

Peking duck with umami, edemame and bok choy with Furikake |

Recipe for 4 servings



Description

Duck breast satay served with a sweet and salty sauce, vegetables cooked in sesame oil and enhanced with Furikake.

Note

The sauce is very tasty, you will love it, it can be served with another meat than duck so you can use it in another dish.

Ingredients

Duck

- 300 Gr Duck magret
- 4 Unit(s) Skewer sticks
- Vegetable oil

Sauce

- 2 Clove(s) Garlic
- 50 Gr French shallot
- 50 Ml Soy sauce
- 50 Ml Hoisin sauce
- 25 Ml Honey
- 25 Ml Rice vinegar
- Vegetable oil

Garnish

- 150 Gr Bok choy
- 150 Gr Edamame (soybeans)
- 1 Unit(s) Green onion
- 1 Tsp Furikake
- 1 Dash Roasted sesame oil
- Vegetable oil

Preparation

- Preparation time **45 mins**

Preparation

Pare and slice the duck breast lengthwise, then knit the slices onto your skewers.

Chop the garlic and chop the shallot.

Clean the bok choy, then chop them.

Chop the green onion finely.

Sauce

In a small saucepan, sweat the garlic with the shallot in a little vegetable oil.

Add all the other ingredients and simmer for 10 minutes over low heat.

Mix the sauce and keep warm.

Vegetables

Preheat a frying pan with sesame oil and sauté the vegetables quickly.

Remove from the heat, add the Furikake and adjust the seasoning.

Preheat a grill pan or your barbecue.

Lightly oil the duck and cook for 1 minute on each side.

Serve immediately.

On the plate

Place the vegetables on the bottom of your plates, then the duck skewers and finish with the sauce.

Sprinkle with a little furikake and serve immediately.

Bon appétit!