



UCOOK

Peking Delicious Duck Rotis

with plum sauce & fresh chives

Originating centuries ago as a meal for Emperors, this delicious duck dish has truly stood the test of time. Luckily, you won't have to slow-roast the duck for hours over an open flame to enjoy the same taste. Get your trusty pan out and let's cook delectable shredded duck confit on cocktail rotis, crowned with pickled veg & fresh garnish.

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Hannah Duxbury

 Adventurous Foodie

 Strandveld | Skaamgesigge MCC Brut Rosé

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Ingredients & Prep

60ml	Rice Wine Vinegar
300g	Cucumber <i>rinsed & sliced into matchsticks</i>
60g	Radish <i>rinsed & sliced into matchsticks</i>
120ml	Plum Sauce
3	Free-range Confit Duck Legs
22,5ml	Chinese 5-spice
12	Cocktail Rotis
8g	Fresh Chives <i>rinsed & thinly sliced</i>
240g	Carrot <i>¾ rinsed, trimmed & peeled into ribbons</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. PICKLE In a bowl, combine the vinegar, 6 tbsp of water, 15ml of sweetener, and seasoning. Toss through the cucumber & radish matchsticks. Set aside to pickle. Loosen the plum sauce with a splash of water until drizzling consistency. Set aside.

2. PREP Remove the duck from the packaging and scrape the meat off the bone. Using two forks (one to secure the duck and the other to shred), gently shred the duck. Discard the bones, any bits of gristle, and any excess duck fat.

3. PEKING Place a pan over medium heat with a drizzle of oil. When hot, fry the shredded duck until the duck is starting to brown, 6-8 minutes (shifting occasionally). In the final 1-2 minutes, add the Chinese 5-spice. Remove from the pan and set aside.

4. PAN Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds. Drain the pickling liquid from the cucumber & radish.

5. PLATE Time to assemble! Top the toasted rotis with the pickled veg, the sliced chives, the carrot ribbons, and the shredded duck. Drizzle over the loosened plum sauce. Brilliant work, Chef!

Nutritional Information

Per 100g

Energy	829kJ
Energy	198kcal
Protein	5.2g
Carbs	17g
of which sugars	7.9g
Fibre	1.6g
Fat	12.6g
of which saturated	4.1g
Sodium	734mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Soy

Cook
within 3
Days