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GRILLED DUCK BREAST, GREEN MANGO, POMELO & CASHEW SALAD, CHILLI-MANDARIN SAUCE

BY CHEF ANDREW BLAKE

Difficulty: Easy

Serves: 4-6

Cooking: 40 minutes



INGREDIENTS

4 Luv-a-Duck Moisture Infused Duck Breasts
Sea salt

Sauce

20ml peanut oil
60g shallots, chopped
1 garlic clove, minced
1 ginger knob, peeled & minced
1 small red chilli, seeds removed, roughly chopped
4 mandarins, juiced, skins kept
1 cup veal stock
1 star anise
1 tblsp tamarind pulp, wet to a paste with a little water
1tblsp brown sugar

Salad

1 lime, juiced
2 tblsp fish sauce
2 tblsp palm sugar (can use brown sugar)
2 garlic cloves, finely minced
2 green mangoes, peeled & julienned
1 pomelo, trimmed of skin & pith, pull flesh from the membranes
1 banana chilli, deseeded & cut into julienne
2 red shallots, peeled and finely sliced
2 tblsp fried shallots
¼ bunch viet mint, washed & picked
¼ bunch thai basil, washed & picked
¼ bunch coriander, washed & picked
2 kaffir lime leaves, cut into julienne threads
½ cup unsalted roasted cashews, roughly chopped

METHOD

To Cook Moisture Infused Duck Breasts:

1. Score the skin on the duck breasts, lightly season with sea salt and place in a cold non-stick pan skin side down.
2. Cook for 6 minutes over medium high heat, periodically removing excess fat from the pan.
3. Turn the heat down slightly and turn over the duck breasts. Cook for a further 4 minutes and remove from heat.
4. Rest in a warm place for 5-8 minutes. The duck breasts should be pink throughout.

To Cook the Sauce:

5. Gently cook the shallots, garlic, ginger & chilli in oil until softened.
6. Add mandarin juice & skins, veal stock, star anise, tamarind pulp & brown sugar. Simmer, reduce to sauce consistency & strain.

To Prepare the Salad:

7. Combine the lime juice, fish sauce, palm sugar & garlic in a bowl and mix well until palm sugar is dissolved. In a bowl mix all other salad ingredients and dress with lime juice mixture 5 minutes before plating begins.

To Plate:

8. Drain the excess dressing from the green mango salad. Slightly mound in the centre of each plate. Slice the duck breasts and place one on each salad mound. Drizzle with heated chilli-mandarin sauce.

CHEF'S TIPS

This recipe can be created with Luv-a-Duck's Fresh Duck Breasts