

# Duck confit larb in lettuce cups

By Palisa Anderson

**30 minutes, plus refrigeration and drying time**

Preparation Time

**4 hours**

Cooking Time

**6 serves**

Serves



## INGREDIENTS

### Duck confit

2 duck marylands  
2 tsp Chinese five-spice powder  
2 tsp salt flakes  
200 g duck fat, melted  
5 shallots, unpeeled  
6 garlic cloves, unpeeled  
2 bay leaves  
Olive oil, as needed

### Ground rice

1 cup (200 g) glutinous rice  
3 pandan leaves, thinly sliced  
4 cm piece galangal (20 g),  
thinly sliced  
1 lemongrass stalk, white part only,  
thinly sliced  
10 makrut lime leaves, torn

### Larb salad

4 small dried chillies  
1 tbsp palm sugar, softened  
60 ml (¼ cup) lime juice  
2 tbsp fish sauce  
2 shallots, very thinly sliced  
2 spring onions, thinly sliced into thin  
rounds  
1 cup coriander leaves and stems,  
roughly chopped  
½ cup mint leaves, roughly chopped  
3 makrut lime leaves, very thinly sliced  
Variety of Thai herbs, such as  
Vietnamese mint, shiso, perilla and  
Thai basil leaves

### To serve

12 small butter lettuce leaves  
or betel leaves  
Finger limes, optional

### Miele accessories

Baking tray  
Perforated baking tray

## METHOD

### Duck confit

1. Pierce the duck skin all over and rub in five-spice powder and salt. Place the duck on a plate and refrigerate overnight, uncovered.
2. Brush off excess spice and salt from the duck. Place the duck, duck fat, shallots, garlic and bay leaves in a small saucepan. Add enough olive oil to ensure the duck is covered.
3. Cut a small circle of baking paper to cover the duck.
4. Place the saucepan into the oven on shelf level 2. Select Fan Plus at 130°C and cook for 3 hours, or until the duck is very tender.
5. Cool the duck until safe to handle. Remove the duck, garlic and shallots from the fat. Peel the confit garlic and shallots and finely chop, set aside. Strain the fat, discard the solids and refrigerate for another use.
6. Remove the skin from the duck and place onto a baking tray.
7. Shred the duck meat thinly.
8. Place the skin into the oven on shelf level 4. Select Fan Plus at 200°C and cook for 15 minutes, or until the skin is crisp and all the fat has rendered. Crumble the skin.

### Ground rice

1. Place the ingredients on a baking paper lined baking tray.
2. Place the tray into the oven on shelf level 2 and dry on Drying function at 75°C for 4 hours.
3. Place the roasted rice mixture into a frying pan and toast on medium heat, induction setting 6 for 12 minutes or until golden.
4. Blend or process the rice mixture until a coarse sand texture.

### Larb salad

1. Place the chillies in a small saucepan on medium heat, induction setting 5. Toast for 3 minutes, or until the chillies are lightly coloured and fragrant. Cool and blend or process to a fine powder. Set aside.
2. Combine the palm sugar, lime juice and fish sauce in a small bowl.
3. Finely chop the confit shallot and garlic.
4. Combine the mixture, fresh shallot, spring onion and herbs into a large bowl with the dressing.

### To serve

1. Combine the shredded duck, larb salad, and 1-2 tablespoons of the rice powder. Divide the duck confit larb evenly into the lettuce cups or betel leaves. Sprinkle with the crumbled skin, chilli powder and finger lime pearls, if using.

### Hints and tips

- Store the duck fat in sterilised jars and use for many recipes, including roast potatoes.
- This dish can be made as an appetiser, entrée or main course. Larb is traditionally served with steamed glutinous rice.
- Discover a range of recipes developed by Palisa and other inspiring chefs on our Miele Experience website.