

World Gourmet Summit 2007

Swissôtel The Stamford, Singapore

25 April 2007 / 9.30am to 2.30pm

ROASTED DUCK WITH POACHED PEARS

Presented by
Carles Gaig

Ingredients:	
1x2kg	Whole Duck, Legs and Breast Separated
To Taste	Salt
To Taste	Olive Oil
	<u>Poached Pear</u>
1	Fresh Pear, Peeled and Cored
250gms	Sugar Syrup
5ml	Pear Liqueur
1ltr	Water
	<u>Red Wine Sauce</u>
100gms	Carrots, Peeled and Sliced
100gms	Onions, Peeled and Sliced
100gms	Leeks
1	Garlic Bulb, Peeled
750ml	Red Wine
1ltr	Water
1tbsp	Flour



Recipe Notes:

Method for Cooking:

1. Sprinkle a pinch of salt over the duck legs and wrap tightly with cling wrap sealing at the ends. Allow it to rest for 2 hours. Remove cling wrap and place the marinated duck legs on aluminum foil and drizzle with olive oil. Wrap up the duck legs and baked in a preheated oven at 200°C for 1 hour and 15 minutes.
2. Sprinkle a pinch of salt over the duck breasts and then drizzle over with olive oil. Bake in a preheated oven at 70°C for 40 minutes. Remove and sear the roasted duck breasts skin-side down over low heat until the skin is crisp and browned, 15 to 20 minutes.
3. For the Poached Pear:
Poach the pear in the sugar syrup in a preheated oven at 180°C for 1 hour. Remove from oven and caramelize the pears with the pear liqueur in a heated pan with 4 tablespoons of the sugar syrup.
4. For the Red Wine Sauce:
Sauté the reserved duck bones, carrots, onions, leeks, garlic in a pot over high heat until fragrant. Add in red wine, 1 litre water and stir in flour. Mix well and simmer for 2 to 3 hours until sauce is reduced to about 250ml. Strain the red wine sauce and return on low heat until sauce thickens and coat the back of a spoon.
5. To Serve:
Place 1 roasted duck leg and duck breast onto each serving plate. Add the poached pear on the side and drizzle red wine sauce over the duck.