

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 %	
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Ingredients - number of portions - 1

Name	Value	Unit
whole duck	1.8	kg

Nutrition and allergens

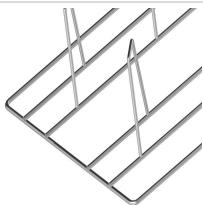
Allergens:

Minerals:

Vitamins:

Nutritional value of one portion	Value
Energy	5166 kJ
Carbohydrate	9 g
Fat	414 g
Protein	288 g
Water	0 g

Recommended accessories



Wire shelving for chickens



Stainless wire shelving

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 in a holding cabinet.