

Peking Duck Breast with Shiitake & Brown Fried Rice

Woah. This was an Em's Food creation that I thought about incessantly for about a week. I started off thinking noodle salad, moved to pancake, contemplated omelette and ended up with fried rice. What better marriage than Duck and shiitake mushrooms? Who doesn't love the classic flavours of peking duck with that amazing cucumber and shallot topper? I was pretty chuffed with this result. It was gold!

Prep time: 30 Minutes
Medium Budget

Cooking time: 1 Hour

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Serves 4

4 x Duck breasts, skin lightly scored on the diagonal about 1/2cm apart

1 tsp of Chinese 5 spice

1 tsp of salt

2 tbs of shoaxing wine

2 tbs of char sui sauce

2 tbs of hoi sin sauce

1/4 cup of rice wine vinegar

1 tbs of honey

Juice of 1 orange

1 cinnamon stick

2 lebanese cucumbers, peeled with a potato peeler, discard the seeds

1 green onion, very finely sliced diagonally (almost julienned)

1 tbs of rice wine vinegar

1/2 tsp of caster sugar

For the Fried Rice:

1 cup of Brown rice (I used medium grain but whatever you have will do),
cooked according to packet instructions

2 cups of water

3 green onions sliced into 2.5cm batons

1 punnet of shiitake mushrooms, sliced

2cm piece of ginger, grated

2 cloves of garlic, finely minced

2 tbs of soy sauce

1 cup of coriander leaves

Preheat the oven to 125°

Place the shoaxing wine, char sui sauce, hoi sin sauce, rice wine vinegar,
honey, orange juice & cinnamon stick in a small saucepan. Stir to combine
and bring to the boil. Once boiling, reduce the heat to a simmer and allow
to reduce for approximately 5 minutes or until nice and syrupy. Remove from
the heat while the duck is cooking but reheat just before serving.

Once you have scored the duck breasts, pat them dry with paper towel. Place
the 5 spice and salt in a mortar and pestle and grind until the salt is nice
and fine. Sprinkle each duck breast liberally, on the skin side with the
spice mix. Heat a large, heavy based pan until almost smoking and place the
breasts in skin side down. Cook for 4 minutes until nice and crispy and the
fat has rendered out. Turn and cook them on the other side for approximately
1 minute, baste the skin side with the sauce and then transfer to the oven.
Cook for 50 minutes and baste the skin side with the Peking sauce every 10
minutes. Remove from the oven and allow to rest for 5 minutes.

Place the cucumber and green onion in a bowl of iced water. This will really
crisp it all up. Just before serving drain and add the vinegar and sugar,
tossing lightly to help the sugar dissolve.

Heat a wok and add a little oil. When it is nice and hot add the mushrooms,

ginger and garlic and stir fry for 1-2 minutes, add the green onion and rice and toss with a couple of spatulas on a nice high heat so that all ingredients are nice and hot. Add the soy sauce and coriander, tossing to combine.

To serve, place a nice pile of fried rice on 4 serving plates. Place the duck breasts on a board and slice on the diagonal along the score marks. Use your knife blade to slide under the breasts and lay the duck across the rice. Drizzle some of the remaining peking sauce over the breast and around the plate (just cause it looks good). Place a nice pile of the fresh cucumber salad on top and serve!