KIKKOMAN

Duck croquettes with hoisin plum sauce

Total time **260 mins** **20 mins** preparation time **180 mins** cooking time **60 mins** cooling time

Nutritional facts (per portion):
2,135 kJ / 510 kcal

Fat: **31 g** Protein: **20 g**
Carbohydrates: **36 g**

INGREDIENTS

2 portion(s)

1	duck leg
100 ml	Kikkoman Naturally Brewed Soy Sauce
6	garlic cloves
500 ml	duck fat
50 g	shallot
20 g	butter
120 g	wheat flour
100 ml	hot milk
30 g	Parmigiano Reggiano
40 ml	Kikkoman Spicy Chili Sauce for Kimchi
100 g	Kikkoman Panko - Japanese style crispy bread crumbs
3	eggs
600 ml	neutral cooking oil, for deep-frying
100 g	plum jam
25 ml	Kikkoman Seasoning for Sushi Rice (125ml)
15 g	ginger
10 ml	Kikkoman Toasted Sesame Oil
0.5	star anise

PREPARATION

Step 1

1 duck leg - **60 ml** Kikkoman Naturally Brewed Soy Sauce - **6** garlic cloves - **500 ml** duck fat
Rub the duck leg with the Kikkoman Soy Sauce, grate the garlic over it, then work it thoroughly into the meat. Place the leg in a saucepan and cover with the duck fat.

Step 2

Place the duck leg from Step 1 in an oven preheated to 130 °C and roast for 3 hours. After cooking, allow the leg to cool for 20–30 min, then shred the meat, removing it from the bone.

Step 3

50 g shallot - **20 g** butter - **80 g** wheat flour - **100 ml** hot milk
Finely chop the shallot and sauté in the butter until translucent. Add the flour and cook for about 1 min. Gradually add the hot milk, whisking vigorously all the time. Cook for about 4 min. The sauce should be very thick.

Step 4

15 g Parmigiano Reggiano - **40 ml** Kikkoman Naturally Brewed Soy Sauce **40 ml** Kikkoman Spicy Chili Sauce for Kimchi
Add the Parmigiano Reggiano, Kikkoman Soy Sauce and Kikkoman Kimchi Chili Sauce to the pan from Step 3. Fold in the shredded duck from Step 2. Do not mix for too long so the meat retains its distinct fibres.

Step 5

100 g Kikkoman Panko - Japanese style crispy bread crumbs - **40 g** wheat flour - **3** eggs - **600 ml** neutral cooking oil, for deep-frying
Transfer the mixture from Step 4 to a container. Cover with cling film and refrigerate for 20–30 min. Once chilled, shape the mixture into 40 g balls. Coat the balls in flour, dip in beaten egg, roll in the Kikkoman Panko and deep-fry until golden brown and crispy.

Step 6
100 g plum jam - **25 ml** Kikkoman Seasoning for Sushi Rice (125ml) - **15 g** ginger - **10 ml** Kikkoman Toasted Sesame Oil - **0.5** star anise - **15 g** Parmigiano Reggiano
Place all the ingredients in a saucepan (except the cheese). Cook for about 10 min over very low heat. Remove the star anise and pass the sauce through a fine sieve. If necessary, reduce the sauce until it reaches a thick consistency.

To serve, make dots of the plum sauce on the bottom of the plate and arrange the croquettes on top. Finish by finely grating the Parmigiano Reggiano over the croquettes.