

# DEKAT

## Experience the richness of plum

op 2.03.15



Food artist, Jules Mercer, creates a taste explosion when combining Zonnebloem's Pinotage with Asian-style roasted duck. Deep ruby colours with flavours of dark chocolate and red berries, compliment the dish very well. Plums, soy, five-spiced honey as well as ginger and chilli are some of the ingredients that will make you beg for more.

### **Whole roasted duck with plum sauce**

1 Duck- approximately 2kg

2 Tablespoons (30ml each) honey and soy sauce, mixed together

A pinch of Chinese five-spiced powder

1 Small onion, finely chopped

1 Red chilli, finely chopped

1 Large knob (4-5 cm) ginger, peeled and grated in a glug of olive oil

400g Fresh plums, halved and cut into chunks

4 Tablespoons (60g) brown sugar

2 Tablespoons (30ml) soy sauce

½ Cup (125ml) stock

½ Cup (125ml) red wine

Steamed basmati rice, to serve

### **Method**

Preheat the oven to 220°C and place the duck on a roasting tin. Sprinkle the duck with salt and pepper. Place the duck in a preheated oven and roast for about 20 minutes or until the skin crisps. Mix together the Chinese five spice with the honey and soy mixture. Turn the temperature down to 180°C and continue to cook the duck while basting it every half hour with the honey mixture. Check the duck regularly to ensure that it is not burning. If the duck turns brown quickly, cover it with foil. Roast for approximately 75 minutes. If you prefer rare meat, roast for only 60 minutes.

For the plum sauce:

Fry the onion in olive oil until softened. Add chilli and ginger and cook for 1-2 minutes. Add plums and sugar and stir until the sugar has melted. Add red wine and stock and cook for about 30-35 minutes on a medium to low heat (stir the sauce regularly until it turns thick and glossy). Allow the duck to rest for 5-10 minutes.

Serve with plum sauce, rice, green vegetables and a glass of Zonnebloem Pinotage.