



3 Cook Sino-Japanese Duck

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 Duck Breast(Fat on),
- 4 Tbsp Sake(I used 'Hakutsuru' Brand),
- 2 Tbsp Shoyu (Japanese Soy sauce),
- 1/2 Tbsp Szechuan Pepper corns,
- 1 Star-Anise
- 1 Glug of Arachis oil
- 2 Pints water
- Some Sansyo & 5 Spice for the Rub.

Instructions

Here is a recipe i made up when i wanted to make Tea smoked duck but did not know i had to leave it over night and still wanted some duck,
So i cut off a breast and made this weird thing,

- 1.Score the skin of the duck and rub with the Sansyo and 5-spice,
 - 2.Put the Sake and Shoyu into a medium sized saucepan and heat until it begins to bubble add the peppercorns and star anise,
 - 3.When bubbling add the Duck flesh(Not Fat like usual Duck recipes) side down and leave to cook until the liquid starts to dry and burn(weird i know),
 - 4.Take the duck out and scrape but dont remove the burnt liquid,
 - 5.Add the Glug of oil and heat for 10 seconds place the duck fat side down fry until the
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skin starts to harden and it is blackening around the scores,

6.pour the water into the pan and bring to a boil,
boil for 10-15 minutes,

7.Remove the duck and place on kitchen paper to dry,

8.Slice the duck down to the fat and serve over Japanese rice,

To drink: Gunpowder Tea or a glass of sake