

# Shredded duck meat baked in a cabbage leaf



Cuisine: Czech

Food category: Poultry



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Company: Retigo

## Program steps

1	Combination	100 %	12:00 hh:mm	82 °C	60 %	
2	Steaming		00:09 hh:mm	99 °C	50 %	
3	Hot air	100 %	00:12 hh:mm	180 °C	100 %	

## Ingredients - number of portions - 8

Name	Value	Unit
whole duck	1	pcs
onion	2	pcs
garlic cloves, finely chopped	8	pcs
ginger root, peeled and finely chopped	20	g
honey	100	g
thyme	15	pcs
merlot red wine	0.4	l
salt	8	g
water	0.5	l
cabbage leaf, cleaned	1	pcs
freshly ground black pepper, ground	2	g

## Nutrition and allergens

### Allergens:

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

Vitamins: A, B, B6, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	44.5 kJ
Carbohydrate	10.8 g
Fat	0 g
Protein	0.1 g
Water	0 g

## Directions

- Cut the duck into 2 halves. Put onion, garlic, ginger and thyme into a deep 2/3 gastro container. Cover with honey and add the duck. Mix everything and let the duck marinate for a while. Then salt and pepper. Cover with red wine and add a little water. The duck should be at least 2/3 submerged.
- Put it in the combi oven and let it simmer slowly overnight for at least 12 hours. After finishing, carefully remove the duck and let it cool slightly. Carefully peel the meat off.
- Strain the meat jus into a pot and reduce it to get a more robust flavour. The consistency should be thicker. Then mix the sauce into the shredded meat and leave to cool.
- In the meantime, prepare the cabbage leaves, which we carefully separate from the stalk. We put them to steam in the convection oven for 9 minutes. Cool in cold water and cut out the hard woody centers of the leaves.
- Spread the leaves on the work surface and, depending on the size, create the appropriate portion size. Place the meat on top of the leaves and carefully wrap it to a roll shape making sure the meat won't come out. Then put everything on a greased baking sheet and bake in a preheated combi oven. Bake until golden brown.

## Recommended accessories



GN container Stainless steel perforated



GN container Stainless steel full



Enameled GN container