

DUCK WITH HONEY, SOY AND GINGER

Serves 2

INGREDIENTS:

- 1. 2 Ducko duck breast halves
- ½ Cup chicken stock
- 2 Tablespoons honey
- 2 Tablespoons soy sauce
- 2 Tablespoons rice wine
- 1 Tablespoon grated fresh ginger
- 1 Tablespoon tomato sauce
- 1 Teaspoon lime juice
- 1 Pinch cayenne pepper
- 1 Pinch chili powder
- Ground black pepper (to taste)
- Salt (to taste)



METHOD

- 1. Preheat oven to 200°C.
- 2. Use a sharp knife to score across the duck breasts through the skin.
- 3. Rub the skin with salt, cayenne, and black pepper.
- 4. Preheat an ovenproof skillet over medium-high heat.
- 5. Lay the breasts in the skillet skin-side down, and fry for about 5 minutes until the skin is brown and crisp. Turn the breasts over and cook for 1 minute.
- 6. Place the skillet into the preheated oven and roast until the internal temperature of the thickest part of the breasts reach 70°C for well done, or the breasts reach desired doneness.
- 7. Remove the duck breasts from the skillet and cover with foil. Set aside to rest.
- 8. Pour off excess fat from the skillet in a jar and keep for use as needed. Place the stock, honey, soy sauce, rice wine, ginger, tomato sauce, chili powder, and lime juice in the skillet.
- 9. Whisk the sauce over high heat, bring to a boil and cook for about 2 minutes until the sauce thickens.
- 10. Slice the duck breasts thinly, arrange on serving plates, and pour the sauce over the top.



DUCKO FOODS