



DUCK BAO BUNS

FROM EMMYLOU'S CHRISTMAS TABLE

Difficulty: Easy
Serves: 6 buns
Prep: Overnight (or min 2 hours)
Cooking: 30 mins



INGREDIENTS

2 Luv-a-Duck Fresh Duck Breast
380g
6 store-bought bao buns
Fresh coriander to serve

Marinade

¼ cup soy sauce
2 tablespoons Chinese cooking wine or sherry
2 teaspoons sesame oil
2 cloves garlic, crushed
1 tablespoon ginger, minced
2 teaspoons five spice powder
3 tablespoons honey

Slaw

1 packet store-bought coleslaw,
finely chopped
Kewpie mayonnaise

METHOD

1. Place marinade ingredients into a bowl and mix until well combined. Then add your Luv-a-Duck duck breast and let it marinate overnight (or minimum 2 hours).
2. Pre-heat oven to 190C. Add the Luv-a-Duck duck breast skin-side down to a cold ovenproof pan and cook over a medium heat for 5 minutes. Turn your duck breast and cook for a further 2 minutes.
3. Place the duck breast in the preheated oven and cook for a further 8-10 minutes, or until it's cooked to your liking. Once cooked, make sure to let it rest uncovered for at least 15 minutes.
4. Meanwhile, steam the bao buns according to the packet instructions and dress the coleslaw with the kewpie mayonnaise. Slice up the duck breast and let's start to assemble!
5. Open the bao buns and then add the coleslaw, a few slices of Luv-a-Duck duck breast, a piece of Australian Pork pork crackle and garnish with some coriander leaves.

Recipe courtesy of Emmylou MacCarthy from Emmylou's Christmas Table.