


# Cantonese Roast Duck

Cuisine: Chinese  
Food category: Poultry



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## Program steps

Preheating: 190 °C

1

 Hot air

 0 %

 Termination by core probe temperature

 72 °C

 170 °C

 100 %



## Ingredients - number of portions - 1

Name	Value	Unit
duck	1.8	kg

## Nutrition and allergens

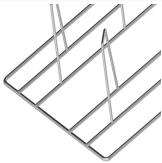
Allergens:  
Minerals:  
Vitamins:

Nutritional value of one portion	Value
Energy	5166 kJ
Carbohydrate	9 g
Fat	414 g
Protein	288 g
Water	0 g


## Directions

- ◇ Blow the Haoye Cherry Duck until the chest bulges and the skin and flesh are separated, and the skin is scalded and air-dried.
- ◇ Cantonese-style crispy skin, water is poured on the skin of the cherry duck, and the crispy skin water is evenly sprinkled on it repeatedly.
- ◇ Hang the cherry duck with a fan for 12 hours, and keep it dry in the refrigerator.
- ◇ Hang the crispy skin for coloring, avoid using too high temperature, the color is too dark, and the meat is easy to roast.
- ◇ Leave the duck to rest for 15 minutes in a holding cabinet.

## Recommended accessories



Wire shelving for chickens



Stainless wire shelving