

Braised Eight Treasure Duck

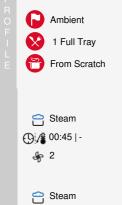


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This recipe is available for:

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Stage 1 100 °C

Stage 2

Ingredients

pcs	Duck
g	Shiitake Mushrooms
g	Dry Scollop
g	Dry Shrimp
g	Diced Chicken Leg
g	Chestnut
g	Bamboo
g	Sticky Rice
g	Sliced Shallot
g	Oyster Sauce
g	Yellow Rice Wine
g	Sugar
g	Dark Soy Sauce
ml	Water
	. g

Star Anise

2 pcs 1 pcs Cinnamon Stick 42.52 Ginger g 28.35 g Chives Yellow Rice Wine 51.75 ml

1. Food Preparation

Cleaning the duck: Use a small knife to remove bone from the opening in the neck, keeping the duck skin intact. Remove two duck glands from tail. Soak dry shii-take mushrooms, dry Shrimp and dry scallops for 2 hours, then remove from water. Slice shallots, dice chicken and bamboo 2-3cm . Steam sticky rice (rice:water1:1). Sautee sliced shallots in oil, add chicken, bamboo, mushroom, scallops and shrimp for 2 mins. Then add oyster sauce, yellow rice wine and let it reduce. Next, add dark soy sauce, light soy sauce, sugar, white pepper powder. Mix with the sticky rice and chestnut. Fill the duck's chest with rice, then tie the string around its waist and fill the duck's abdomen with rice. Then sew all the openings with thread. Boil water and pour it around the duck to firm up the skin. Keep it in a container. For the duck sauce: Sautee ginger and chives, add oyster sauce, stir in yellow rice wine, reduce it, add dark soy sauce, light soy sauce, and sugar. Pour in water, add cinnamon and star anise, and bring it to boil. Pour in the sauce and cover the duck. Place it in the oven. After two hours, take out the duck and service with a plate. Boil the duck sauce in a pot, put in the cornstarch to thicken the sauce, then pour

2. Cooking Instruction

If removing the duck bones is difficult, you may leave them. Soak the rice for over 2 hours.

Braised duck studied with gright different records the state of all reasonable 3arFoods Serving Instruction paration and issue, but is provided without liability in its application and use. All cooking settings are g7i09 ong. Adjust c White Repper Rowder differing product weights and start temperatures. Always ensure that food save core temperature has been achieved prior to Steam broccoil around the duck for the garnish.

0.95 42.52 127.57 77.96	l g g	Water Duck Soy Sauce Light Soy Sauce Oyster Sauce
148.83	g g	Sugar
1	pcs	Salt
1	pcs	Cornstarch