

# Shredded duck meat baked in a cabbage leaf

Cuisine: Czech

Food category: Poultry



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Company: Retigo



## Program steps

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

## Ingredients - number of portions - 8

Name	Value	Unit
duck	1	pcs
onion	2	pcs
cloves garlic, finely chopped	8	pcs
ginger root, peeled and finely chopped	20	g
honey	100	g
a sprig of thyme	15	pcs
merlot red wine	0.4	l
salt	8	g
water	0.5	l
cabbage leaf, cleaned and cut in strips	1	pcs
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

1. Cut the duck into 2 halves. Pour 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.

2. 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.

3. Strain the meat roast into a pot and boil it to get a more pronounced taste. The consistency should be thicker. Then mix the baked goods into the shredded meat and leave to cool.

3. In the meantime, prepare the cabbage leaves, which we carefully separate from the skin. We put them to steam in the convection oven for 9 minutes. Cool in cold water and cut out the chestnut-shaped centers of the leaves.

4. 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 in a rolling pin.

Regions should be translated. Then put everything on a greased baking sheet and bake in a preheated combi oven. Bake until golden brown.

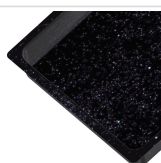
## Recommended accessories



GN container Stainless steel perforated



GN container Stainless steel full



Enameled GN container