

Crispy Duck and Peach Pancakes



Serves 2 Prep 30 mins + salting time Cooking 1h 30 mins Challenge

Ingredients

2 duck legs
1 tsp Chinese five spice
12 spring onions, both ends trimmed
1 tsp sesame oil
10-12 readymade Chinese pancakes
1-2 handful of bean sprouts, blanched

Peach Sauce

2 large peaches, halved and stoned
3 tbsp orange juice
1 tbsp honey diluted in a little water
1/2 tsp Chinese five spice
1 tbsp rice wine vinegar

1. The day before, or at least a few hours before, use a fork to prick the skin of the duck legs all over. Mix the five spice, 1/2 tsp cracked black pepper and 1 tsp salt and rub all over the duck. Leave them to sit in the fridge in a baking dish for a few hours, or overnight.
2. To cook, heat the oven to 200C/ Fan 180C/ Gas 6. Pat the duck legs dry and sit skin-side down in a cold frying pan. Put over a medium-high heat and cook until the skin is crisp and brown. Turn to crisp up the underside, then lift into a small roasting tin. Brush the tops with honey, diluted with a little water, and pour 200ml water around the duck legs. Put in the oven to roast for 20 mins while you prepare the peaches.
3. Put the peach halves in a small baking dish, skin-side down, and scatter with the orange juice, and 1/2 tsp of Chinese five spice powder. When the duck has been cooking for 20 mins, turn the oven down to 140C/ Fan 10C/ Gas 1, add the peach dish to the shelf below, and bake for another 45 mins together.
4. Remove the peaches, and turn the oven back up to 200C/ Fan 180C/ Gas 6. Leave the duck in the oven for another 15 mins until really tender, the meat should fall from the bone and the skin should be crisp.
5. Peel away the skin from the peaches and discard. Put the peach flesh, along with any juices from the peach dish into a blender. Add the vinegar and whizz to a smooth puree, then leave to cool in a bowl.
6. Toss the spring onions with the sesame oil and griddle in two batches until charred and tender, then cut into bite-sized pieces. Warm the pancakes.
7. To serve, spread a pancake with some peach sauce. Shred over some duck meat, add a few griddled spring onion pieces and a few bean sprouts, then roll and eat.