

A whole Duck is clearly a budget buster for us. But this had been dropped and the packaging was split. So £2.49 with the dreaded Yellow Sticker saw me skipping home. OK perhaps not actually skipping??

We made a Plum and Ginger Chutney a few months ago which has been sat in the cupboard and made a good foundation for the Hoisin style sauce. (http://www.eatwellonuc.org.uk/index.php/recipes/336-plum-ginger-chutney)

Obviously you can but ?Real? Hoisin Sauce!

The original Chutney had the following ingredients:-

1 Hand of Ginger
1Kg of Plums
2 large cloves of Garlic
A handful of fresh Coriander, chopped
2 Red Onions, chopped
6 Birds Eye Chillies
1 bunch of fries Chives
1 tsp Turmeric
White distilled Vinegar
4 tbst Sugar
Salt

Oil

Sue added the following:-

Five Spice
Star Anise
Soy Sauce
Honey
Black Bean Sauce

Method:-

(1) In a pan heat all the sauce ingredients.
(2) Allow to cool and then pasty half of the sauce over the Duck and place in the fridge covered for a few hours.
(3) Heat the oven to 160c.
(4) Cover the Duck in foil and cook for an hour covered.
(5) Remove the foil and spoon the sauce over the Duck and cook for a further 30 to 40 minutes.
(6) Reheat the remaining sauce in a pan and add the cooking juices from the Duck.
(7) Portion and serve the Duck and point the sauce from the pan over.

Served with stir-fried vegetables, boiled Rice and fried Pak Choi this was really good and actually under budget!