

The Irish Game Fair & Country Lifestyle Festival
Shanes Castle | 21st & 22nd June 2008

GAME RECIPES

Aromatic Duck Marinated Stirfried Veg Plum and Damson Jam

Ingredients (for the marinated veg)

Carrot (sliced fine)	200g
Red onion (sliced)	200g
Peppers (sliced)	300g
Leek (sliced)	100g
Mange Tout	200g
Orange Juice	¼ pt
Honey	2 Tbls
Garlic (chopped)	1 clove
Root Ginger (grated)	100g
Chilli Chopped	1 Tsp
Soy Sauce	4 Tbls
Oyster Sauce	3 Tbls

Method

Place all vegetables in bowl with Marinade and mix. Cover and set in fridge until ready to use. Place duck on roasting tray. Roast Silverhill Aromatic Duck for 25 to 30 mins at 180°C. Stirfry veg over high heat in a wok for 4 mins and serve alongside Duck with Jenny's Dansom and plum jam.