



honey roast duck on rice

NIBBLEDISH CONTRIBUTOR

Ingredients

- 2 portions of cooked rice - 2 duck legs or breasts - 1 tsp brown sugar - 1 tsp five-spice powder - 1 tsp ground Szechuan pepper - 1 1/2 tbsp honey - 1 shallot (it's best to use the small, purple Asian variety, not the one I used in this picture) - 1 tbsp tamari or dark soy sauce - 2 tbsp soy sauce - 1/2 cup water - greens of your choice

Instructions

1. Rub the skins of the duck with the mixture of sugar, five-spice powder and Szechuan pepper. Leave for 15 minutes or so. Preheat oven to 190 deg celcius. 2. In a dry frying pan, place duck skin side down and cook over medium heat for skin to crisp. The fats from the duck will be expelled by the heat so there really is no need to add any oil. 3. Place duck skin side up in a roasting tin and add 1 tbsp of the fat into the tin. Mix 1/2 tbsp honey with the same amount of water and brush on the duck skin. Place in oven to cook, around 25 - 35 minutes depending on how well you like the meat. When done, drain off all the oil and let the duck sit in a warm place for about 10 minutes before cutting. 4. In the meantime, reserve about 1 tbsp of duck fat in the pan and add sliced shallots to cook over a low heat. When shallots are very soft, add soy sauce, rest of the honey and water and bring to boil. You can add some cornstarch to thicken the gravy, or just leave it as it is. 5. Boil greens and chop up finely. 6. To assemble, top the rice with the greens, thinly sliced duck meat and some gravy.