

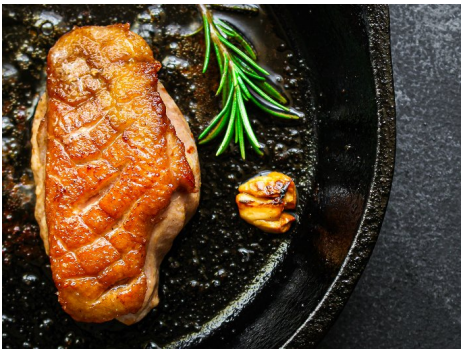
Low-Cooking Cherry Duck Breast

Cuisine: **Chinese**
Food category: **Poultry**



Author: Gary CHIU

Company: Retigo Asia



Program steps

Preheating: 65 °C

1	 Steaming		 Termination by time	 01:30 hh:mm	 50 °C	 80 %	
2	 Combination	 30 %	 Termination by time	 03:00 mm:ss	 250 °C	 90 %	

Ingredients - number of portions - 10

Name	Value	Unit
duck breast	260	g

seasoning recipe

Name	Value	Unit
olive oil	300	ml
whipped cream 33%	50	g
dry white wine	100	ml
bay leaf	5	g
thyme	3	g
garlic	10	g
sea-salt	5	g

Nutrition and allergens

Allergens: 7
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, C, D, E, K

Nutritional value of one portion	Value
Energy	65.5 kJ
Carbohydrate	1.7 g
Fat	4 g
Protein	5.7 g
Water	0 g

Directions

- The first stage
- ◇ Wash and wipe the duck breast, remove the excess fat and scratch the skin, dry the water and seal it with a seasoning vacuum bag
 - ◇ Use stainless steel iron net to lay flat, do not stack the vacuum packaging bags, and let it loosen at 50°C for 1.5 hours
- second stage
- ◇ Soak in ice cube water quickly after Shufei is finished, cool to stop ripening, soak in ice cube water for at least 10 minutes
 - ◇ Unpack the vacuum package and take out the duck breast, wipe off the excess water to keep the duck breast skin dry, put it on a frying pan for later use
 - ◇ Because the duck breast has been softened and cooked for a long time, the duck breast is roasted for 3 minutes with the skin facing down, and it will be crispy on the outside and tender on the inside

Recommended accessories



Vision Bake