

Red duck curry with jasmine rice

Thomas Allen Wines
MEMBERS' TABLE RECIPE

You need to start preparation for this recipe at least 3 days in advance to prepare the ducks.

Ingredients

2 Size 18 ducks, excess internal fat removed
2 large shallots
1 stick lemongrass, halved lengthways
2 knobs of green ginger, roughly chopped
6 star anise
1 orange, cut into quarters
½ cup castor sugar
¼ cup salt
1tsp five spice powder

250ml coconut cream
60ml grapeseed oil
100g red curry paste
4 Kaffir lime leaves, very finely chopped
60ml grated palm sugar
50ml fish sauce
500ml coconut milk
500g small eggplant, chopped



Method

DAY 1 Place half the shallots, lemongrass, ginger, star anise and orange in the cavity of each bird and use a skewer to pull the flaps together and seal the cavity. Mix the salt, sugar and five spice powder together so the spice is evenly distributed, then rub this mix evenly over each bird. Place the birds on a rack* in a baking tray and place uncovered in the refrigerator overnight. This will start a curing process on the skin.

DAY 2 Preheat your oven to 140°C, then place the birds in the oven and cook for 1 hour.

Add 1 litre of water to the baking tray and continue cooking a further 30 to 45 mins. By this time, the birds should be well coloured and the skin around the base of the legs should be starting to split.

Allow the birds to cool a little and drain the liquid out of the cavities into the remaining liquid in the trays. Cool all this liquid to set the fat for easy removal and discard. Portion each bird into individual servings, removing excess fat as you do and chill until required.

While the ducks are cooking, combine coconut cream, grapeseed oil, curry paste and lime leaves in a large heavy-based pot and cook over a moderately high heat, stirring continuously, for approximately 10 mins. Then lower the heat and add in the palm sugar and coconut milk, stirring to dissolve the sugar. Finally add in the eggplant and cook until tender. Add in some water if the sauce is too thick – it needs to be able to glaze the duck portions easily.

DAY 3 Allow approximately 20 mins for the duck portions to reheat in a moderate oven – spoon some of the sauce over each portion and reheat more of the sauce and eggplant in a pot to pour over the duck on the plate. Cook some rice and crunchy greens and enjoy!

This recipe will serve 8 people generously for a main meal.

**Cover the rack with a layer of baking paper with multiple piercings – the salt will corrode the rack and mark the skin of the birds.*



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