



Shanghai duck breast

By Miele

60 minutes

Prep time

9-15

Cooking time

4-6 Servings

Serves

INGREDIENTS

- ½ teaspoon salt
- 3 tablespoons sweet soy (kecap manis)
- 1 tablespoon mirin
- 1 clove garlic, crushed
- 1 star anise, crushed
- 1 teaspoon sesame oil
- 4 organic duck breasts

METHOD

1. Combine all ingredients except duck breasts together in a bowl.
2. Cut 3-4 slits into the skin of the breasts, place in the marinade and massage the marinade into the breast.
3. Allow to stand at room temperature for 30 minutes.
4. Pre-heat grill on setting 3. Position the baking and roasting rack over the multi-purpose tray and arrange duck breasts on rack, skin side up.
5. Place the baking and roasting rack and tray together on shelf position 2. Change programme to Combination mode: Select Full grill + level 3 + 85%moisture.
6. Cook for 9-15 minutes, according to preference. Remove from the oven and rest the duck for 10 minutes.
7. Strain marinade into a saucepan, bring to the boil, reduce heat to low, induction setting 3-4 and simmer for 5 minutes.
8. Slice the breast and serve with the hot marinade.

Hints and tips

- Serve with steamed rice and Asian greens