



Twice Cooked Duck with Steamed Asian Greens and Red Rice



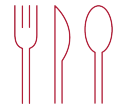
DIFFICULTY: MEDIUM



PREPARATION TIME: 15
MINUTES



COOKING TIME: 1 HOUR 40
MINUTES



SERVES: 2-4

Ingredients

- 1 x 2kg whole duck
- 1 tbsp Chinese five spice
- 2 tsp sugar
- 2 tsp fine salt
- 1 knob fresh ginger, thickly sliced
- 4 garlic cloves, crushed
- 4 spring onions, cut in half
- ½ orange, cut into wedges
- 1 tbsp rice vinegar
- ½ cup (125 ml) honey
- ½ cup (125 ml) soy sauce
- 2 cups red rice, rinsed
- 1 bunch bok choy, washed
- 1 bunch choy sum, washed

Method

Rinse the duck well and dry with kitchen paper. Combine five spice, sugar and salt and rub all over the duck, inside and out; stuff the cavity with ginger, garlic, spring onion and orange wedges.

Place the duck on the perforated tray and use a skewer to pierce the duck skin all over.

Set the oven to FullSteam mode; select 100°C and select 40 minutes cook time. Place an empty oven tray on the fourth shelf, below the duck, to catch any duck fat. Place duck on third shelf and cook; remove duck from oven. Remove the tray that contains all the rendered duck fat. Pour into a container and refrigerate or freeze for another use. Return oven tray to fourth shelf.

In a small pot over medium heat, mix vinegar, honey and soy; brush mixture all over the duck to coat. Set the oven to Circotherm®; 180°C and select 60 minutes cook time.

Place duck on third shelf and cook, basting every 15 minutes until the duck is lacquered and deep brown in colour.

Meanwhile, place rice in medium saucepan with 4 cups cold water; bring to the boil; reduce heat to low, place lid on pot and cook for 45 minutes, or until water is absorbed and rice is tender.

Remove duck from oven and rest, lightly covered with foil, for 15 minutes.

Set oven to FullSteam; 100°C and select 10 minutes cook time. Place the vegetables on the perforated tray on the third shelf and cook.

Serve the duck with the steamed greens and a bowl of red rice.

Notes

Red rice is a variety of rice that is coloured red by its anthocyanin content. It has a nutty flavour. It is available from Asian grocers.