

Teochew Braised Duck Recipe

(Lor Ark Recipe)

Ingredients: Serves 4

1 (about 2kg) duck
6 shallots
6 tablespoons sugar
1 star anise
10g cinnamon bark
3 cloves
2 cardamoms
25g galangal
6 cloves garlic (with skin)
1 liter water

Marinade:

1 tablespoon salt
4 tablespoons light soy sauce
4 tablespoons dark soy sauce
2 tablespoons oyster sauce
½ teaspoon Chinese five-spice powder

Method:

Rinse duck, mix well with marinade and set aside for at least 3 hours. Peel shallots and flatten with a knife. Heat up wok, fry sugar over low heat until it caramelizes then put in the duck. Blend it with the caramel before removing. Put shallots, star anise, cinnamon bark, cloves, cardamoms, galangal, garlic and water into a pot. Stir evenly and put in the duck. Cover the pot and braise over low heat for about 2 hours or until the duck is cooked fragrantly tender. Serve.

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