



UCOOK

Duck & Curry-style Sauce

with piquanté peppers & coconut milk

A luscious deconstructed take on a duck curry. Duck breast is cooked until pink and juicy before being sliced and coated in a rich, coconut-y sauce, permeating all of the classic curry aromas of ginger, curry paste, and coriander sprinkled on top! All of this yumminess is served with plump basmati rice, to make sure not even one drop of this spectacular sauce is lost to the dishwasher!

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Jeannette Joynt

Adventurous Foodie

 Laborie Estate | Laborie Chenin Blanc 2023

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Ingredients & Prep

225ml	White Basmati Rice <i>rinse</i>
2	Onions <i>peel & finely dice 1½</i>
30g	Fresh Ginger <i>peel & grate</i>
30ml	Thai Red Curry Paste
300ml	Coconut Milk
60g	Piquanté Peppers <i>drain & roughly slice</i>
45ml	Lime Juice
15g	Cashew Nuts <i>roughly chop</i>
3	Free-range Duck Breasts
3	Poppadoms
8g	Fresh Coriander <i>rinse & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. FLUFFY RICE Place the rinsed rice in a pot with 450ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. CURRY SAUCE Place a pot over medium heat with a drizzle of oil. When hot, fry ½ the diced onion until soft and translucent, 4-6 minutes (shifting occasionally). Add the grated ginger and the curry paste (to taste), and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the coconut milk and 150ml of warm water, and bring to a simmer. Once simmering, cook until slightly thickened, 10-15 minutes (stirring occasionally), and season.

3. LET'S SALSA In a bowl, combine the remaining onion (to taste), the sliced piquanté peppers, the lime juice (to taste), the chopped cashews, and seasoning.

4. DUCK, DUCK, FRY! Pat the duck breast dry with paper towel. Using a sharp knife, score the fat by cutting slits through the surface of its skin in a broad cross-hatch pattern, without going too deep and piercing the flesh. Place the duck in a cold pan, skin-side down, without oil (the duck will render their own fat). Place over medium heat and let the duck fat render while the pan heats up. Sear until the skin is crispy, 5-8 minutes. Turn the heat up to medium-high and drain the excess duck fat from the pan. Flip the duck, and sear until browned, 2-4 minutes (for medium-rare). Remove from the pan and rest for 3 minutes before slicing and seasoning.

5. POP GOES THE POPPADOM! Place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over. Keep flipping until golden and puffed up.

6. DIVINE DUCK DINNER Plate up the basmati rice and side with the duck slices and the curry sauce. Sprinkle over the chopped coriander. Side with the pickled pepper salsa and the poppadom. Amazing work, Chef!

Nutritional Information

Per 100g

Energy	699kJ
Energy	167kcal
Protein	7.1g
Carbs	17g
of which sugars	2g
Fibre	0.9g
Fat	8g
of which saturated	4g
Sodium	211mg

Allergens

Allium, Sulphites, Tree Nuts

Eat
Within
3 Days