



Saltwater duck

Serves 6-8

A subtle and delicate duck preparation from Nanjing, poached and served cold it's a delightfully moreish dish, a perfect entrée or starter for your dinner feast, the delicate textures and flavours of duck is enhanced from the subtle spiced brine, perfect with chilled Gamay or Pinot Noir, start this recipe the day before.

For the Brine

5L water
25g star anise
25g cinnamon
25g Sichuan peppercorns
25g licorice root
100g Murray river pink salt
150g sugar
100g ginger, sliced
100g spring onions, cut into 5cm pieces
15g coriander, cut into 5cm pieces
300ml Shaoxing rice wine

Bring everything to the boil, and allow to cool to room temperature, strain and chill

For the Duck

1 large duck (#22 – 2.2kg)
5L water
50g salt
60g sugar
30g chicken powder

Bring water and seasoning to the boil, add duck and bring pot back to a simmer, place on a tight fitting lid and turn off the heat, allow to steep in the mixture for 35-45 minutes – insert a meat thermometer into the leg or the core of the breast, allow to steep until the temperature registers 58'-60'C, remove from the pot and plunge into the cold brine, allow to brine overnight.

To Serve

Bitter salad leaves, such as radicchio, endive or Treviso as needed
Sesame oil, as needed

Remove breast and leg, slice and arrange on a large shallow plate, spoon on brine, top with bitter leaves and drizzle on sesame oil, serve as a starter.