



Banh Mi Duck Tacos

EXECUTIVE CHEF CAMERON ARMSTRONG



INGREDIENT LIST

2 duck legs	Honey
Green cabbage	Sambal
Kohlrabi	Sour Cream
Carrot	Cilantro
Apple	Parsley
Spring Onion	Hoisin Sauce
Cider Vinegar	Salt & Pepper
Rice Vinegar	Fresh Garlic
Brown Sugar	Fresh Ginger
Olive Oil	Soy Sauce
	Tortillas

METHOD

Cook duck legs for 36 hours in marinade with sous vide system. Prepare slaw with fresh vegetables. Blend slaw dressing, toss with chopped vegetables, and chill up to a day prior. Prepare Banh Mi style sauce. Remove duck from bones (shredded). Reheat duck in Banh Mi sauce, reserving some for plating. Blend cilantro cream dressing. Build tacos on small tortillas with slaw, shredded duck, Banh Mi Sauce, cilantro cream. Garnish with thinly sliced radish and fresh lime.



Featured Product:

Fraser Valley Specialty Poultry.



Featured Product:

Blackbird Farm Chilliwack



Featured Product:

Old Yale Brewing Co

