

# Roasted Duck with Lemongrass

Cuisine: **South-East Asian**

Food category: **Poultry**



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## Program steps

Preheating: 200 °C

1	Combination	40 %	Termination by time	00:40 hh:mm	200 °C	100 %	
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## Ingredients - number of portions - 10

Name	Value	Unit
Clean whole Duck	1.5	kg
Garlic	50	g
Ginger	50	g
Minced lemongrass	80	g
rice wine	100	ml
Honey	50	ml
Fish sauce	30	ml
Light soy sauce	20	ml
Cooking oil	20	ml

## Directions

Rub the rice wine and salt all over the Duck.  
Wash thoroughly and drain.  
Blend all the ingredients together until smooth and stuff the mixture into the Duck belly and sew it up.  
Put honey, light soy sauce and oil into the bowl and mix well. Spread the mixture evenly on the Duck skin to absorb, hang the Duck up to dry for about 2 hours until the skin is dry.  
Place on the stainless steel wire shelving and roast for 40 minutes.

## Nutrition and allergens

Allergens: SOY

Minerals: Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Zinc

Vitamins: Folate, Niacin, Thiamin, Vitamin B6, Vitamin C

Nutritional value of one portion	Value
Energy	524.9 kJ
Carbohydrate	4.3 g
Fat	42.1 g
Protein	29.1 g
Water	109.4 g

## Recommended accessories



Stainless wire shelving