

Duck Breast, Chinese style with Pineapple

2 duck breasts, 225 g (8 oz) each
Salt
1 tbsp plain flour
2 tbsp oil
1 tbsp grated fresh ginger
1 leek, chopped
1 onion, chopped
2 carrots, chopped
1 tbsp soy sauce
1 tbsp brown sugar
2 tbsp tomato purée
2 tbsp dry vermouth
100 ml (4 fl oz) white wine
100 ml (4 fl oz) water
1 /2 tsp cornflour
3 tbsp water
2 slices tinned pineapple, cut into cubes
Salt and freshly ground black pepper

With a sharp knife score the skin side of the duck breast diagonally across in a large diamond pattern. Season with salt, dust lightly with flour and in a pre-heated frying pan fry on both sides in hot oil. Start with the skin side and fry until crisp, turn over and seal the other side. Remove to a warm place. Pour off some of the duck fat. In remaining pan juices fry the ginger, add leeks, onion and carrots. Fry the vegetables for three minutes. Place everything in the Remoska, add soy sauce, brown sugar, tomato purée, vermouth and the duck breasts. Baste with wine and water, cover and cook meat and vegetables until tender, approx 30 minutes. Remove breasts again. Stir in cornflour mixed with three tablespoons of water, pineapple, return breasts to pan and heat through.

Serve with rice.

Variation – Substitute chicken pieces or turkey breast for duck