

Baked Stuffed Duck Recipe

(Pet Thot Sot Sai Recipe)

Ingredients: Serves 6

1 de-boned duck with innards
2½ cups chopped pork
1 egg
2 tablespoons pounded mixture of garlic, coriander root and pepper
2 tablespoons diced onion
2 tablespoons diced carrot
2 tablespoons peas
3 tablespoons light soy sauce
2 tablespoons Maggi sauce
2 tablespoons butter
½ tablespoon sugar

Ingredients for gravy:

¼ cup juices from the pan in which the duck was baked
1 tablespoon wheat flour
¼ teaspoon salt
a pinch of pepper

Method:

Wash the duck and remove the innards. Dice the liver, gizzard, heart and whatever other organs you like. Using a sharp knife with a small, pointed blade de-bone the duck. Try to keep as much meat as possible and avoid puncturing the meat with the knife. Start near the vent and work up one side toward the neck. Remove the neck and continue around the neck across the back of the duck. Then, follow the same procedure on the other side. Lift the skeleton free of the flesh and then remove the bones from the legs. When done, turn the duck right side out. Mix the pork, pounded garlic mixture, diced innards, peas, carrots and onion together well, add the egg and mix, season with light soy sauce and maggi sauce. Fill the cavities of the duck with the mixture, sew the duck closed, and tie securely with the thread around the outside into a long, cigar-shaped configuration. Place the duck in a baking pan and bake at 180°C for 45 minutes. Remove the duck from the oven, spread the butter over the outside and bake at 220°C for 20 minutes. When the back of the duck has turned dark brown, remove from the oven, allow to cool, and cut into ½-inch slices. Place the slices on a bed of lettuce on a serving platter, surround with slices of pineapple, tomato and cucumber and spoon gravy over the duck. Heat the duck juices in a wok over low heat. Add the flour, salt and pepper and stir until the gravy is smooth.