

Smoked Duck Breast with Orange and Cranberry Sauce



Ingredients

2 duck breasts	1 tbsp soy sauce
1 tsp Chinese Five Spice powder	1 tsp brown sugar
Salt and freshly ground black pepper	1 tsp ground cinnamon
2 oranges, zest thinly sliced, juiced	½ cup dried cranberries
2 tbsp orange marmalade	
¼ cup Cointreau or port (optional, otherwise add ¼ cup orange juice extra)	

Directions

Step 1 – Soak your preferred wood chips (for duck, we recommend apple, cherry or pecan) for 1 hour in water.

Step 2 – Using a very sharp knife, score the skin of each duck breast in a criss-cross pattern, taking care to cut the skin only, do not cut through to the meat.

Step 3 – Season each duck breast with a mixture of the Chinese Five Spice, salt and pepper.

Step 3 – Preheat the BBQ to medium – approximately 180°C - 230°C. Preheat either a hotplate or BBQ tolerant frying pan in the BBQ.

Step 4 – Once the hotplate or pan is heated, drain the wood chips and add to a smoker box or directly onto the charcoal and close the BBQ lid. Once smoke appears, add the duck, skin side down, to the plate or pan and sear, with the lid closed, until the skin is browned, approximately 5 minutes. Turn the duck breasts over and cook until the meat has reached a minimum internal temperature of 70°C. Once cooked, remove from the BBQ and rest for at least 5 – 10 minutes, loosely covered in foil.

Step 5 – While the duck is cooking and then resting, add all of the remaining ingredients to a small saucepan and bring to a boil, then reduce to a simmer, until the sauce thickens and the cranberries swell.

Step 6 – Slice the duck crossways into thick slices and serve with the sauce.

