

Peking duck with umami, edemame and sesame bok choi |

Recipe for 4 servings



Description

Duck breast satay served with a sweet and salty sauce, vegetables cooked in sesame.

Note

The sauce is very tasty, you will love it, it can be served with another meat than duck so you can use it in another dish.

Ingredients

Duck

- 300 Gr Duck magret
- 4 Unit(s) Skewer sticks

Sauce

- 2 Clove(s) Garlic
- 50 Gr French shallot
- 50 Ml Soy sauce
- 50 Ml Hoisin sauce
- 25 Ml Honey
- 25 Ml Rice vinegar

Garnish

- 150 Gr Bok choy
- 150 Gr Edamame (soybeans)
- 1 Unit(s) Green onion
- 1 Dash Roasted sesame oil

Preparation

- Preparation time **45 mins**

Preparation

Pare and slice the duck breast lengthwise, then knit the slices onto your skewers.

Chop the garlic and chop the shallot.

Clean the bok choi, then chop them.

Chop the green onion finely.

Sauce

In a small saucepan, sweat the garlic with the shallot in a little vegetable oil.

Add all the other ingredients and simmer for 10 minutes over low heat.

Mix the sauce and keep warm.

Vegetables

Preheat a frying pan with sesame oil and sauté the vegetables quickly.

Remove from the heat, adjust the seasoning.

Preheat a grill pan or your barbecue.

Lightly oil the duck and cook for 1 minute on each side.

Serve immediately.

On the plate

Place the vegetables on the bottom of your plates, then the duck skewers and finish with the sauce.

Serve immediately.

Bon appétit!