

CRISPY ASIAN DUCK CONFIT WITH SOY SAUCE EGG AND BLACK RICE

Servings: 4



INGREDIENTS:

Soy Sauce Eggs

- 4 eggs
- 6 Tbsp warm water
- 1 Tbsp sugar
- 2 tsp sherry vinegar
- 1/2 cup lite soy sauce
- Salt & pepper, for serving

Black Rice

- 1 package of black rice
- 1 tsp orange zest
- Dash of sesame oil

Duck Confit

- 2 confit duck legs (and their fat)
- 2 white onions, slivered
- 2 cloves garlic, minced
- 1/8 tsp cinnamon
- 1/8 tsp star anise

Prepare the Soy Sauce Eggs

In a medium bowl, whisk together the water and sugar, dissolving the sugar completely. Stir in the sherry vinegar and soy sauce.

Bring a large pot of water to a boil. Add the eggs into the boiling water and cook for 6 minutes. Meanwhile, fill a large bowl with cold water and ice. When the eggs are done, transfer them to the ice bath to cool, and then peel off the shells.

Transfer the eggs to the soy sauce mixture and marinate in the fridge for 2 to 6 hours, making sure they are completely submerged in the marinade. If necessary, top the eggs with a small plate to ensure they are fully submerged.

Cook the Rice

Make black rice according to instructions on the package. Add orange zest and sesame seed oil once it's finished, cover, and keep warm until it's time to plate.

Make the Duck Confit

Pull the meat from the confit duck legs and tear into bite sized pieces. Heat a heavy bottomed pan over medium heat until hot, then add the duck meat and some of the duck fat. Sear without turning until the edges are well browned and transfer the duck meat to a plate. Add the onions and sauté until soft and well browned, adding some extra duck fat if you need it. Add the garlic, cinnamon, and star anise to the onions and fry for about another minute until fragrant.

Assembly

Make the Soy Sauce eggs in the early afternoon. An hour before dinnertime, start your rice. Once the rice is done, make the duck confit and sauté your onions. While the onions are caramelizing, warm some plates in the oven.

Once everything is ready, put a scoop of rice on each plate and top with the caramelized onions. Push the top of the rice pile with a spoon to make a little indentation for the egg to sit in. Arrange duck pieces around the rice and onions and set an egg in the center. Serve immediately, accompanied by Sarah's Vineyard 2015 Estate Pinot Noir.

