

# Braised Duck with fermented Tofu

Cuisine: **South-East Asian**

Food category: **Poultry**



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## Program steps

Preheating: 200 °C

1	Combination	50 %	Termination by time	00:30 hh:mm	200 °C	100 %	
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## 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

## Nutrition and allergens

Allergens:

Minerals: Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium: 38758 mg

Vitamins: Folate, Vitamin B6, Vitamin C, Vitamin E

Nutritional value of one portion	Value
Energy	452.9 kJ
Carbohydrate	23 g
Fat	29.8 g
Protein	27.1 g
Water	130.1 g

## Directions

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

Peel and wash taro and marinate 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.



GN container Stainless  
steel full