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by Gary Rhodes

Warm Sesame Glazed Duck with Dressed Salad



Ingredients

For the Duck:
12 duck legs
3 star anise
10 cloves garlic, chopped
60g fresh root ginger, roughly chopped
20g coriander, stalks only, washed- (use leaves in salad)
1tsp. five spice
Toasted sesame seeds
Good vegetable oil for frying
For the Duck Sauce: 12 tbsp. tomato ketchup
3 tbsp. honey
Juice of 2 oranges
3 tbsp. soy sauce
6 tbsp. Sesame oil
For the Salad: Blanched French green beans
Beansprouts
Mooli
Spring onion slice and sautee with butter
Orange segments
Picked coriander leaves
Sprigs of watercress
For the Orange Dressing: 100ml white vinegar
100 ml water
750ml of fresh orange juice
100ml lemon juice
Strip of orange zest and lemon zest
75g chopped shallots
6 coriander seeds
2 star anise
Pinch of saffron
20g sugar
For the Maple Syrup Vinaigrette: 2 tablespoons reduced duck stock (or veal)
5 tablespoons olive oil
3 tablespoons sherry vinegar
4 tablespoons of maple syrup reduced
salt and pepper

Servings

4

Person

Preparation

1. Procedure for the Duck:
2. Cover the duck with water, add the herbs and spices, bring to the boil and simmer gently for 40-60 minutes, until the meat is completely tender

3 Remove the duck from the stock remove the bone

4 Cut the duck into bite sized pieces, leaving the skin on

5 Deep fry the duck in vegetable oil

6 Coat with duck sauce and toasted sesame seeds

7 Procedure for the Duck sauce:

8 Whisk all the ingredients together

9

10 Procedure for the Orange Dressing:

11 Boil and reduce first 2 ingredients until half

12 Boil and reduce rest of ingredients until thick

13 The two can now be mixed together, before seasoning

14 To thicken: Add 1 level dessertspoon of cornflour mixed with 1 level tablespoon of water, whisking it into the simmering orange dressing, allowing to cook for 1-2 minutes until slightly thicken

15

16 Procedure for the Vinegarette:

17 Make the maple syrup reduced

18 For the maple syrup vinaigrette, warm the stock and whisk in all the remaining ingredients, seasoning with salt and pepper. Use while at room temperature

19

20 To Finish:

21 Pre-heat oil to 170°C for deep-frying

22 Deep-fry the duck pieces until crispy, drain and mix with the enough duck sauce to coat each piece, sprinkling with the lightly toasted sesame seeds to finish

23 In a separate bowl, place the French beans, beansprouts, mouli, and orange segments, seasoning and drizzling and mixing liberally with the orange dressing

24 The salad can now be topped with the glazed duck pieces, buttered spring onion slices, watercress sprigs, and coriander leaves

25 Drizzle with the maple syrup vinaigrette.

26 Top with 4 half crispy orange slices

Cooks Note

Serves 4