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# Smoked Duck Breast



## Conor McCabrey

Conor from Chapter V, Moy Co Tyrone brings us this incredible recipe, try it you won't be disappointed.



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## Salad of Tea Smoked Duck Breast

This impressive dish is sure to delight, a bit of careful preparation combined with a bit of magic on your grill.

### Serves 4

### Ingredients

#### For the duck

2 duck breasts  
200g basmati rice  
200g brown sugar  
75g tea leaves  
1 star anise  
1 cinnamon stick  
1 bay leaf  
Rind of ¼ orange

#### For the salad

1 packet of mixed salad leaves  
1 punnet of raspberries  
1 orange, segmented  
For the dressing

2 tbsp red wine or raspberry vinegar  
60ml olive oil  
1 tsp Dijon mustard  
2 tsp honey  
2 tbsp crushed raspberries  
1 brioche loaf, toasted  
Blue cheese to dress

### Method

#### For the duck

Score the skin of the duck breasts, season and set aside. Place a cast iron skillet on the hot side of the BBQ and line with tinfoil. Combine the rice, sugar, star anise, cinnamon stick, bay leaf and the orange rind and place on the foil. Brush the duck breast with oil and grill - skin side down only for five minutes. When the mixture begins to smoke, place a wire rack on the skillet, lay the duck, skin side down on the rack. Reduce the heat on the BBQ and allow to smoke for 15 minutes. Remove the duck to a warm plate and allow to rest.

#### For the dressing

Combine all the ingredients leaving the olive oil until last. Then wick the oil in to bring to the desired consistency.

**To Serve:** Serve as shown, serving with the dressed salad and some crumbled blue cheese to finish. Don't forget the toasted brioche!