



LENTIL SOUP, DUCK SANDWICH WITH MANGO CHUTNEY AND SALTED PICKLED ONIONS...

INGREDIENTS

Lentil Soup

- 1 cooked Peking Duck, store bought, meat and bones separated
- 8 cups chicken stock
- 1 tbsp olive oil
- ½ red onion, diced
- 2 cloves garlic, chopped
- 2-3 bay leaves
- 1 carrot, finely diced
- 2 celery stalks, finely diced
- ½ cup red lentils, rinsed and drained
- 3 plum tomatoes, seeded and diced
- ½ bunch chives, cut into ½ inch pieces
- salt
- pepper

Mango Chutney

- 4 oz palm sugar, broken into pieces, (or ¼ cup white sugar and ¼ cup brown sugar)
- 1 cup water
- 4 star anise, whole
- juice of 2 limes
- 2 ripe mangoes, peeled and diced
- 1 tsp chili flakes

Salted Pickled Onion

- 1 red onion, julienned
- 1 tbsp salt
- ¼ cup red wine vinegar

DIRECTIONS

Duck Sandwich

- 1 baguette, cut in ½ length-wise, inside of bread removed shredded duck meat reserved from Lentil Soup recipe
- Mango Chutney
- Salted Pickled Onion
- ½ bunch chives, cut into ½ inch pieces
- 1 cup cilantro leaves
- ½ cup mint leaves
- salt
- pepper

Lentil Soup

1. Shred duck meat and set aside for Duck Sandwich, reserve 1 cup for soup garnish.
2. Place chicken stock and duck bones in a large pot and bring to a boil.
3. Reduce stock to a simmer, skim impurities and allow to simmer for 30.
4. Place olive oil in a large pot over medium to high heat.
5. Add onions and garlic, sauté until tender.
6. Add bay leaf, carrot and celery, sauté for approximately 2 minutes until carrots and celery are slightly tender.
7. Strain stock into a pot and bring up to a boil.
8. Add lentils and reduce heat to a simmer for 30 minutes.
9. Season Lentil Soup with salt and pepper and garnish with shredded duck meat, tomatoes and chives.

Mango Chutney

1. Place palm sugar, water and star anise in a medium sauté pan over high heat and bring to a boil.
2. Once palm sugar has dissolved, add lime juice.
3. Reduce to a thick, syrup like consistency.
4. Add mango, chili flakes and season with salt, cook for 5-7 minutes, until mango has become tender, and juices have reduced.

Salted Pickled Onion

1. Place onions in a bowl, add salt and toss.
2. Allow Salted Onions to sit for 10 minutes.
3. Rinse Salted Onions under cold water, drain and lay over a dry towel.
4. Once dry, return onions to bowl, add red wine vinegar and toss to coat and pickle onions.

Duck Sandwich

1. Preheat oven to 375F.
2. Place duck meat and baguette on a tray, heat until meat is warmed through, and baguette is lightly toasted.
3. Place baguette on cutting board, layer shredded duck meat over bottom of baguette, followed by Mango Chutney, Salted Pickled Onion, chives, cilantro and mint.
4. Season with salt and pepper, place top of baguette over, cut into portions and serve.