

Typ: Fleisch

Quelle: Mary Berry: Cooks the perfect, S. 116

Bemerkungen: Stir-frying is all about speed, movement, high heat, and using little oil, making this recipe fresh, quick, and healthy. Serve with cooked egg noodles, plain boiled or tossed into the wok at the end

Zutaten 2 oranges
3 tbsp dark soy sauce
2 duck breasts, each about 175 g
3/4 tsp five-spice powder
freshly ground black pepper
1 red pepper, deseeded
5cm piece of fresh root ginger, peeled
6 spring onions, trimmed
1 fresh red chilli, deseeded
225 g tenderstem broccoli (see p118, box)
225 g can water chestnuts, drained
2 tbsp sunflower oil
1 tbsp runny honey
sesame oil, for sprinkling

Rezept:

1. Squeeze the juice from 1 of the oranges, pour it into a bowl, and add the soy sauce. Peel and segment the other orange, holding it over the bowl to catch the juice (see below, Prepare the ingredients for stir-frying, step 1). Set the juice mixture and segments aside, keeping them separate.
2. Remove the skin and fat layer from the duck and discard. Slice the meat into strips, about 5 cm long and no more than 5 mm thick, then cut each strip lengthways in half (see below, Prepare the ingredients for stir-frying, step 2). Put the strips into a bowl, sprinkle with the five-spice powder and a good grinding of pepper, and mix well. Set aside.
3. Slice the red pepper, ginger, spring onions, and chilli into strips about the same size as the duck. Cut the florets off the broccoli stems and set the florets aside. Cut the broccoli stems into thin strips. (See p118, Prepare the ingredients for stir-frying, step 3.) Finely slice the water chestnuts.
4. Heat a wok or large, deep-sided, non-stick frying pan or saute pan over a high heat until very hot. Pour in the sunflower oil and heat until it just begins to smoke. Add the duck and honey and stir-fry for a few minutes or until brown, then remove to a plate and set aside. Add the ginger, spring onions, and chilli to the hot oil and stir-fry for a few minutes until softened, then add the red pepper and broccoli stems and stir-fry for a few minutes more until softened. (See p119, Stir-fry to finish.)
5. Pour the reserved orange juice mixture into the wok, then add the broccoli florets and water chestnuts. Stir-fry for a few minutes more before tossing in the reserved cooked duck and orange segments to heat through. Sprinkle with sesame oil, to taste, and more soy sauce if you like. Serve immediately.

KEYS TO PERFECTION

PREPARE THE INGREDIENTS

1. After removing the peel and pith from the orange using a sharp knife, cut down both

sides of each membrane to free the segments from the core. Use a small, sharp knife and hold the orange over the bowl containing the orange juice and soy sauce, so the juice from the fruit falls into the bowl.

2. For fast, even cooking, all the ingredients need to be a similar size. Start with the duck, slicing it across the grain into thin strips about 5 cm long and maximum 5 mm thick, then cut each strip lengthways in half. Slicing it this way means that long fibres are cut through, giving tender meat; it also exposes a greater cut surface to the heat, so the duck cooks more quickly while retaining its shape.

3. Now slice the red pepper, peeled ginger, trimmed spring onions, deseeded chilli, and broccoli stems into strips approximately the same length and thickness as the duck. Slicing the vegetables finely like this means that they can cook quickly yet remain al dente, and enables them to absorb the flavours of the oil and spices while frying.

Tenderstem broccoli is thin and delicate and therefore good for stir-fries, because both the stems and florets cook in super-quick time. You can also use ordinary broccoli for this recipe, provided you discard the thick, woody stalks and cut off the stems just below the florets, slicing them very finely. Separate the florets into tiny sprigs, otherwise they won't cook quickly enough.

STIR-FRY TO FINISH

1. The great thing about a stir-fry is that it cooks in next to no time, but you need to get everything ready beforehand because once you start cooking you shouldn't stop. Put all the prepared ingredients into bowls, grouping them according to their cooking time, and line them up, ready to toss into the pan one after the other.

2. When you're ready to cook, get the wok as hot as possible over a high heat. Hold your hand over the pan — you should feel the heat rising. Add a drop of oil to test; it will sizzle when the wok is ready. Add the remaining oil and swirl it around the wok until it just begins to smoke very slightly.

3. Throughout the cooking process, keep the heat under the wok as high as possible. Tip the ingredients into the hot oil, in the correct sequence, and then keep them constantly on the move around the bottom and sides of the wok by shaking the pan and tossing the contents together with a wok shovel, spatula, or two wooden spoons.

STIR-FRY WITH OR WITHOUT WOK

A wok isn't essential for stir-frying, but it does have several benefits — the main one being that the rounded shape and large size allow the food to be tossed around easily. If you don't have a wok, it's fine to use a large, deep-sided, non-stick saute pan or frying pan instead. When stir-frying, you want to ensure you don't have the pan more than one-third full, so there's plenty of space for moving the ingredients around quickly and easily.