

ORIENTAL CROQUETTES

FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

Difficulty: Easy

Serves: 12

Cooking: 1 hour



INGREDIENTS

2 Luv-a-Duck Slow Cooked
Oriental Duck Legs (or 2 cups of
shredded duck meat)
1 tsp 5 spice
Pinch of chilli powder
¼ bunch of garlic chives
1 tbslp hoisin
1 tbslp egg white

Coating

2 eggs, separated
¾ cup flour
2 cups of panko breadcrumbs

¾ cup homemade* mayonnaise:

2 egg yolks
1 cup grapeseed oil
1 tsp mustard
2 tbslp yuzu juice (or lemon
juice)
2 lebanese cucumbers, cut into
2cm disks.

METHOD

1. Pre-heat the oven to 180°C.
2. Remove oriental duck legs from bag and place onto a lined tray or dish, skin side up. Bake for 20 minutes or until heated through. Shred the meat off the bone and place in the bowl along with the 5 spice, chilli, garlic chives, one of the egg yolks, a tablespoon of egg white and hoisin sauce.
3. Portion mix into 30g pieces and roll into balls. In three separate bowls; make a small production line with the flour in one bowl, egg whites and a dash of water whisked with a fork in another and the breadcrumbs. Press down on croquettes to form a patty shape. Chill in the freezer for 1 hour.
4. Heat vegetable oil to 170°C in a deep fryer or pot. Gently lower batches of croquettes into the hot oil and cook until golden brown. Drain on some paper towel and season with a touch of salt
5. For the mayonnaise mix the ingredients together.
6. Place the duck croquettes on each cucumber disk and put a dollop of the mayonnaise on top.

**Homemade mayonnaise can
be replaced with good quality
store-bought mayonnaise.*