

Stir-Fry Duck in a Ginger - Plum Sauce with Fresh Plums



Serves 4

Marinade:

- 1 tablespoon hoisin sauce
- 1/2 teaspoon sesame oil
- 1/2 teaspoon ground ginger
- 2 cloves garlic, minced
- 1 tablespoon soy sauce
- 12 ounces duck breast, uncooked, meat only, thinly sliced (can substitute pork tenderloin if preferred)

Sauce:

- 3 tablespoons chicken stock
- 3 tablespoons plum sauce (available in Asian section of most grocery stores)
- 1 tablespoon orange juice
- 1 tablespoon dry white wine
- 3/4 teaspoon cornstarch

For the stir-fry:

- 2 teaspoons peanut oil, divided
- 1 tablespoon fresh ginger, peeled and julienned
- 1 cup carrots, peeled and julienned
- 1 cup yellow bell pepper, seeded and julienned
- 1 cup red bell pepper, seeded and julienned
- 1 cup spring onions (or green onions), julienned
- 1 cup zucchini, julienned

To finish the dish:

- 1/4 cup green onions, sliced white and green parts
- 2 whole plums, sliced into 1/2" thick wedges (Flavor Supreme Pluots are wonderful in this dish)
- 2 cups steamed white rice

Instructions:

1. To prepare the duck meat, combine all the ingredients of the marinade, add the breast slices. Turn to coat the meat well. Marinate in the refrigerator from 4 hours to overnight.
2. Remove the duck from refrigerator and wipe off the excess marinade. Save the excess marinade to combine with the sauce (see step 3).
3. Heat a wok or large nonstick skillet over high heat. While the wok heats, combine the sauce ingredients. Add the excess marinade and set aside.
4. Add 1 teaspoon of peanut oil to the hot wok. Immediately add the duck. Stir-fry for 3 to 4 minutes, until nicely browned. Remove the duck and keep it warm.
5. Add the remaining peanut oil to the hot wok. Next, add the carrots and peppers. Stir-fry for 3 minutes. Add the ginger, spring onions and zucchini. Stir-fry an additional 3 minutes. Add the duck meat and the prepared sauce. Stir to mix and warm through.
6. Top with sliced pluots and green onions. Serve immediately with steamed rice.