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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
