

VIETNAMESE DUCK SALAD

with filo poppadom and beet gastrique

INGREDIENTS

- $\frac{3}{4}$ cup Caster sugar
- 1 cup Martin Pouret Cab Sav vinegar
- $\frac{1}{4}$ cup Beet cooking liquor
- 4 sheets Filo pastry
- 4 Eggs yolks, *beaten with a little water*
- 1 Master stock cooked duck
- 100g Mung beans
- 3 Spring onions, *cut thinly on bias*
- 2 Shallots, *peeled & thinly sliced*
- Toasted peanuts, *smashed*
- handful Soft herbs, *chopped*
- 2Tbsp Hoisin sauce
- 2 Long red chillies, *seeded & chopped*
- $\frac{1}{2}$ can Lychees, *drained and sliced*
- Handful cooked Somen noodles

METHOD

1. In a saucepan, place the caster sugar and cabernet sauvignon vinegar, bring to the boil and reduce until a syrup forms (gastrique)
2. Dilute with the beet cooking liquor to form a stable syrup
3. On a lightly floured board, brush one sheet of filo with the egg, and lay over the other sheet of filo
4. Cut out into discs and fry gently in a little oil, draining on absorbent paper
5. In a mixing bowl, add the shredded duck meat, mung beans, spring onion, shallots, peanuts, herbs, hoison, chillies, lychees and noodles. Toss together, anointing with some of the gastrique
6. Place a poppadom on the plate, top with the salad finish the stack with a poppadom
7. Drizzle around the plate the beet gastrique



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