

5 green onions
 ½ cup plum extract
 2 tsp brown sugar
 2 tsp white vinegar

Method:

Rinse the duck inside and out, and pat dry. Cut off tail and discard. In a small bowl, mix together the cinnamon, ginger, nutmeg, white pepper and cloves. Sprinkle one teaspoon of the mixture into the cavity of the duck. Stir one tablespoon of the soy sauce into the remaining spice mixture and rub evenly over the entire outside of the bird. Cut one of the green onions in half and stuff inside the cavity. Cover and refrigerate the bird for at least 2 hours, or overnight.

Place duck breast side up on a rack in a big enough wok or pot and steam for an hour adding a little more water, if necessary. Lift duck with two large spoons, and drain juices and green onion.

Preheat the oven to 375 degrees F (190 degrees C). Place duck breast side up in a roasting pan and prick skin all over using a fork.

Roast for 30 minutes in the preheated oven. While the duck is roasting, mix together the remaining 2 tablespoons of soy sauce and honey. After 30 minutes, brush the honey mixture onto the duck and return it to the oven. Turn the heat up to 500 degrees F (260 degrees C). Roast for 5 minutes, or until the skin is richly browned. Do not allow the skin to burn.

Prepare the duck sauce by mixing the dried plum mash with the sugar, vinegar and lemon juice. Chop remaining green onions and place them into a separate bowl.

Serving:

Place whole duck onto a serving platter and garnish with orange slices and fresh parsley. Use plum sauce and onions for dipping.

TAMALES

A Mesoamerican dish that traces its roots back to even 5000 years BCE, tamales were consumed for their unique packaging style



and could be carried by travellers or hunters and soldiers. A possible inspiration to the Elven breads eaten by Frodo and Sam in the Lord of the Rings, the Tamales eventually arrived in the US with Mexican immigrants and is now an international favourite for Christmas!

Ingredients:

½ kg beef (shoulder of the cow)

½ cup green chillies turned red, ½ cup red chilli flakes, ½ tsp Bombai morich
 2 tbsp garlic diced and 1 tbsp crushed garlic
 2 large onions, diced
 1 cup diced spring onions
 1 cup diced carrots
 1 cup diced capsicum
 1 cup diced tomato
 Parsley and celery according to taste
 ½ cup vinegar

½ cup olive oil and salt to taste

For the flour:

2 cups masa flour (flour made out of corn but NOT corn flour)
 2 cups lukewarm beef broth or water
 1 tsp baking powder
 ½ tsp salt
 ½ cup pure ghee
 16 corn husks soaked in warm water for 2 hours or until soft.

Method:

Combine masa, baking powder and salt and add water, mixing until you have a moist dough. Mix in ghee into the dough. The texture should have a thick peanut buttery feel so add flour or water to reach the correct consistency.

First sauté the beef with the diced garlic in a pan until the sides are brown then add water and boil with the crushed garlic, celery, salt and vinegar. Cook until meat is tender and use the remaining broth for making dough mentioned above. Blend the chillies with 1 tablespoon olive oil and set aside. Take the beef and shred it with fingers then add the diced onions, carrots, capsicum, tomatoes and chillies in oil. This is your filling.

Take a corn husk and wipe it dry. Tear a thin piece from the side that you can use to tie the tamale when rolled up. Spread out the masa on to the corn husk with your hand in a kind of squarish shape. Then put about 2 spoons of filling down the middle. Fold the corn husk like a square packet and tie with the thin strips of husk. Place the packets in a steamer and cook for more than an hour.

Serving:

Serve this with a sweet tamarind sauce or a mint chutney and wow your Christmas guests with your South American culinary skills!



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