

Braised Eight Treasure Duck



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This recipe is available for:

- Convotherm maxx

Accessories:

PROFILE

- Ambient
- 1 Full Tray
- From Scratch

Steam
 00:45 | -
 2

Stage 1
95 °C

Steam
 02:00 | -
 2

Stage 2
95 °C

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Ingredients

1	pcs	Duck
20.13	g	Shiitake Mushrooms
20.13	g	Dry Scollop
20.13	g	Dry Shrimp
73.99	g	Diced Chicken Leg
75.13	g	Chestnut
75.13	g	Bamboo
75.13	g	Sticky Rice
30.05	g	Sliced Shallot
49.9	g	Oyster Sauce
49.9	g	Yellow Rice Wine
34.87	g	Sugar
24.95	g	Dark Soy Sauce
80.14	ml	Water
1.13	g	Salt
1.13	g	White Pepper Powder
2	pcs	Star Anise
1	pcs	Cinnamon Stick
39.97	g	Ginger
30.05	g	Chives
49.98	ml	Yellow Rice Wine

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 it over the duck.


2. Cooking Instruction

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

3. Food Serving Instruction

Steam broccoil around the duck for the garnish.

Braised duck stuffed with eight different foods.
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1.29	l	Water
45.08	g	Duck Soy Sauce
130.12	g	Light Soy Sauce
79.95	g	Oyster Sauce
149.97	g	Sugar
1	pcs	Salt
1	pcs	Cornstarch