

Duck in Soy Sauce Recipe

(Itek Siyow Recipe)

Ingredients: Serves 5

1 large duck weighing about 2kg
400g tamarind pulp or assam, mixed with 6 cups water
and squeezed for juice
15 shallots, peeled and pounded until fine
6 tablespoons coriander powder
2½ to 3 cups sugar
1 cup dark soy sauce
1 tablespoon rice vinegar
3 teaspoons white pepper powder
2 tablespoons salt
1 cup vegetable oil

Method:

Clean duck well and pat dry with paper towels. Strain tamarind juice into a rounded basin large enough to hold the duck. Add pounded shallots, coriander powder, sugar, dark soy sauce, rice vinegar, pepper and salt. Marinate duck for 8 hours or more in the fridge. Turn the duck over every few hours to make sure it is well marinated. Place duck, breast side down, with the marinade in a large saucepan and bring to the boil over high heat. Lower heat and simmer the duck, uncovered, for about 1 hour until meat is semi-tender. Halfway through cooking time, turn duck over to cook the other side. Remove duck with 2 tongs or chopsticks (the best way to lift the duck is to place a chopstick under each wing). Leave duck to dry at room temperature for 30 minutes. Heat oil in wok until smoking hot. Fry one side of the duck on medium heat for 5 to 6 minutes until skin is golden and lightly crispy. Turn the duck and repeat process, not forgetting the sides. Set aside duck to cool, leaving gravy in saucepan. When duck has completely cooled, chop into 2 x 5cm pieces and put with the gravy. Boil until gravy is thick and duck is tender. Serve with sliced cucumbers and tomatoes.

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