

Roasted duck red curry with lychee

Recipe for 4 persons



Description

Recipe for roasted duck with sweet and sour red curry sauce, tomato and lychee served on jasmine rice.

Note

The kaffir lime leaves are sold in Asian markets. You can freeze them to have them on hand.

Ingredients

For the roast duck and red curry sauce

- 2 Unit(s) Duck magret
- 2 Unit(s) Shallot
- 1 Tsp Red cari paste
- 4 Unit(s) Kefir lime leaves
- 400 Ml Coconut milk
- 1 Tsp Cornstarch
- 1 Box(es) Cherry tomatoes
- 400 Gr Lychee
- 5 Sprig(s) Thai basil
- 30 Gr Palm sugar
- 30 Gr Fish sauce Nuoc-mâm

- Salt and pepper
- Vegetable oil

For the jasmine rice

- 200 Ml Jasmine rice
- 300 Ml Water

- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **425 F°**

General preparation

Mince the shallot. Cut the cherry tomatoes and lychees in half. Remove basil leaves from the branches. Tear the kaffir lime leaves in 2.

Jasmine rice preparation

Rinse the rice in water before cooking it in a steamer, a rice cooker) or a small pot with water for 15-20 minutes. Let stand covered 5 minutes.

Roast duck preparation

Trim the magret of any excess fat and nerve tissue, and score the skin lightly in a criss-cross pattern with a small paring knife. Season it with salt and pepper. Place the duck breast into a hot pan on the fat side until browned. Then brown the flesh side. Transfer the duck in the oven for 6 to 8 minutes for medium rare cooking. Let stand at least 5 minutes in a warm spot before slicing.

Red curry sauce preparation

In a saucepan, sauté the shallot in a little vegetable oil over medium heat. Add the curry paste and cook it a few minutes while stirring constantly to accentuate the flavors. Then pour in the coconut milk, previously mixed with cornstarch, add the kaffir lime leaves, palm sugar, fish sauce and let steep 5 to 10 minutes. Remove the kaffir lime leaves before adding the tomatoes and lychees.

To serve

In a bowl, pour some red curry and garnish with slices of roast duck and Thai basil leaves. Serve with a small bowl of jasmine rice.

Bon appétit!