



# UCOOK

## Leopard's Leap Plum Duck Bao

with pickled cucumber & red cabbage

We love a delicious bao dish, how bao you? Filled with juicy slices of 5-spice duck, pickled cucumber matchsticks & red cabbage, as well as a sweet & sticky plum sauce, these fluffy bao buns are sure to make you say bao chicka bao wow!

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 3 People

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**Chef:** Leopard's Leap Winery

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 Adventurous Foodie

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 Leopard's Leap | Culinaria Grand Vin

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## Ingredients & Prep

|      |                                                                                     |
|------|-------------------------------------------------------------------------------------|
| 15ml | Black Sesame Seeds                                                                  |
| 30ml | Rice Wine Vinegar                                                                   |
| 300g | Cabbage<br><i>thinly sliced</i>                                                     |
| 150g | Cucumber<br><i>cut into thin matchsticks</i>                                        |
| 2    | Spring Onions<br><i>finely sliced, keeping the white &amp; green parts separate</i> |
| 3    | Free-range Duck Breasts                                                             |
| 15ml | Chinese 5-Spice                                                                     |
| 6    | Bao Buns                                                                            |
| 60ml | Plum Sauce                                                                          |

## From Your Kitchen

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

**1. OPEN SESAME** Place the sesame seeds in a pan over medium heat. Toast for 2-4 minutes until they begin to pop, shifting occasionally. Remove from the pan and set aside to cool.

**2. ZINGY SLAW** In a bowl, combine the vinegar, a sweetener of choice (to taste), and 15ml water. Add the sliced cabbage, the cucumber matchsticks, and the sliced white spring onions. Set aside to pickle.

**3. GET YOUR DUCKS IN A ROW** Boil the kettle. Pat the duck breasts dry with paper towel. Using a sharp knife, score the skin by cutting slits into its surface down the length of the breasts in a broad, cross-hatch pattern. Take care not to go too deep and pierce the flesh. Season lightly.

**4. THE BIG 5** Place a pot over medium-high heat with 3-4cm of boiling water covering the base for Step 3. Return the pan to a medium heat with the duck breasts, skin-side down, without oil (the duck breasts will render their own fat). Let the duck fat render while the pan heats up, occasionally pouring out the excess fat. Fry for 8-10 minutes until the skin is crispy. Turn up the heat to medium-high, flip the duck breasts, and cook for 2-4 minutes on the other side (for a medium-rare result.) In the final 1-2 minutes, baste the duck breasts with the Chinese 5-spice. Remove from the pan and allow to rest for 3 minutes before slicing.

**5. NICE BUNS** Once the water in the pot is steaming, place the bao buns in a colander over the pot. Cover and allow to steam for 5-6 minutes until cooked through and soft. Alternatively, use a steamer if you have one. You may need to do this step in batches. Once cool enough to handle, use a knife to gently open each bun. Drain the pickling liquid from the cabbage & cucumber.

**6. TAKE A BAO** Fill each bao bun with the pickled cabbage & cucumber. Top with the flavourful duck slices drizzled with the plum sauce. Sprinkle over the spring onion greens and the toasted sesame seeds. Serve any remaining pickled veg on the side. Bao-tiful, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 807kJ   |
| Energy             | 193kcal |
| Protein            | 7.7g    |
| Carbs              | 27g     |
| of which sugars    | 5.2g    |
| Fibre              | 1.6g    |
| Fat                | 5.8g    |
| of which saturated | 1.2g    |
| Sodium             | 385mg   |

## Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook  
within 3  
Days