

## ASIAN-STYLE DUCK



This recipe can be started a day before.

### **Ingredients (serves 8 people):**

3 cinnamon quills

7 star anise

8 duck, breast with the bone retained

1/2 stalk rosemary

50 ml peanut oil or sunflower oil

### **Chinese Glaze**

2 cinnamon quills  
6 star anise  
2 cloves  
8 juniper berries  
500 ml beef stock  
50 ml redcurrant jelly

### **Curried Red Lentils**

100 g red lentils  
6 curry leaves  
2 tbsp curry powder  
2 garlic cloves, peeled but left whole  
2 tbsp peanut oil or sunflower oil  
100 ml chicken stock  
Salt to taste  
Pepper to taste

### **Asian Vegetables**

Snow peas  
Snow pea sprouts  
Bok choy or choy sum  
Baby spinach  
2 tbsp peanut oil or sunflower oil  
2 slices peeled fresh ginger chopped

### **Preparation:**

1. Roast the cinnamon quills and star anise in a 180° C oven until fragrant or about 5 minutes.

2. Trim any excess fat from the duck and score the skin.
3. Place in a bowl or pan with all ingredients.
4. Turn to coat thoroughly.
5. Refrigerate and marinate for at least an hour, or overnight.
6. Roast the duck in a 180° C oven until done to your liking, duck breast is good rare or medium rare, as long as it is tender and keep warm.
7. Roast the cinnamon, star anise, cloves and juniper berries in a 180° C oven until fragrant.
8. Stir into the stock or glaze, add redcurrant jelly and reduce until it reaches a good pouring consistency and keep warm.
9. Wash lentils thoroughly and drain.
10. Pan-fry the curry leaves, curry powder and garlic in the oil for 2-3 minutes, being careful not to let the garlic burn.
11. Add lentils and stock, and simmer until the lentils are cooked, but still retain a little bite.
12. Season to taste and keep warm.
13. Pull the strings from around the edges of the snow peas.
14. Chop all vegetables roughly.
15. Heat the oil and pan-fry the vegetables briefly with the ginger until slightly wilted, but still bright green.
16. To serve divide the lentils among eight plates, place a pile of vegetables on top, then a duck supreme on top again.
17. Remove and discard the spices from the glaze and pour it over the duck.