SOYA HONEY MARINATED DUCK BREAST WITH ROASTED PUMPKIN PURÉE

Ingredients

- 1 Duck breast
- 150ml soya sauce
- 30ml honey
- 2 tbsp. grated ginger
- 300g pumpkin
- 1 tsp. cornstarch

Method

- Mix soy sauce with grated ginger and honey. Score the duck breast skin and add to sauce to marinate for at least an hour (half an hour per side).

- Cut the pumpkin into slices and place on the top grill cooking for 2 minutes on each side. Take the slices off from the grill and remove the skin. Save the pulp to blend later.

- Remove the duck from the marinade and cook in a Mibrasa GN 1/2 skin-side down for 2 minutes. Turn the breast over, remove any excess fat and cook for another half a minute. (The duck breast can also be sealed directly on the grill. Close the damper to reduce smoke if the meat contains a lot of fat.)

- Take the excess duck fat saved from the gastronom earlier to add to the pumpkin mix. Blend the pumpkin with the fat and a sprinkle of salt. Add the marinade sauce to a Mibrasa casserole dish and add 1 tsp. of cornstarch, and stir. Cook on the lower grill until it starts boiling, stir quickly just before serving.

- Cut the duck breast into thin slices. Plate the dish with a spread of pumpkin purée and marinade sauce.