



SEARED DUCK BREASTS WITH HEINZ CLASSIC BARBECUE SAUCE, BALSAMIC & SOY MARINADE

INGREDIENTS

2 Duck Breasts, trimmed of excess fat

• For the rub

- 1tsp Fennel Seeds
- 1tsp Chilli Flakes
- ½ tsp Black Pepper, coarse
- Zest of ½ an Orange

For the marinade

- 45ml Heinz Classic Barbecue Sauce
- 30ml Amoy Soy Sauce
- 20ml Apple Juice
- 15ml Balsamic Vinegar
- 1 Garlic Clove, minced or finely chopped
- 30ml Maple Syrup

For the glaze

- 120ml Heinz Classic Barbecue Sauce
- 30ml Amoy Soy sauce
- 30ml Cider Vinegar
- 14ml Date syrup or 10ml Maple syrup

For Garnish

- 2 Leeks, tough dark green outer leaves removed & cut in half
- 1 small Red Onion, cut into quarters
- 1 Baby Gem Lettuce, cut into quarters
- 40ml Olive Oil
- 1tsp Black Pepper, coarse
- Handful of Pomegranate Seeds
- Handful of picked Flat-leaf Parsley leaves
- 20ml Balsamic Vinegar
- 100g Crème Fraiche

Recipe courtesy of Josh Katz, Head Chef at Berber & Q Grill House, created exclusively for Heinz



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METHOD

- To prepare the duck breasts, trim away any excess fat, score the skin and remove any unwanted sinew
- Prepare the rub for the duck breasts by combining all of the ingredients in a bowl and mixing together thoroughly. Rub all over the duck to ensure they are evenly covered
- Make the marinade by combining all of the ingredients in a bowl and stirring. Toss the duck breasts in the marinade and allow to marinate for 4 to 6 hours or preferably overnight
- Prepare the glaze by combining all of the ingredients together in a pan, bringing to the boil, and reducing by 25%
- Fire up the barbecue for direct grilling over a medium to high heat, but bank the coals to one side (if possible). Grill the duck breasts directly over the coals, skin-side down, and allow to cook until the skin turns golden brown. Baste the duck breasts intermittently with the prepared glaze, and continue to cook by turning regularly and glazing
- Should the breasts start to blacken on the outside too much, before being cooked all the way through, transfer them to the other side of your grill where they are not directly positioned above the coals, and place the lid on the barbecue. This will turn your barbecue into an oven of sorts, and enable the duck to continue cooking through without burning
- Cook the duck to desired preference; remove from the grill ; rest for 3 minutes.
- Whilst the duck is resting, prepare the garnish salad by rolling the leeks, red onions and baby gem in olive oil and seasoning with salt and pepper. Grill the vegetables on direct heat until charred and softened. Whisk balsamic vinegar with oil to make a dressing.
- Serve the duck breast thinly sliced alongside the grilled vegetables drizzled with dressing and with picked parsley leaves and pomegranate seeds strewn over the top. A dollop of Crème Fraiche alongside is added for cooling and to cut through the sharpness of the vinegar.