

# Char Broiled Spiced Duck

(Serves 4)



## Ingredients:

4 boned duck breast fillets

## Marinade Ingredients:

3 tbsp soy sauce

3 tbsp red wine

2 tbsp brown sugar

1 tsp Chinese five spice powder

Finely grated rind of 1 orange

Freshly ground black pepper

A little course salt

- Leave the skin on the duck and make several deep slashes through the skin into the flesh. Mix all the marinade ingredients in a dish. Lay the duck in the marinade, skin side down. Turn after one hour and leave for at least another hour.
- Preheat your oven to 200°C / 400°C / Gas Mark .
- Lift the duck out of the marinade and pat off the excess moisture with kitchen paper.
- Heat a grillit on a medium setting. When hot, brush the ribs lightly with corn oil. Cook the duck, skin side down, for two minutes then turn over for a further two minutes.
- Carefully drain off the excess fat.
- Transfer the grillit to the oven (ensure your grillit is oven proof first) and cook for between 10-15 minutes. (10 minutes for duck that is slightly pink, 15 minutes for well done).
- Serve immediately with a green salad and potatoes.

## *Alternatively*

- To serve the duck as a starter – allow one breast for two people.
- When cooked, rest for a few minutes then slice the breast diagonally into 1cm thick slices.
- Arrange three or four pieces on top of a small leaf salad and garnish with fresh orange slices and walnut.