



Teriyaki Duck Salad Bowl

As a Japanese company, Epson holds tradition at the heart of everything. Working with them has taught me about the history and heritage of this amazing nation. The country comes alive in blooming cherry blossoms, creating the perfect backdrop to gather for food, drink and songs. This is a typical dish often enjoyed to help celebrate this amazing festival.

Usain Bolt

Prep time: **25 minutes**
Cook time: **20 – 25 minutes plus
5 – 10mins resting time**
Serves **4**

Ingredients

- 2 tbsp yuzu citrus seasoning (see tip)
- 2 tbsp rice vinegar
- 1 tsp sugar
- 1/4tsp salt
- 1 large carrot (trim and peel into long ribbons with a vegetable peeler)
- 1 small cucumber (trim and halve lengthways then slice into semi-circles)
- 4 duck breasts, approx 170g each
- 4 tbsp teriyaki sauce
- 1 orange (Juiced)
- 200g frozen edamame beans
- 1 small head of Chinese leaf cabbage (shredded)
- 2 tbsp sesame oil
- 1 tbsp tamari soy sauce
- 2 tsp honey
- 1 sheet of nori seaweed (optional) – (Cut into strips using scissors)



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Put 1tbsp of the **yuzu seasoning** in a medium bowl with the **rice vinegar**, **sugar** and **salt** and mix together. Add the **carrot** and **cucumber** and stir well to coat in the pickling liquid. Cover and set aside.



Score the skin of the **duck** with a sharp knife, pat it dry with some kitchen paper, and season with salt and pepper. Put a large frying pan onto a medium-high heat with no oil. Once hot, lay the duck breasts skin-side down, and fry until the skin is crisp and golden, 5–6 mins. Turn the duck, then sear the other side for 1 min. Meanwhile, mix together the **teriyaki sauce** and **orange juice** in a small bowl.



Carefully drain the excess oil into a small bowl. Add the **teriyaki sauce mixture** to the pan and reduce the heat to medium. Baste the **duck breasts** with the sauce to glaze, and continue to cook for another 15–18 mins, depending on how well cooked you like your duck. Add a splash of water to the pan if necessary. Once cooked, transfer to a plate. Cover with foil and rest for 5–10 mins. Wash your hands and equipment after handling raw duck.



While the duck rests, prepare the **edamame beans** according to the pack instructions. Drain and rinse in cold water.



For the dressing, drain the pickling juices from the vegetables into a small bowl or jug and add the **sesame oil**, **soy sauce** and **honey**. Whisk together until well combined.



Once rested, cut the **duck** widthways into slices. Arrange the **pickled vegetables**, **Chinese cabbage** and the **edamame beans** in a serving bowl. Drizzle over the **yuzu dressing**. Serve the duck alongside, with any sauce left in the pan. Finish with the strips of **nori seaweed** if using.

Chef Usain's Winning Tips

If you can't find Yuzu citrus seasoning, you can use the same quantity of lime juice instead.

Don't waste the duck fat, it's perfect for roasting potatoes.

Edamame beans are soy beans, full of protein. They're available in most supermarkets in the freezer cabinet. Keep a bag in your freezer so they're always to hand.



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