

★ U.K. ★
BBQ
 ★ Week ★
 19TH - 28TH AUGUST
2017



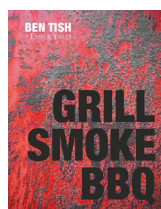
* Preparation and cooking time, recipe requires 1 hours marinating

INGREDIENTS

2 x 200g gressingham or barbary duck breasts
 70g fresh or thawed frozen peas
 70g fresh or thawed frozen broad beans, outer skins removed
 Sea salt
 Black pepper

For the hot mint sauce

75ml extra virgin olive oil
 1 large garlic clove, thinly sliced
 1 bunch mint, stalks and leaves separated
 1 tsp cumin seeds
 1 tsp coriander seeds, lightly crushed
 50ml cabernet sauvignon vinegar or other red wine vinegar



Recipe kindly supplied by Ben Tish from Grill Smoke BBQ.
 Photographer Kris Kirkham
 Purchase the book from Amazon:
<http://amzn.eu/2Wv0RAn>

RECIPE

Chargrilled duck breast with peas, broad beans and hot mint sauce



METHOD

1. Trim the duck breasts of any excess fat and sinew, then use a very sharp knife to lightly score the skin in a criss-cross pattern, without cutting into the flesh. Put in a non-reactive bowl, pour over the brine and refrigerate to cure for 1 hour.
2. For the hot mint sauce, place the extra virgin olive oil, garlic, mint stalks and the cumin and coriander seeds in a small, non-reactive saucepan and place over medium heat on the stovetop. When the garlic starts to turn golden, remove the pan from the heat and carefully pour in the vinegar. Season well, then set aside for an hour or so to infuse.
3. If you are using fresh peas and beans, cook them in boiling salted water for 2 minutes. Refresh in iced water, then drain.
4. Light the barbecue and set for direct/indirect cooking.
5. Remove the duck breasts from the brine and pat dry with a paper towel. Place the duck, skin-side down, on the grill in the indirect heat zone and throw a small handful of cherry wood chips onto the charcoal. Close the lid of the barbecue and cook the duck for 4 minutes to render some of the fat and lightly caramelize the skin. Open the lid, transfer the duck to the direct cooking zone, throw another small handful of wood chips onto the charcoal and close the lid. Cook for 5–6 minutes, still skin-side down, then turn the duck breasts onto the flesh side and cook for 2 minutes or until cooked to medium (if you press your finger into the meat, it should bounce back); give it another 3–4 minutes if you want it well done. Move the duck to a warm spot to rest for 5 minutes.
6. Strain the infused mint sauce into a clean saucepan, then add the peas and broad beans and bring to the boil in the direct heat zone. Season the sauce well, throw in the mint leaves and remove from the heat as soon as the mint has wilted.
7. Spoon some of the peas and beans onto the plate, then thickly slice the duck breasts and place on top. Spoon over the rest of the peas and beans, drizzle over the hot mint sauce and serve.