

Five Spice Duck

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Pre-heat oven to 375° F.

For each duck breast, mix together

1 t Salt
1 t Sugar
1 t Chinese five spice powder

Sprinkle both sides of each duck breast with the spice mixture, ensuring that the duck is well coated all around. For best results, marinate overnight.

Pan fry the breasts over medium-high heat, skin-side down, until well-browned - about 7 minutes. Turn over and brown the other side, about 5 more minutes. Transfer to the oven and bake for 10 minutes until just cooked, a little rare is ideal. Allow to sit for 10 minutes before carving into thin slices.

Notes:

- For Peking duck, serve with tortillas, finely julienned cucumbers and green onions, and hoisin and plum sauces.
- Alternatively, eat the duck with the hoisin, cucumbers and spring onions on a bed of hot rice or on a cold noodle and vegetable salad seasoned with lime.

Asian Noodle Salad

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In a large bowl, whisk together the juice of

Along with

Julienne

Boil

in salted water according to the package instructions (usually about 4 minutes). Drain into a colander and rinse immediately under cold water. Drain well. Toss the noodles and veggies in the lime dressing and top with the leftover duck.

Optional accompaniments:

2 fat limes (use 3 if the limes are small or not juice-generous - you need 4T of juice in total)

2 ½ T Fish sauce

1 ½ T Canola oil

2 t Sugar

4 drops Sesame oil

1 Clove garlic, grated

1 Sweet bell pepper

2 C Sugar snaps

2 Medium carrots

300 g Chinese or Japanese noodles (a flat, narrow, wheat flour noodle works best)

Spring onions (finely chopped), hot sauce, lime wedges, basil (chiffonade)

Notes:

- Best at room temperature or eaten cold.