

Crispy Duck

Super quick Chinese...



Five-spice duck breasts with honey.

Fast food that is perfect whatever the weather, fragrant and satisfying but also just that little bit special.

Ingredients...

2 small duck breasts
4 tsp five-spice powder
salt and freshly ground white pepper
2 tbsp clear honey
6 tbsp soy sauce
1 packet of Chinese noodles (fresh)
4 spring onions
1 chilli diced
2 cloves of garlic crushed
1 teaspoon of chopped ginger
sesame seeds, to taste
toasted sesame oil, to taste

Approach...

Whilst you preheat your oven to 180C, score the skin of the duck breast into a cross-hatch pattern and rub into the skin and meat the five-spice. Season with a little soy sauce and white pepper. Then in a heavy very hot sauce pan, sear the breast - first skin-side down in the hot pan then the other, a splash of vegetable oil may help. Carry on cooking the duck until the skin has a golden colour and the meat is sealed.

Now make the sauce by warming the honey to soften it (or skip that stage with running honey) and soy sauce together in a small pan. Let it bubble for a short while then pour over the awaiting duck breast. The sauce should be like a thin syrup. Put the duck breast with the drizzled sauce into the oven for 3-5 minutes to finish. and sliced ginger. Add a good splash of soy sauce. Once cooked - a couple of minutes no more - add the sesame seeds. Place onto a hot bowl. Now, slice the duck breasts into strips and put on top of the noodles. Sprinkle over any remaining spring onion and drizzle over the honey and soy sauce from the oven dish.

Servings: 2 persons.



"We're probably in, just about one of the best place in the whole of the UK for game. The landscape, the weather and the fine grasses and heathers, all combine to make a taste and texture few can compare too."

Charlie Munro, John Munro Limited.

John Munro Limited. Highland taste on your plate.

The Highlands has what most people will agree is a unique landscape with dramatic weather. It's this weather that creates the fine grasses, the heather tips and crystal clear waters that define the beef and lamb, which we sell through our time honoured and traditional butchers shop network. All we can say is that our skills are in the presentation of our meats, but we leave the rest to the Highlands when it comes to creating it!

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