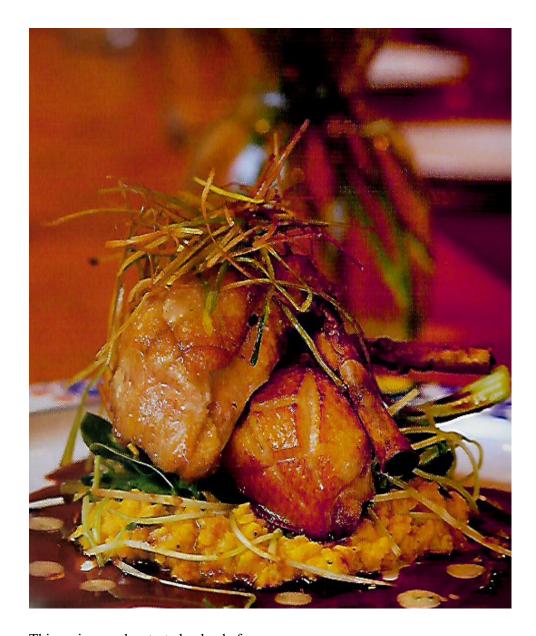
## ASIAN-STYLE DUCK



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.