

Miele

Betel leaves with sous-vide duck and pineapple

By Miele

35 minutes

Preparation Time

1 hour 10 minutes

Cooking Time

6 serves

Serves



INGREDIENTS

Thai spiced duck breasts

- 1 tbsp chilli powder
- 1 ½ tsp ground cumin
- 1 ½ tsp garlic powder
- 1 ½ tsp ground ginger
- 1 tsp ground cloves
- 1 tsp pepper
- ½ tsp ground star anise
- ½ tsp salt flakes
- 2 duck breasts

Pineapple and herb salad

- ¼ pineapple, cut into 1 cm dice
- 1 eschallot, finely chopped
- 1 small red chilli finely diced, or to taste
- 1 tbsp tamarind puree, or to taste
- 1 tbsp caster sugar, or to taste
- 2 tbsp lime juice
- 1 tbsp fish sauce, or to taste
- ? cup herbs, roughly chopped, we used coriander, Thai basil and mint leaves

To serve

- 1 bunch betel leaves

METHOD

Thai spiced duck breasts

1. Combine all the spices and salt in a bowl.
2. Generously season the flesh side of duck breasts with some of the spice mix. Do not season the skin. Reserve remaining spice mix for later use.
3. Place duck breasts into vacuum sealing bags. Place the bag into the vacuum sealing drawer and Vacuum on level 3 and Seal on level 3.
4. Place the bag into a perforated steam container. Place into the combi steam oven and Sous-vide at 55°C for 1 hour.
5. Remove the duck from the bag and trim excess skin from the breast. Lightly score the duck's skin.
6. Place the duck breast skin side up on the grilling and roasting insert in the universal tray.
7. Change the function to Combi mode: Grill setting 3 + 0% moisture + 10 minutes.
8. Place the tray on shelf level 3. Grill for 7 minutes, or until the skin is crisp and the fat has rendered. Rest the duck breast before slicing.

Pineapple and herb salad

1. Combine all ingredients in a large bowl. Taste and adjust seasoning with tamarind, sugar and fish sauce.

To serve

1. Place the betel leaves on a serving platter, top with a slice of duck and a little of the pineapple and herb salad. Sprinkle a little of the reserved spice mix, if desired.

Alternative appliance methods

- The skin can also be cooked on medium heat, induction setting 6 for 8 minutes until crisp.

Hints and tips

- This is a great spice mix to use in many other recipes. Try sprinkling your roast chicken with the mix before cooking.
- Our recipes are tested using 20 ml tablespoon measures.
- Betel leaves can be found in some Asian grocers. If unavailable, you can use any other kind of broad leaf, including nasturtium, spinach, or shiso leaves.
- The duck and salad can also be served in Chinese soup spoons as a canapé.
- This recipe was tested in a 45 cm combi steam oven. If you own a 60 cm model, crisp the skin on shelf level 4.