

Duck & Tamarind Rice Paper Rolls

Makes 8 large rolls

Roast Duck

1 duck rear end from a whole duck or 2-3 duck legs depending on size

Marinade

1 tsp ginger powder, (can use fresh)

1 whole star anise

1/2 tsp white pepper corns

1 tsp salt

2 tsp Tamarind

2 tsp Palm Sugar

2 tbsp Rice wine vinegar

Method

Combine spices and salt and bash in a pestle or blend in grinder

Add all other ingredients and incorporate

I recommend passing through a sieve before adding to the duck to catch any large pieces of star anise, these will be very unpleasant.

pour this over your duck and leave to marinate for a day or 2 covered in the fridge.

When you are ready to roast the duck add around 100 ml of water to the tray so the marinade doesn't burn.

Pre heat oven to 130c and roast duck for around 2.5 hours, basting occasionally will give a nicer skin.

Tips...it is great value to purchase a whole duck and use the whole butt end as shown in video for the rolls.

The breast holds up well for a few days in the fridge but you must dry the inside and outside very well with a clean cloth every day if you want to age the duck. Its the humidity of the fridge that will create moisture that will turn the duck smelly if not dried. Great for another dish in a few days also you can change the spice mix to what ever you love.

Dressing

2 Tamarind Paste

2 Tbsp Fish Sauce

Juice from fresh lime to taste

Method

Very simply combine all ingredients and taste, trust your instincts, some limes have no juice, some have loads, if they are really juicy 1/2 a lime will probably be about right, It was for me.

Filling

1.5 cup finely shredded cabbage (white, red or chinese, which ever you prefer)
8 Carrot sticks, not too thick
8 Cucumber sticks
8 Spring onion stems
Mint leaves
Thai Basil leaves
Coriander leaves

Method

Nice to put your herb leaves down first because the nice colours will show once rolled.

Rice Paper Sheets

You can use large or small , I used the large and this recipe make 8 perfectly, these are in any supermarket and should be soaked in room temperature water for no more than 1 minute.

Tips

You can add the filling of your choice
Make sure you make sure there are no bones or gristle
Works well with chicken also
Remember to roll tight
These will hold up for up to 4 hours in the fridge