



## duck on bamboo bed

A recipe by petra: [www.cookseasonal.com/recipe/8](http://www.cookseasonal.com/recipe/8)

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### Preparation

1. Cut the carrots into slices, the chili and spring onions into strips.
2. Cut the skin of the duck breast (x shaped), season it with salt and pepper (both skin side and meat side), then shortly fry the duck breast (with the skin side down).
3. Preheat the oven to 150C, place the duck in a frying tin, and leave it in the oven for 10 to 15 minutes.
4. Prepare the rice following the instructions on the package.
5. Meanwhile, fry the carrots, chili, spring onions and bamboo sprouts in the baking stock (left from frying the duck) and add the chicken stock. Leave to simmer for 5 minutes.
6. Season to taste with the soy sauce and the sake.

*Serve the duck breast with basmati rice and fried vegetables.*

### Ingredients

- **carrots:** 300 gram
- **chili pepper (green):** 1
- **spring onions:** 3
- **bamboo sprouts:** 300 gram
- **duck breasts (with skin):** 300 gram
- **chicken stock:** 100 ml
- **soy sauce:** 5 tablespoon
- **sake / Japanese rice wine:** 5 tablespoon
- **Basmati rice:** 240 gram

### Timing

- **Preparation time:** 20 minutes
- **Waiting time:** minutes
- **Cooking time:** 15 minutes