goodFOOD

Duck in plum sauce (Chinese-style)

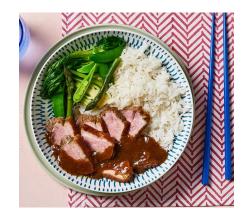


Prep: 25 mins Cook: 42 mins



Easy





Alternatives

Complete the dish



Hollandaise sauce

★ ★ ★ ☆

100 ratings



Pasta with tomato & hic

★ ★ ★ ★ 121 rating



Spiced plum & coc

★ ★ ★ ★ ★ 8 ratings

Ingredients

Cooked rice and stir-fried greens to serve (optional)

2

skin-on, boneless duck breasts (about 340g)

1 tbsp

dark soy sauce

½ tbsp

vegetable or sunflower oil

For the plum sauce

2

plums

(about 160g), stoned and sliced

1

star anise

1 cinnamon stick

15g ginger

peeled and sliced

4

garlic cloves peeled but left whole

30g

rock sugar

(find online or in specialist supermarkets)

 $1/_{2}$

lemon

zest pared

2 tbsp Shaohsing wine

2 tbsp

light soy sauce

Method

Step 1

Gently score the skin of both duck breasts using a <u>sharp knife</u>, then rub the dark soy sauce all over the breasts and into the cuts.

Step 2

Heat the oil into a large frying pan over a medium-high heat and sear the duck breasts, skin-side down, until starting to turn crispy, about 5 mins. Flip over and cook for 5 mins more, then remove to a plate, leaving any fat behind, and set aside to rest.

Step 3

Add the plum slices, star anise, cinnamon stick, ginger, garlic, rock sugar and lemon zest to the pan. Pour in the Shaohsing wine and light soy sauce, mix well, then add 200ml water and simmer gently for 15 mins over a medium heat. Nestle the duck breasts in, skin-side up, cover with a lid and cook for a further 15 mins.

Step 4

Season with ¼ tsp salt, then remove the duck from the pan and slice into even pieces. Pass the sauce through a <u>sieve</u> into a bowl, then pour the plum sauce over the duck breasts. Serve with cooked rice and stir-fried greens, if you like.

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