

Roast Duck Cantonese Style



L 06:43




This recipe is available for:

- Convotherm maxx pro

Accessories:

1/1 GN Grill grate with cross pattern, non-stick coating, Flat, 3055636

P R O F I L E

-  Chilled 4°C
-  1 Full Tray
-  From Scratch

-  Convection
-  01:00 | -
-  5
-  5
- Stage 1**
55 °C
-  Convection
-  06:43 | -
-  5
-  5
- Stage 2**
170 °C
-  Steam
-  00:08 | -
-  4
- Stage 3**
100 °C

Ingredients

- | | | |
|--------|-----|------------------------|
| 199.86 | g | 5 Spice Powder |
| 100.07 | g | Fine Salt |
| 299.94 | g | Fine Bean Paste |
| 9.92 | g | Crushed Star Anise |
| 9.92 | g | Crushed Cinnamon Stick |
| 2 | pcs | Bay Leaf |
| 4 | pcs | Crushed Garlic |
| 4 | pcs | Crushed Shallot |
| 1 | pcs | Crushed Lemongrass |
| 2 | kg | Maltose |
| 5 | kg | White Vinegar |

1. Food Preparation

Clean the duck thoroughly. Be sure to clear out wax from the gut and nose. Cut away the wings and feet. Rub inert with salt and 5 spice powder, mixing together thoroughly and rest for 10 min. Rub whole inert with bean paste thoroughly. Stuff inert with inert spices and ingredients, sew up the abdomen securely. Leave in chiller for 4 hours. Flip side after 2 hours. Prepare skin marinade. Baste duck in boiling water thoroughly for 10 sec. Hang to dry for 15 min, baste duck in boiling skin marinade for 15sec, hang dry and ready for skin drying stage. After this stage, check that skin is dry. Add 15 min if needed. Pastry Skin – make a dough with flour and hot water, add yoghurt to the dough evenly until dough is smooth, break dough into 35g each and rest for 30min covered up. Flatten the dough into about 4" diameter. Steam the skin.


2. Cooking Instruction

Dry skin thoroughly before roasting. Roast with Convection, C&T L5. For best results, separate drying and roasting stage.

3. Food Serving Instruction

Note: Information emanating from WebSite is given with the exercise of all reasonable care. The information is provided as a guide only. Adjust cooking settings to allow for differing product types and quantities. Please ensure that food save core temperature has been achieved prior to service.

R E C I P E



| | | |
|---------------|---|---------------|
| 125.02 | g | Chinese Wine |
| 140.05 | g | Black Vinegar |
| 159.89 | g | GP Flour |
| 130.12-140.05 | g | Water |
| 5.1 | g | Salt |
| 9.92 | g | Cooking Oil |
| 50 | g | Plain Yoghurt |

Batonette japanese cucumber and spring onion julienne. Pastry skin and Hoisin Sauce.