

Cantonese Roast Duck

Cuisine: **Chinese**
Food category: **Poultry**



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Program steps

Preheating: 190 °C

1

 Hot air

 0 %

 Termination by core probe temperature

 72 °C

 170 °C

 100 %



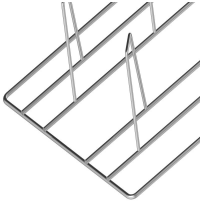
Ingredients - number of portions - 1		
Name	Value	Unit
whole duck	1.8	kg

Nutrition and allergens	
Allergens:	
Minerals:	
Vitamins:	
Nutritional value of one portion	
Energy	5166 kJ
Carbohydrate	9 g
Fat	414 g
Protein	288 g
Water	0 g

Directions

- ◇ Blow the Haoye Cherry Duck until the chest bulges and the skin and flesh are separated, and the skin is scalded and air-dried.
- ◇ Cantonese-style crispy skin, water is poured on the skin of the cherry duck, and the crispy skin water is evenly sprinkled on it repeatedly.
- ◇ Hang the cherry duck with a fan for 12 hours, and keep it dry in the refrigerator.
- ◇ Hang the crispy skin for coloring, avoid using too high temperature, the color is too dark, and the meat is easy to roast.
- ◇ Leave the duck to rest for 15 minutes i a holding cabinet.

Recommended accessories



Wire shelving for chickens



Stainless wire shelving