

DUCK IN ASIAN TAMARIND GLAZE

by RoniB's Kitchen Recipe Collection

Ingredients

- 2 duck breast
- 1 tsp salt
- 1/2 tsp ground pepper
- 5 tbsps RoniB's Kitchen Tamarind Jam
- 2 tbsp oyster sauce
- 1 tbsp fish sauce

Directions

1. Preheat oven to 180C
2. Rub duck breast with salt and pepper
3. Place the season duck breast skin side down in a hot non stick pan on a medium heat without oil for 5 minutes or until golden brown. Do the same on other side for 1 minute.
4. Using a roasting tin with rack, place the duck breasts skin side up and roast for for 15-18 minutes, depending how you like your duck cooked.
5. While the duck is roasting, prepare your sauce. In a saucepan, mix the Tamarind Jam, oyster sauce and fish sauce. Heat gently until the mixture is mixed through and slightly thickened. Set aside.
6. When the duck is done. Rest for about 5-10 minutes.
7. Serve with accompaniments.

Product



PREPARATION: 5 MINS

COOKING: 40 MINS

READY IN: 45 MINS

Serving:

Serve with parmentier potatoes, steamed pak choi and roast pumpkin or any other vegetable,