

Peking Duck



Gluten Free



Dairy Free

READY IN



845 min.

SERVINGS



8

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 garlic clove finely chopped
- ☐ 1 tablespoon wine dry white
- ☐ 1 tablespoon soya sauce
- ☐ 1 teaspoon sugar
- ☐ 1 teaspoon salt
- ☐ 2 medium spring onion
- ☐ 6 cups water
- ☐ 0.5 cup honey

- ☐ 0.3 cup vinegar white
- ☐ 0.5 cup hoisin sauce
- ☐ 4.5 pounds frangelico

Equipment

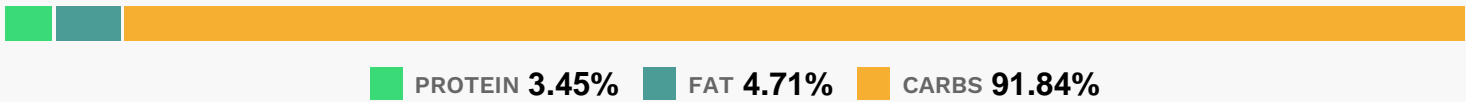
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ wok
- ☐ skewers

Directions

- ☐ Fasten neck skin of duckling to back with skewers. Fold wings across back with tips touching.
- ☐ Mix garlic, wine, soy sauce, sugar and salt.
- ☐ Place garlic mixture and 2 green onions in body cavity of duckling. Bring edges of tail opening together with skewers; tie tightly with heavy string. Insert needle of bicycle pump between skin and fat; pump air under skin until duckling is 1 1/2 times larger. (Do not let air escape. For crisp skin, it is necessary to separate skin from fat to release grease.)
- ☐ Heat water and honey to boiling in wok; add vinegar. Tie 40-inch piece of heavy string to duckling legs. Hold duckling over wok.
- ☐ Pour water mixture over duckling for about 3 minutes. Hang duckling in refrigerator to dry at least 12 hours, placing pan under duckling to catch juices, but no longer than 24 hours.
- ☐ Heat oven to 400°F.
- ☐ Place duckling, breast side up, on rack in shallow roasting pan. Insert meat thermometer so tip is in thickest part of inside thigh muscle and does not touch bone. Roast uncovered 30 minutes. Turn duckling; roast 30 minutes longer.
- ☐ Reduce oven temperature to 375°F. Turn duckling; roast about 20 minutes longer or until 180°F (drumstick meat will feel very soft).
- ☐ Let stand 15 minutes. Meanwhile, cut green onion tops into 3-inch pieces; cut 3/4-inch slits in each end. Chill in iced water about 10 minutes or until ends curl.

- ☐
- Remove skin and meat from bones; cut skin and meat into about 1 1/2-inch pieces. Arrange skin and meat on platter.
- ☐
- Serve with steamed rolls or mandarin pancakes if desired.
- ☐
- Brush hoisin sauce on opened roll or pancake with green onion brush.
- ☐
- Place green onion brush, skin and meat on roll or pancake; roll up.

Nutrition Facts



Properties

Glycemic Index:33.05, Glycemic Load:9.6, Inflammation Score:-1, Nutrition Score:1.7773912717467%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 110.79kcal (5.54%), Fat: 0.6g (0.92%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 26.24g (8.75%), Net Carbohydrates: 25.58g (9.3%), Sugar: 22.74g (25.27%), Cholesterol: 0.52mg (0.17%), Sodium: 705.51mg (30.67%), Alcohol: 0.19g (100%), Alcohol %: 0.1% (100%), Protein: 0.99g (1.97%), Vitamin K: 7.87µg (7.49%), Manganese: 0.1mg (4.89%), Copper: 0.07mg (3.36%), Vitamin B2: 0.05mg (3.12%), Fiber: 0.65g (2.62%), Iron: 0.39mg (2.19%), Magnesium: 8.44mg (2.11%), Folate: 7.22µg (1.81%), Calcium: 17.43mg (1.74%), Vitamin B3: 0.34mg (1.71%), Vitamin B6: 0.03mg (1.64%), Potassium: 51.16mg (1.46%), Vitamin C: 1.11mg (1.35%), Phosphorus: 13.49mg (1.35%), Zinc: 0.16mg (1.04%)