



It's not often that we get to eat Duck. But these breasts were looking a little lonely in the Yellow Sticker fridge priced at £2.45. It would have been as shame to extend their misery.

Ingredients:-

2 Duck Breasts
2 Tbsp of Soy Sauce
2 Tbsp of Hoisin Sauce (Black Bean Paste)
1 Tbsp of Wine Vinegar
1 Red Chilli, sliced
2 Star Anise
2 Cloves of Garlic, minced
1 thumb of Ginger, minced
½ Tsp of Five Spice
2 Tbsp of Brown Sugar
Oil to fry

To garnish:-

Spring Onions, sliced
Sesame Seeds

Method:-

(1) Place the Duck breasts skin side up in a casserole dish.

- (2) Combine all the marinade ingredients and pour over the Duck, making sure the meat is well coated.
- (3) Allow to marinade in the fridge for a least 2 hours.
- (4) Preheat the oven to 160c.
- (5) Cover the casserole dish in foil and bake for 25 minutes.
- (6) Remove the Duck from the dish and simmer the juices for 3 to 4 minutes to thicken.
- (7) In a frying pan add a little Oil and on a high heat crisp the skin on the breasts for a minute or so.
- (8) Garnish with the Spring Onions and Sesame Seeds

We already had the Black Bean Paste we made for a previous dish ([Recipe Here](#)) We Served ours on a bed of Rice Noodles and accompanied by fried Pak Choi.