

# CHINESE STYLE ROASTED DUCK

## EQUIPMENT

CHEF KNIFE, BUTCHERS TWINE, BAMBOO SKEWER, SMALL POT, CAKE RACK, KETTLE

## INGREDIENTS

1 WHOLE DUCK (1.8KG – 1.9KG), 3 STAR ANISE, 3 SPRING ONIONS, 100GM WATER, 50GM DARK SOY SAUCE, 50GM RICE VINEGAR, 50GM BROWN SUGAR, 1 BUNCH GAI LAN (CHINESE BROCCOLI), 10GM HOI SIN SAUCE, 10GM SOY SAUCE, 10GM OLIVE OIL

## METHOD

PURCHASE YOUR DUCK 1-2 DAYS AHEAD OF THE PREPARATION AND PLACE IT IN THE FRIDGE UNCOVERED TO ENCOURAGE THE SKIN TO DRY

THE FOLLOWING DAY PLACE WATER, VINEGAR, SOY AND SUGAR IN A SMALL SAUCEPAN AND BRING TO THE BOIL THEN SET ASIDE.

REMOVE THE WING TIPS FROM THE DUCK AND DISCARD, MAKE A SMALL HOLE THROUGH THE SKIN AT THE NECK OF THE DUCK.

INSERT THE TIP OF A BIKE PUMP AND PUMP UP THE SKIN ON BOTH SIDES OF THE BREAST. THIS LOOSENS THE SKIN FROM THE BREAST TO HELP IT RENDER DURING COOKING.

DRY THE CAVITY OF THE DUCK WITH SOME PAPER TOWEL AND PLACE THE SPRING ONIONS AND STAR ANISE INSIDE

SEW UP THE CAVITY WITH A BAMBOO SKEWER TO SEAL IT

TIE SOME BUTCHERS TWINE AROUND THE NECK OF THE DUCK (OR USE A BUTCHERS HOOK) AND HANG IT ABOVE A SINK

BOIL THE KETTLE AND POUR OVER A FULL KETTLE OF BOILING WATER OVER THE SURFACE OF THE DUCK, LET THE DUCK AIR DRY FOR 10 MINS AND THEN REPEAT THE PROCESS

LAY THE DUCK ON A CAKE RACK OVER A TRAY, RE-BOIL THE SOY SAUCE LIQUID AND POUR OVER THE DUCK, LEAVE TO STAND FOR 15 MINS TO DRY. POUR THE SAUCE FROM THE BOTTOM OF THE TRAY BACK INTO THE POT AND REPEAT THE PROCESS ANOTHER TWO (2) TIMES

PLACE YOUR DUCK BACK INTO THE FRIDGE UNCOVERED OVERNIGHT. IT WILL DEVELOP A NICE “TAN” OVERNIGHT

PRE-HEAT YOUR OVEN TO 200 DEGREES COMBI MODE

THE FOLLOWING DAY, PLACE THE DUCK ON A CAKE RACK OVER A BAKING TRAY AND POUR APPROX 200ML OF BOILING WATER INTO THE BOTTOM OF THE TRAY

PLACE THE DUCK IN THE OVEN AND TURN THE TEMPERATURE DOWN TO 160 DEGREES AND COOK FOR 90 MINS

SLICE THE SPRING ONIONS AND SET ASIDE

MEANWHILE PREPARE THE GAI LAN BY CHOPPING OFF THE ROOT END SEPARATING THE LEAVES, PLACE ON A PERFORATED BAKING TRAY AND SET ASIDE

TO MAKE THE DRESSING FOR THE GAI LAN COMBINE SOY, HOI SIN AND OLIVE OIL IN A BOWL AND WHISK UNTIL COMBINED AND SET ASIDE

ONCE COOKED REMOVE THE DUCK FROM THE OVEN AND CHANGE THE SETTING TO STEAM PLACE THE GAI LAN IN THE OVEN AND STEAM FOR 8 MINS.

CARVE THE DUCK, REMOVE THE GAI LAN AND SPOON OVER THE DRESSING

PLACE THE GAI LAN IN THE MIDDLE OF A LARGE SERVING PLATE AND THE DUCK PIECES ON TOP SPRINKLE OVER SPRING ONIONS AND SERVE

### **HINTS & TIPS**

- ALTHOUGH THIS IS A LONG PROCESS IT IS WELL WORTH THE EFFORT, IT IS MORE ABOUT PLANNING AND PREPARATION TIME THAN COOKING TIME
- KEEP THE ROASTED DUCK CARCASE FOR A DELICIOUS STOCK OR SOUP BASE
- YOU CAN SERVE THIS IN A MORE TRADITIONAL METHOD WITH MANDARIN PANCAKES, CUCUMBER, SPRING ONION AND HOI SIN SAUCE
- THE WATER IN THE BOTTOM OF THE BAKING TRAY PREVENTS THE RENDERED FAT FROM THE DUCK FROM BURNING