



# the litton recipe

## BREAST OF GRESSINGHAM DUCK, BAKED PEPPER, NOODLES, AND VIETNAMESE DRESSING

### *Baked peppers and noodles*

2 YELLOW PEPPER	6 MANGE TOUT
200G OF EGG NOODLES	6 SUGAR SNAP PEAS
2 SPRING ONIONS	4 STEMS PURPLE SPROUTING BROCCOLI
1 CARROTS	4 GREEN BEANS
1 CLOVE OF GARLIC	SESAME OIL
1OZ GINGER	
1 COURGETTE	

### METHOD

- Soak the noodles in water until soft
- Cut the peppers in half, length ways through the stalk and remove the seeds
- Place onto a roasting tray, season with a little sesame oil, salt and pepper
- Place into a preheated oven at 160c. Cook for 8/10 minutes or until just cooked
- Remove and put to one side
- Peel and finely chop the ginger and garlic
- Finley slice the spring onions, sugar snap peas, and mange tout. Slice the green beans on an ankle to create spears
- Using a good peeler, peel the first layer of the carrot and discard, then continue to twist and peel so you end up with strips.
- Peel the courgette in the same way until you get to the seeds in the middle
- Mix the vegetables together in a large bowl
- Place a large frying pan or wok on a high heat and add a little sesame oil
- Sauté all the vegetables, drain the noodles from the water and add to the vegetables. Completely mix together and remove from the heat
- Stuff each pepper with the noodle mix and season with a couple of teaspoon of the Vietnamese dressing



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### Vietnamese dressing

1 BUNCH OF CORIANDER  
1 OZ OF GINGER PEELED  
6 SPRIGS OF MINT  
4 CLOVES OF GARLIC  
2 TBSP. OF HONEY

JUICE OF 7 LIMES AND ZEST OF 2  
300ML OF WATER  
2 TSP. FISH SAUCE  
100ML OF SOY

#### METHOD

- Add the ingredients together into a jug, except for the coriander, then blend with a stick blender
- Once completely smooth add the coriander leaves and stalks
- Blend again and then decant from the jug into a suitable container and refrigerate

### Pan roasted duck breast

#### METHOD

- Score the duck breast skin without going through the to the flesh in a crisscross
- Place a non-stick frying pan onto a moderate heat
- Lightly season the duck breast with salt
- Place the duck breast skin side down on in the pan for 6 minutes, then turn the breast over and cook for a further 4 minutes on the flesh. Pour off any excessive fat in the pan as you go
- Remove the duck from the heat and leave to rest for a couple of minutes

### plating up

- Reheat the stuffed peppers while you're cooking the duck
- Place the duck onto the board and slice length ways down the breast
- Place the pepper onto each plate and add the sliced breast evenly onto each pepper
- Finish with the Vietnamese dressing