

Chinese Style Duck Breast and Quick Fried Rice

Ingredients

- 4 duck breasts (~200 g each), skin side cross-hatched with ~1 cm spacing
- 300 cc converted rice (Uncle Ben's)
- 150 cc of finely diced ham (or shredded duck confit)
- 2 eggs
- Small bunch (~6 stalks) green onion – whites and greens separated, diced
- 10 ml rasped garlic
- 10 ml rasped ginger (works best if frozen)
- 10 ml sesame oil
- 30 ml soy sauce
- 30 ml rice wine vinegar
- 5 ml corn starch
- 30 ml dry sherry
- 30 ml peanut oil (or duck fat)
- Salt

Method

1. Whisk eggs with 5 ml sesame oil and salt.
2. Sauté onion whites in 30 ml peanut oil in a medium pan over low-medium heat to soften (~5 minutes). Stir in 5 ml each of rasped garlic and ginger. Stir in ham. Add rice and stir well to coat with oil. Add whisked eggs and stir well until mostly cooked and coating rice.
3. Add 600 cc water and salt to taste. Stir well and bring to boil. Cover, reduce heat to low and cook for ~20 minutes.
4. Mix corn starch with vinegar, soy sauce and 5 ml sesame oil.
5. Salt duck breasts, and sauté over low medium heat in a fry pan, skin side down, to render fat. After 5 or 10 minutes, flip to brown the other side for a couple of minutes. Flip back and cook until they reach 55 to 60 C (~135 F). Drain and reserve duck fat for cooking potatoes (can do this partway through cooking breasts), leaving about 15 ml in the pan.
6. Remove breasts to a plate.
7. Reduce heat to low and stir 5 ml each of garlic and ginger into remaining duck fat. Add sherry to deglaze the pan. After scraping up any fond in the pan, remix corn starch mixture and add to the pan. Add any liquid released by duck breasts. Stir to mix well and just bring to a boil to thicken. Remove from heat.
8. To serve, slice a duck breast and arrange on a plate, skin side up. Spoon over sauce and a sprinkle of onion greens. Stir remaining onion greens into rice and fluff. Add a serving of rice to the plate.

Notes

- Can substitute shredded duck confit and duck fat for the ham and peanut oil.
- Goes well with a stir-fried vegetable like broccoli with black bean and garlic.