

Miele

Steamed buns with confit duck

By Shannon Bennett

2 hours

Prep time

5 hours

Cooking time

12 servings

Serves



INGREDIENTS

Steamed buns

500g plain flour
30g caster sugar
5g baking powder
300ml lukewarm water
10g dried yeast
50g butter, melted
5g table salt

Confit duck leg

1 duck leg per person
50g Murray River Sea Salt
1 tablespoon
eight spice powder
1 sprig of thyme
1 bay leaf
1kg duck fat
Knob of butter, extra

Eight spice powder

20g juniper berries
30g whole star anise
15g white peppercorns
15g cinnamon quills
15g cloves
1 pinch saffron threads
25g Murray River Sea Salt
10g cardamom pods

METHOD

Eight spice powder

1. Toast the spices in a large pan over medium heat, Induction setting 4-5 for 1 minute, or until fragrant.
2. Grind all the spices to a fine powder in a spice grinder or pestle and mortar.
3. Allow to cool.
4. Store remaining spices in an airtight container.

Confit duck leg

1. Trim the knuckle from leg bone and discard.
2. Sprinkle each duck leg with salt, eight spice and herbs; leave to salt for 12 hours.
3. Pre-heat oven on Conventional at 110°C.
4. Wipe salt from the duck with paper towel.
5. Place duck into medium Gourmet oven dish, cover with duck fat, place in oven on shelf position 2 and cook for 4 hours. The meat should nearly fall off the bone.
6. Once cooked, carefully drain on a resting rack and leave to chill in the refrigerator.
7. Heat a large frypan over medium-high heat, Induction setting 6-7 and brown the duck legs on all sides. No extra fat is required for this process.

Steamed buns

1. Combine flour, sugar and baking powder in a bowl and set
2. aside. Combine water, yeast and melted butter in a mixing bowl fitted with a dough hook. Add dry ingredients and combine on speed 1 for 4 minutes.
3. Add salt to dough and continue to knead on speed 2 for 4 minutes. Place dough in a lightly oiled bowl and place in steam oven, uncovered, at 40°C for 15 minutes. Remove dough from steam oven and refrigerate for 1 hour.
4. Remove dough from refrigerator and portion dough into 30g pieces, roll each piece into a ball. Using a rolling pin, roll into an oval shape, approximately 8cm. Brush the dough with a little olive oil and fold in half crosswise. Place on a baking paper lined perforated steam tray, 4cm apart. Prove buns in steam oven at 40°C, uncovered for 20 minutes.
5. Place up to 3 trays in the DGCXL steam oven at one time and Steam at 100°C uncovered for 15 minutes.

To serve

1. Place 2 tablespoons hoisin sauce per person into individual
2. dipping bowls.
3. Place 1 duck leg, 2-3 steamed buns per person and condiments on individual serving boards for your guests to make up their own buns.

Hints and tips

- The bun recipe can be doubled without the dough being compromised; cooked buns can then be frozen for future use. Freeze in an airtight container and store for up to 3 months.
- If the buns have been frozen, re-heat on a perforated steam tray lined with baking paper and Steam at 100°C for 1 minute.
- Multiple variations of filling can be used for this recipe such as pulled pork, chicken or lamb.
- Eight spice powder can be stored for up to 3 months in an airtight container.
- When purchasing the duck leg, ask your butcher to trim the knuckle from the leg bone.
- 1kg duck fat is enough to cook 4 legs at a time; 2-3kg is required if prepping for 12.