


Braised Duck with fermented Tofu

Cuisine: South-East Asian
Food category: Poultry




Author: Myat Ko ko





Program steps

Preheating: 200 °C

1


 Combination


 50 %

 Termination by time

 00:30 hh:mm

 200 °C

 100 %



Ingredients - number of portions - 10		
Name	Value	Unit
Clean Duck	1	kg
Fermented tofu	180	g
Taro	500	g
Straw mushrooms	100	g
Lemongrass stalks	30	g
Garlic chopped	30	g
Coconut juice	1	l
Salt	10	g
Brown Sugar	30	g
Cooking oil	30	ml
Chopped red chilli	10	g

Directions


Wash Duck, cut into big pieces. Marinate with fermented bean curd, sugar, salt and chopped chilli.

Peel and wash taro and marinade with oil and salt. Sear until golden brown.

Add chopped garlic to duck sear it for 3 minutes, add coconut juice lemongrass stalks and braised 20 minutes.

Add taro, fried tofu and straw mushrooms and cook for another 7 minutes.

Recommended accessories



GN container Stainless steel full