



A whole Duck is clearly a budget buster for us. But this had been dropped and the packaging was split. So £2.49 with the dreaded Yellow Sticker saw me skipping home. OK perhaps not actually skipping??

We made a Plum and Ginger Chutney a few months ago which has been sat in the cupboard and made a good foundation for the Hoisin style sauce. (

<http://www.eatwellonuc.org.uk/index.php/recipes/336-plum-ginger-chutney>)

Obviously you can but ?Real? Hoisin Sauce!

The original Chutney had the following ingredients:-

1 Hand of Ginger

1Kg of Plums

2 large cloves of Garlic

A handful of fresh Coriander, chopped

2 Red Onions, chopped

6 Birds Eye Chillies

1 bunch of fries Chives

1 tsp Turmeric

White distilled Vinegar

4 tbst Sugar

Salt

Oil

Sue added the following:-

Five Spice

Star Anise

Soy Sauce

Honey

Black Bean Sauce

Method:-

- (1) In a pan heat all the sauce ingredients.
- (2) Allow to cool and then paste half of the sauce over the Duck and place in the fridge covered for a few hours.
- (3) Heat the oven to 160c.
- (4) Cover the Duck in foil and cook for an hour covered.
- (5) Remove the foil and spoon the sauce over the Duck and cook for a further 30 to 40 minutes.
- (6) Reheat the remaining sauce in a pan and add the cooking juices from the Duck.
- (7) Portion and serve the Duck and pour the sauce from the pan over.

Served with stir-fried vegetables, boiled Rice and fried Pak Choi this was really good and actually under budget!