



- 2 lbs Duck Meat (cut in small cubes)
- 20 ½ Oz can of pineapple chunks (in juice not syrup)
- 1 tablespoon soy sauce
- 1 clove garlic minced
- ½ teaspoon salt
- ½ teaspoon ginger
- 1 tablespoon oil
- ½ cup sugar
- 2 tablespoons cornstarch
- 1 cup water
- ½ cup vinegar
- 1 green pepper
- 1 red pepper
- 1 yellow pepper
- ½ cup green onions chopped
- 4 cups cooked rice

Dry duck with paper towel. Drain Juice from pineapple chunks. In a large bowl combine ½ cup pineapple juice, soy sauce, garlic, salt and ginger Mix well set aside.

In a large skillet, heat oil over medium heat and lightly brown the duck. Pour the ingredients from step one into the pan bring to boil, lower the heat to simmer, cover and simmer for 75 minutes stirring occasionally.

Remove duck from pan. Combine sugar cornstarch, remaining pineapple juice, water and vinegar add to pan drippings. Cook over medium heat until shiny and thickened stirring constantly approximately 4-6 minutes.

Add pineapple chunks, cut up peppers and green onions to the pan, heat through and add the duck chunks.

Serve over rice.