



INGREDIENTS

To cure the duck:

- 1 duck breast
- 1 tbsp coriander seeds
- ½ tsp black peppercorns
- ½ tsp fennel seeds
- 4 juniper berries
- 20g Maldon sea salt
- 20g demerara sugar
- 2 garlic clove, crushed
- 1 tbsp thyme leaves

For the tea smoke:

- 50g Lapsang Souchong tea
- 150g rice
- 50g demerara sugar
- 3 star anise, crushed

Watermelon:

- 150g watermelon

For the sweet pickled fennel

- 100g caster sugar
- 100ml white wine vinegar
- 1 cinnamon stick
- 1 star anise
- 5 whole black peppercorns
- ½ tsp coriander seeds
- 2 cardamom pods
- 1 sprig of thyme
- ¼ tsp Szechuan pepper
- ½ fennel bulb finely sliced

For the zesty lime & ginger dressing

- Zest and juice of 1 lime
- 1tsp rapeseed oil
- 25g Yorkshire honey
- 1tsp light soy sauce
- 1tsp rice wine vinegar
- 2cm piece of fresh ginger (chopped)

METHOD

For the duck

Preheat the oven to 200°C fan assisted.

1. Prepare the duck breasts by trimming and scoring the excess fat.
2. In a small frying pan toast the spices until fragrant. Using a pestle and mortar crush the spices to a fine powder; then add the sugar, Maldon salt, garlic and thyme leaves to make a paste.
3. Rub the cure into the duck breast. Wrap the duck breast tightly in cling film and place into the fridge. Leave to cure for 4-6 hours or preferably overnight.
4. When the duck has cured wipe away the mixture and pat dry with a paper towel.

To make the smoker:

1. Line a deep sided roasting tray with a sheet of baking foil. Spread the tea, rice, demerara sugar and crushed star anise across the base and sit a wire cooling rack inside. Place the duck breast skin side down onto the wire rack and cover well with foil to form a tight seal.
2. Place the roasting tray over a medium heat (or a BBQ) and smoke for 8 minutes then transfer to a preheated oven for 10 minutes.
3. Remove the duck breast from the smoker and allow to cool. Wrap the smoked duck breast in some cling film and keep in the fridge until required.

For the sweet pickled fennel:

1. Place all the ingredients apart from the fennel in a large heavy based saucepan and bring to the boil. Turn down the heat and simmer for 2-3 minutes until all the sugar has dissolved.
2. Remove from heat and allow the spiced syrup to cool.
3. Finely slice the fennel. (Using a mandolin ensures wafer thin/almost see through slices of fennel).
4. Add the sliced fennel to the syrup and allow to steep for at least 30 minutes prior to serving with the tea smoked duck.

For the zesty lime & ginger dressing:

1. Place all the ingredients except the oil into a food processor and blitz well.
2. Continuing to blend, slowly pour the oil into the mixture so the mixture emulsifies.

To serve:

1. Thinly slice the smoked duck and serve with pieces of watermelon and dressed sweet pickled fennel salad, zesty lime and ginger dressing.