



DUCK OMELETTE

FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

Difficulty: Easy

Serves: 4

Cooking: 15 minutes



INGREDIENTS

½ cup rice bran oil
½ tsp sesame oil
2 x Luv-A-Duck Peking Duck Legs
1 knob grated ginger
6 dried shitake mushrooms,
rehydrated and sliced
2 tbs rice bran oil
6 eggs
2 tsp less salt soy sauce
1 handful bean sprouts
Hoisin sauce, garnish
Spring onions, finely sliced

METHOD

1. Preheat an oven to 180°C and heat up the duck legs in a tray for 15 minutes, allow them to cool slightly, then take the meat off the bones and finely slice.
2. In a large non-stick fry pan add rice bran oil and sesame oil.
3. Add the duck, ginger and shitake and sauté for a few minutes.
4. Remove from the pan. Wipe the pan clean.
5. In a bowl, lightly whisk the eggs with the soy sauce.
6. Heat the pan and pour in the eggs and swirl in the pan. Allow to set and cook for a few minutes.
7. Add the duck mixture and bean sprouts to one side and fold the omelette on it self.
8. Flip on the plate and drizzle with hoisin and garnish with spring onions.