

DUCK CURRY

Serves 6

INGREDIENTS:

1. 6 Ducko duck breast fillets
2. 1 Tablespoon olive oil
3. 2½ Tablespoons red curry paste
4. ½ Small red onion, finely chopped
5. 2 Cloves garlic, minced
6. ½ Stick lemongrass, minced
7. ½ Red Chilli, seeded and finely chopped
8. ½ Teaspoon ground cumin
9. ¼ Teaspoon ground coriander
10. ½ Teaspoon brown sugar
11. 250ml Chicken stock
12. ½ Lime – juiced
13. Salt and pepper, to taste
14. 100ml Coconut cream
15. Chopped fresh coriander, to taste
16. 6 Tablespoons sour cream, or crème fraîche



METHOD

1. Heat the olive oil in a frying pan over high heat. Once nearly smoking, add the duck breasts, skin side down, and cook until the skin is a lovely deep golden brown colour. Do not turn over.
2. Remove duck breasts from the pan and cut into 2cm thick slices.
3. Toss the duck slices in the red curry paste and allow to marinate for at least 30 minutes.
4. In the same frying pan over medium heat, cook the onion until soft.
5. Add the minced garlic, lemon grass, chilli, spices and sugar, and cook while stirring for 2 minutes.
6. Add the chicken stock and lime juice and bring to the boil. Season according to taste.
7. Lower the heat and add the sliced duck.
8. Simmer gently for 30 minutes until the duck is tender.
9. Just before the cooking time is up, add the coconut milk and chopped fresh coriander and heat through.
10. Serve with a dollop of sour cream, or crème fraîche.



DUCKO FOODS