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EPISODE 4 - HONEY DUCK BREAST

Ingredients for 4 serves:

Curing mixture -

4 tbsp of thyme

1 tbsp of ginger powder

1 tsp of Star anise

1 ½ tbsp of curing salt about 20 g

Marinade -

100 ml chicken stock

2 tbsp Shaoxing wine

3 tbsp honey

2 tbsp sesame oil

1 tbsp soy sauce

2 tbsp roasted sesame seeds

1 small red chili

Method:

Mix the all the ingredients for the curing (except the salt) in a large bowl

Place the duck breasts in it and massage the mixture into the meat well

Transfer into an airtight plastic container and shake half the salt over the breasts

Turn them over and shake in the rest of the salt

Roll them around but don't massage the salt in

Place in the fridge for 24 hours

Remove from the fridge and wash thoroughly under cold running water

Pat dry with kitchen paper and set aside

Put the chicken stock, honey and wine into a small saucepan over medium heat and simmer

Slice the chili in half and scrape out the seeds

Chop finely

Add the chili, soy sauce and sesame oil to the saucepan and reduce to about half of the volume

Preheat the oven to 200 degrees

Place the duck breasts, skin side down into the cold pan and bring up to a medium-high heat.

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This allows the fat to render out

Turn over after about 5 or 6 minutes and fry for a further 3 minutes

Remove from the pan and place on a cake rack

Coat the breasts liberally all over with the marinade

Sprinkle over the sesame seeds

Put the into the oven and remove after 8 or 9 minutes

Let the duck rest for a further 5 minutes before slicing and serving