Duck Pancakes with California Prune Hoi Sin Sauce

by Peter Sidwell

This classic Chinese dish is fresh, healthy and most importantly – delicious! This will soon become one of your favourites , especially considering it combines tasty flavours and reduced sugar content.

Prep Time: 5-10 minutes + 2 hours slow cooking the duck legs
Cook Time: 15 minutes
Serves: 2

Ingredients:

2 duck legs
150g California Prunes
1 thumb of ginger
1 red chilli
1 garlic clove
1 star anise
6 tbsp soy sauce
60ml water
6-8 spring onions
8-10 Chinese pancakes

Here's How:

1. Preheat your oven to 150°C and slow cook your duck legs in a drizzle of oil with salt and pepper for 2 hours or until tender.
2. Roughly chop the California Prunes and put to one side.
3. Finely chop the ginger, chilli and garlic.
4. Place in a preheated pan along with the California Prunes.
5. Add the star anise and allow the ingredients to cook slightly.
6. Pour in the soy sauce and water, stir together and bring to the boil for 2-3 minutes.
7. Cut the cucumber length ways and remove the seeds with a spoon, as this allows the cucumber to be fresh and crunchy rather than watery. And slice into half-moons.
8. Over a pan of boiling water, place the Chinese pancakes in a bamboo steamer until soft (5-6 minutes). Or on a plate, cover in clingfilm for 90 seconds.
9. Meanwhile, drizzle oil into a heated pan and add the whole spring onions with a sprinkle of salt and pepper and grill until they start to char.

10. Once the duck is tender, carefully pull the meat off the bone.
11. To serve- add a tablespoon of sauce to a pancake, add a few slices of cucumber, a little bit of shredded duck and a couple of spring onions, finishing with a sprinkle of sesame seeds.

Link to Website: https://www.californiaprunes.net/recipes/**duck-pancakes**/