



MasterChef  
AUSTRALIA

Official MasterChef Recipe 

# Tea Smoked Duck Breast with Duck Liver Ravioli

## Ingredients

2 duck breast  
50g pasta  
25g water chestnuts, diced  
25g pear, diced  
4 gow gee or wonton wrappers or thin pasta sheets  
1/4 cup (60ml) blood orange sauce  
see recipe to follow  
3 cups baby spinach  
Vegetable oil  
2 tablespoons julienned ginger

### Tea Smoking Mixture

1/2 cup oolong tea leaves  
1/2 cup jasmine tea leaves  
Zest of 3 oranges  
4 pieces of dried orange peel  
1 cup jasmine rice  
1 cup of brown sugar  
5 star anise  
1 tablespoon Sichuan peppercorns  
6 pieces cassia bark

### Orange sauce

60g caster sugar  
1/4 cup (60ml) red wine vinegar  
2 cups (500ml) blood orange juice or orange juice  
1 cup (250ml) Peking duck stock or chicken stock  
Zest of 1 orange  
50g of butter, diced



## Method officially tested

Serves 2

1. For the orange sauce, place sugar in a cold pan and melt it down slowly (careful not to burn). Then add vinegar and simmer until sugar is dissolved. Add orange juice and reduce by half. Then add the stock and reduce by half.
2. Add zest and blend the sauce with the butter and seasoning.
3. For tea smoking mixture, combine ingredients in a bowl.
4. Line a wok with foil then place the smoking mix on top and turn on the heat to medium and wait for it to start to smoke. Once smoking, place the duck breast skin side down in the middle tray of a steamer or on a rack that fits into the wok. Cover with a lid and cook for 7 minutes or until rare.
5. To make the ravioli, mix the pasta, water chestnuts and pear together with a touch of salt. Lay 2 gow gee wrappers on the bench and brush with water, place 2 mounds of the pasta mix in the center of the gow gee wrappers and place the top gow gee wrappers over the mound and press down firmly around the edges to seal so you have 2 ravioli.
6. Place the duck skin side down in a frying pan and cook until fat has rendered and skin is crispy and let rest for a few minutes in a warm spot and then slice.
7. Add spinach to same pan and cook until just wilted, season with some sea salt and pepper and then drain any excess liquid out of the spinach in a strainer. Then drop the ravioli in a pot of boiling water to cook for 1 minute.
8. Pour vegetable oil into a small frying pan until one quarter full. Heat over medium-high heat until hot. Deep-fry ginger for 3-4 minutes or until golden and crispy. Drain on paper towel. Set aside.

9. Heat up the orange sauce.

10. To serve, place the spinach on plate, then top with the sliced duck, the ravioli, drizzle a tablespoon of sauce over the ravioli and duck and top with the fried ginger.