



<https://www.luvaduck.com.au/recipes/view/duck-breasts-banh-mi/>

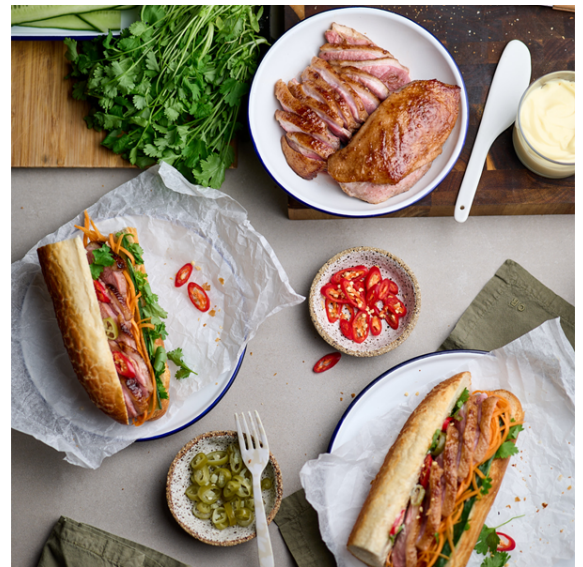
DUCK BREASTS BANH MI

Difficulty: Easy

Serves: 6

Prep: 2.5 hrs

Cooking: 30 mins



INGREDIENTS

1. 2 packets of fresh duck breasts
2. 1 lemongrass stalk
3. 1 clove garlic, minced
4. 1/2 tsp Chinese five spice
5. 1 tbsp char siu sauce
6. 1 tbsp light soy sauce
7. 1 tsp honey
8. 2 tbsp vegetable oil

Pickled Carrots

- 2 carrots
- 120ml white vinegar
- 50g sugar

To Serve

- 2 baguettes, cut into 3 rolls each
- whole egg mayonnaise
- cucumber, thinly sliced lengthways
- coriander leaves
- pickled chillies
- sliced red chillies
- chilli sauce

METHOD

1. Start by pickling the carrots; in a small saucepan, heat the vinegar and sugar over medium heat until sugar has dissolved. Set aside to cool.
2. To julienne the carrot, use a vegetable peeler to shave the carrot into ribbons, then use a knife to cut into matchsticks. Add carrot to the vinegar mixture and chill in fridge for at least 2 hours.
3. To marinate the duck breast, mix the lemongrass, garlic, Chinese five spice, char siu sauce, soy sauce, honey and vegetable oil together in a large bowl. Lightly score the skin of the duck breasts and cover in the marinade. Cover and chill for 2 hours or overnight. Preheat oven to 200°C, line a baking tray with non-stick baking paper and set aside.
4. Place the duck breasts skin side down on a frying pan and place on the stove. Turn heat on medium and cook for 8 minutes to render the fat. Turn and cook for a further minute. Transfer the duck to the prepared baking tray and brush with remaining marinade. Place in the pre-heated oven for 8-10 minutes. Remove from the oven, rest for 5 minutes before slicing.
5. To assemble the banh mi, split rolls down the centre top. Spread mayonnaise on one side. Add 1-2 slices of cucumber, plenty of pickled carrot and coriander. Top with sliced duck, chillies and chilli sauce.

Recipe created by Iron Chef Shellie @
<https://www.instagram.com/ironchefshellie/>