



## Chinatown Steamed and Roasted Duck

 **Gluten Free**  **Dairy Free**

READY IN



**150 min.**

SERVINGS



**4**

CALORIES



**2019 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon five-spice powder chinese
- 4 garlic cloves
- 5 big ginger fresh
- 0.5 bunch green onions
- 0.5 cup honey
- 0.3 cup rice vinegar
- 2 teaspoons salt
- 0.5 cup soya sauce

- 2 teaspoons sugar
- 1 tangerine cut in big strips
- 4 pound duck whole

## Equipment

- bowl
- paper towels
- sauce pan
- oven
- roasting pan
- aluminum foil
- stove
- kitchen twine

## Directions

- Duck is notoriously a fatty bird, to diminish the fat and produce a crispy skin, begin by trimming the excess fat from the neck and body. Rinse the duck, inside and out, and pat dry thoroughly with paper towels.
- Combine the Chinese five-spice, sugar, and salt in a small bowl. Rub the spice mixture all over the duck, inside and out. Salt and five-spice powder makes a fragrant dry marinade, which draws some of the moisture from the duck so that the spices penetrate. Stuff the duck cavity with the aromatics: the ginger, garlic, green onions, and tangerine peel. Fold the wing tips back under the duck and tie the legs together with kitchen string. Poke the duck breast a few times, piercing the skin.
- Place a roasting pan on the stovetop over 2 burners and fill with 2-inches of water, turn the heat to medium. Set a V-rack insert inside the pan and lay the duck on the rack, breast-side up. Cover tightly with aluminum foil. Steam the duck for 45 minutes, checking the water level periodically. Steaming the duck first melts away some of the fat and shrinks the skin.
- In a small saucepan combine the vinegar, honey, and soy sauce over low heat. Cook and stir for 5 minutes until thick. The duck will be lacquered with the sweet glaze, which caramelizes during roasting, making the skin crisp and brown.
- Preheat the oven to 375 degrees F.

- Take the foil off the duck, remove the rack with the duck, and pour out the water and all the fat that has rendered out (this is great to use in other dishes like fried rice.)
- Put the rack with the duck back inside the roasting pan. Baste the duck with the vinegar mixture, until all the skin is completely coated in the glaze. Stick the whole thing in the oven. Roast the duck for 1 hour, basting periodically with any remaining glaze to set in a deep mahogany color. Tent the breast with some foil if it gets too dark. The legs will wiggle easily when it's done. Carve and serve.

## Nutrition Facts

**PROTEIN 11.15%**

**FAT 79.9%**

**CARBS 8.95%**

### Properties

Glycemic Index:77.84, Glycemic Load:21.44, Inflammation Score:-7, Nutrition Score:38.41478233752%

### Flavonoids

Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg Naringenin: 2.2mg, Naringenin: 2.2mg, Naringenin: 2.2mg, Naringenin: 2.2mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

### Nutrients (% of daily need)

Calories: 2019.29kcal (100.96%), Fat: 178.91g (275.25%), Saturated Fat: 60.01g (375.05%), Carbohydrates: 45.1g (15.03%), Net Carbohydrates: 43.82g (15.93%), Sugar: 39.87g (44.3%), Cholesterol: 344.73mg (114.91%), Sodium: 3073.32mg (133.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.18g (112.37%), Vitamin B3: 19.28mg (96.4%), Selenium: 57.53µg (82.18%), Iron: 12.6mg (69.99%), Phosphorus: 691.3mg (69.13%), Vitamin B1: 0.94mg (62.62%), Vitamin B2: 1.03mg (60.87%), Copper: 1.18mg (59.16%), Vitamin B6: 1.01mg (50.58%), Vitamin B5: 4.55mg (45.51%), Zinc: 6.58mg (43.84%), Potassium: 1150.48mg (32.87%), Vitamin K: 31.22µg (29.73%), Vitamin C: 21.09mg (25.57%), Magnesium: 91.4mg (22.85%), Vitamin E: 3.26mg (21.74%), Vitamin D: 3.18µg (21.17%), Manganese: 0.39mg (19.57%), Vitamin A: 947.48IU (18.95%), Vitamin B12: 1.13µg (18.9%), Folate: 71.7µg (17.93%), Calcium: 88.37mg (8.84%), Fiber: 1.28g (5.14%)