



狗

Chinese New Year

Pan-fried duck with plum, honey & soy sauce

Serves 10

La Pedriza pure olive oil tin	3tsp
Farmstead duck breasts - female 168-224g	5
Red plums	8
Red onion, diced finely	2
Everyday Favourites squeezey clear blossom honey	680g
Lee Kum Kee premium dark soy sauce	50g
Everyday Favourites garlic purée	1tsp

1. Pre-heat the oven to 180°.
2. Heat oil in a pan.
3. Score the duck breast and seal in the pan for 4 minutes each side.
4. Quarter and stone the plums then add to the pan.
5. Add the diced red onion and cook until soft.
6. Add the honey, soy sauce and garlic and reduce, taking out the plums when they get soft.
7. Transfer the duck and sauce to the oven and cook for around 5-10 minutes.
8. Leave to rest for 3-5 minutes.
9. Slice up the duck, arrange on a plate and pour over the sauce.

狗

Chinese New Year



Did you know?

2018 is the year of the dog

狗

Chinese New Year



Did you know?

2018 is the year of the dog