

# Roasted duck legs

Cuisine: Czech

Food category: Poultry



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Company: Retigo



## Program steps

1	Hot air	100 %	Termination by time	00:15	hh:mm	180 °C	+ 100 %	✕	
2	Podlej vodou a vínem								
	Combination	50 %	Termination by core probe temperature	96	°C	145 °C	+ 80 %	✕	

## Ingredients - number of portions - 10

Name	Value	Unit
duck legs	2.5	kg
salt	0.03	kg
caraway seeds	0.02	kg
apples	0.25	kg
onion	0.25	kg
dry red wine	0.15	l

## Directions

Season the duck legs (or quarters) with salt and caraway seeds, put them in an enameled GN 40 mm high, and add apples and onions to taste. Pour in water and red wine and bake until golden on the above program. During baking, pour over the legs baking jus, add water if needed.

## Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, Cholin, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	895.6 kJ
Carbohydrate	6.2 g
Fat	80.5 g
Protein	35.7 g
Water	0 g