



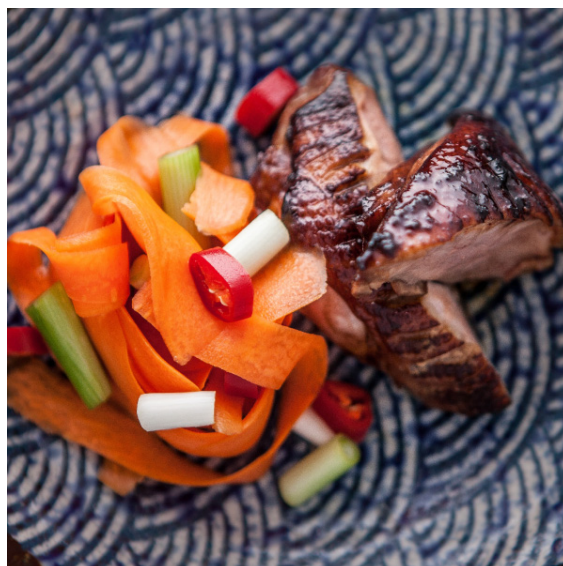
TERIYAKI DUCK WITH EASY PICKLED CARROT

FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

Difficulty: Easy

Serves: 4

Cooking: 1 hour 20 minutes



INGREDIENTS

2 Luv-a-Duck duck breasts, skin on, scored

Teriyaki marinade

1/3 cup dark soy sauce

2 cloves garlic, crushed

2 tsp grated ginger

1 tbsp mirin

1 tbsp honey

1 tsp sesame oil

2 large carrots, peeled into ribbons

1 long red chilli, deseeded, finely sliced

2 green onions, thinly sliced on the diagonal

¼ cup coriander leaves, roughly chopped

2 tbsp rice wine vinegar

1 tbsp lemon juice

1 tbsp caster sugar

1/4 tsp salt

Steamed jasmine rice and Asian greens, to serve

METHOD

1. Place duck breasts in a large snaplock bag. Combine marinade ingredients in a small bowl and pour over duck breasts. Marinate for at least 1 hour.
2. Meanwhile, to make the pickled carrot, combine the carrot, chilli, onions and coriander in a bowl.
3. In a small bowl, add the vinegar, lemon juice, sugar, salt and 1/2 tbsp warm water. Stir until sugar dissolves and pour over vegetables. Set aside.
4. Heat a large non-stick pan over medium-low heat. Remove duck from marinade (reserve) and pat dry with kitchen paper.
5. Place the duck, skin-side down, into the pan. Start the cooking process on a low heat and gradually bring the heat up to medium high. Your aim is to render the fat and form a crispy golden skin. Cook for 6 minutes skin side down then turn over and cook for a further 5 minutes. Transfer to a plate and rest for 5 minutes. Pour in the reserved marinade and bring to the boil. Once it looks like a glaze, remove from the heat. Slice duck and pour glaze over.
6. Serve teriyaki duck with carrot pickle, steamed rice and Asian greens.