



Two Duck Breasts for £1.38 seemed too good an offer to refuse. So Sue combined a few recipes and came up with this.

Ingredients:-

2 Duck Breasts
2 Cloves of Garlic, minced
1 Thumb of Ginger, grated
6 Tbsp of Tamarind Puree
2 Tbsp of Fish Sauce
100ml of Chicken Stock
2 Tbsp of Oyster Sauce
1 Tbsp of Five Spice
4 Tbsp of Sugar
1 Tbsp of Thyme
1 Tbsp of Olive Oil
Salt & Pepper to season

Method:-

- (1) Score the fat on the Duck Breasts and season with Salt & Pepper, Five Spice and Thyme.
- (2) Place the Breasts skin side down in a dry frying pan and fry for 8 minutes, until the fat has rendered and the skin is crispy.
- (3) Turn over and seal the flesh side.

- (4) Transfer to a pre-heated oven (Air Fryer in our case) at 160c and cook for a further 8 minutes.
- (5) Set aside to rest for 5 minutes.
- (6) Add the Olive Oil to a frying pan on a medium heat.
- (7) Fry the Garlic and Ginger stirring continuously.
- (8) Add the Tamarind Puree, Oyster Sauce, Fish Sauce and Sugar.
- (9) Cook and stir until the Sugar has dissolved.
- (10) Stir in the Stock and season with Salt & Pepper.
- (11) Slice the Breasts into 1cm slices and pour over the Sauce.

We served ours over a bed of Rice Noodles with stir-fry vegetables and garnished with Spring Onions and Sesame Seeds. Duck always goes well with citric flavours, but this was something else!