins on a tray lined with silicon paper. Lay another sheet of silicon paper over the skins and weigh down with a heavier tray.

Roast the skins for 30-40 minutes in a preheated oven set at 160 °C. Allow to cool. Place into airtight containers.

#### **Assemble:**

To assemble this dish, slice the duck breast and arrange on the plate. Reduce the duck liquid from the vacuum bag. Season to taste and spoon the sauce next to the duck. Place all the salad items into a mixing bowl. Drizzle the dressing and sprinkle some toasted rice over the salad. Arrange onto the plate. Place the foo chuk duck ragout onto the plate. Finish with the crispy duck skin.

This recipe was generously provided by Darren Teoh Min Guo.