



THE ELECTRIC RANGE

Duck Breast with Jasmin Tea and Spice Dressing

Ingredients:

- 2 Duck Breasts
- 3 Mixed Peppers
- ½ Chinese Leaf Lettuce
- 1 Bunch coriander
- 1 oz Chopped Ginger
- 1 Chopped Red Chilly
- 1oz Chopped Lemon Grass
- 5oz Sugar Snaps
- 1 Clove Chopped Garlic
- Olive Oil
- Sesame Oil
- 1 Chopped Red onion or Spring onions
- 1 Tspn 5 Spice
- 6oz Clear Cotswold Honey
- 3oz JasminTea leaves
- Kitchen Garden Old Spot Ale Chutney

Method:

- Heat a pan with a drizzle of olive oil
- Score the Duck breast and sear skin side down in the pan
- Turn the duck over and repeat on the other side
- Sprinkle with the Five Spice and a touch of honey
- Place into a medium heated oven
- Cut the pepper, sugar snaps, red onions, garlic, and Chinese leaf lettuce, ginger and chilly into fairly large pieces. Warm some sesame oil in a pan and add the ingredients one by one in the following order: garlic, onion, ginger, pepper, lettuce and sugar snaps. Season with five spices, lemon grass, honey and a sprinkle of Jasmin Tea
- To serve place the stir-fry vegetables underneath a neatly sliced Breast of Duck. Place the pan with the duck juices onto a slow heat add some coriander 2 teaspoons of chutney and enough olive oil to form a vinaigrette. Pour over the meat and serve