

Roast Duck Recipe (Ped Yang Recipe)

Ingredients: Serves 4, Preheat oven to 200°C

1 whole duck (about 4 lb/2 kg)

¼ cup (2 fl oz/60 ml) sweet (thick) soy sauce

½ cup (2½ oz/75 g) coarsely sliced fresh ginger

¼ cup (2 fl oz/60 ml) oyster sauce

6 cloves garlic, peeled and crushed

8 cilantro (fresh coriander) roots, or 2 tablespoons coarsely chopped stems

Method:

Lightly prick duck skin all over with a fork. Using hands or a pastry brush, coat duck with sweet soy sauce. Let stand to marinate at room temperature for an hour, or overnight, covered, in the refrigerator. Preheat oven to 200°C. In a small bowl, combine all remaining ingredients, and stir well. Spoon into duck's cavity. Skewer with a toothpick to close cavity. Place duck, breast side up, on a rack in a roasting pan on the lowest shelf of the oven, and roast for 10 minutes. Reduce heat to 180°C and roast, turning once, for about 1 hour, or until a leg moves easily in its socket. If duck is over-browning, loosely cover with aluminum foil. Remove from oven and let rest for at least 15 minutes before carving. When ready to serve, remove and discard stuffing and chop duck into small pieces. This is done easily using a cleaver, cutting through bones, as opposed to carving meat away from the carcass.

Note: In Thailand, duck is eaten well done, though not falling from the bones. When using this meat in another recipe, the duck should be slightly firm, as it will continue cooking in sauce.

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