

Teriyaki Glazed Duck Breast with Asian Greens Stir-fry

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Ontario duck is readily available at butchers and some grocery stores; it is a lean and flavourful meat choice. Quick and easy to cook, it makes weeknight meals or special dinners simple to get on the table.

Preparation Time: 10 minutes plus 1 hour marinating time

Cook Time: 20 minutes

Makes 2 servings.

Ingredients:

1/2 cup (125 mL) sodium reduced chicken broth

3 tbsp (45 mL) mirin

3 tbsp (45 mL) sodium reduced soy sauce

2 tbsp (25 mL) seasoned rice vinegar

2 tbsp (25 mL) minced ginger

4 fresh cloves Ontario garlic, minced

1 fresh Ontario duck breast

2 tbsp (25 mL) canola oil

3 cups (750 mL) chopped Ontario bok choy, rapini or Chinese broccoli
2 cups (500 mL) chopped Ontario Nappa cabbage
1 pkg (4 oz/114 g) Ontario shitake mushrooms, stemmed and sliced
1 fresh Ontario sweet red pepper, thinly sliced
2 tsp (10 mL) cornstarch

Method:

In shallow dish, whisk together broth, mirin, 2 tbsp (25 mL) of the soy sauce, vinegar and half each of the ginger and garlic. Pour 1/3 cup (75 mL) of the marinade into shallow bowl and reserve remaining marinade.

Score duck breast skin crosswise, then lengthwise to form a cross-hatch. Place duck breast in shallow bowl and turn to coat. Cover and refrigerate for at least 1 hour or up to 4 hours.

In ovenproof skillet, heat half of the oil over high heat and sear duck breast skin side down until golden brown and crisp. Turn duck breast over and place skillet in 425 F (220 C) oven for about 5 minutes or until thermometer reaches 155 F (68 C). Set aside.

Meanwhile, in large nonstick skillet, heat remaining oil over medium high heat and sauté broccoli, cabbage, mushrooms, pepper and remaining ginger and garlic for 2 minutes. Add reserved marinade and cook, stirring occasionally for about 4 minutes or until tender crisp.

Whisk together cornstarch and remaining soy sauce and stir into vegetables. Cook, stirring for 1 minutes or until sauce is thickened. Divide among 2 plates.