



Tea Smoked Duck

READY IN



190 min.

SERVINGS



10

CALORIES



620 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup freshly tea black chinese fine Darjeeling, Ceylon are substitutes
- ☐ 1 cup brown sugar
- ☐ 6 inch cassia cinnamon chinese
- ☐ 1 large piece ginger root crushed
- ☐ 1 tablespoon ground cloves
- ☐ 0.3 cup kosher salt
- ☐ 1 sichuan peppercorns red
- ☐ 10 servings sesame /vegetable oil for basting
- ☐ 1 bunch spring onion

- ☐ 0.5 cup maltose sugar
- ☐ 1 bag tea twigs dried
- ☐ 10 servings water
- ☐ 1 large duck whole cleaned preferably Peking where the breasts are larger
- ☐ 1 pound camphor wood other types of wood such almond can be used) fine canned chips are
- ☐ 1 tablespoon saltpeter optional but in original recipes
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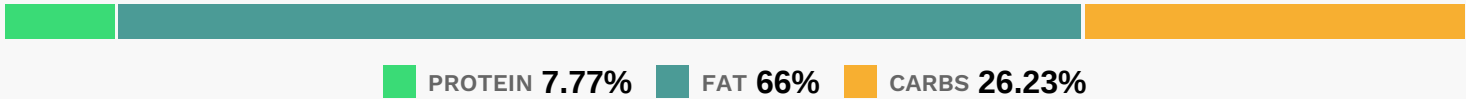
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Special equipment: Smoking oven: 1 pound of camphor wood (chips are fine) Other types of wood such almond can be used)
- ☐ Combine all the ingredients, except sesame/vegetable oil, for the marinade in a bath solution and place cleaned duck in it overnight.
- ☐ Hang dry and rest for at least 2 hours. Hang duck in smoking oven with hook on the upper neck.
- ☐ Place the camphor wood, brown sugar, tea twigs, if available, on a pan at the base of the oven and heat oven to 350 degrees F. Some recipes call for tea leaves but tea leaves in the sugar/camphor mixture does not add that much tea flavor to the ducks. Roast the duck for approximately 40 minutes, but depends on size of duck, type of oven, etc. For best results for a crispy skin, the last 5 to 10 minutes should be at 400 degrees F, with a final basting of sesame/vegetable oil on the skin of the duck. Duck can be flashed in hot oil to finish, if timing for service is critical.
- ☐ Cut and serve hot, with buns and sauce, optional.

Nutrition Facts



Properties

Glycemic Index:15.41, Glycemic Load:7.04, Inflammation Score:-4, Nutrition Score:10.979130361391%

Flavonoids

Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 1.91mg, Epigallocatechin: 1.91mg, Epigallocatechin: 1.91mg, Epigallocatechin: 1.91mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 1.39mg, Epicatechin 3-gallate: 1.39mg, Epicatechin 3-gallate: 1.39mg, Epicatechin 3-gallate: 1.39mg Epigallocatechin 3-gallate: 2.22mg, Epigallocatechin 3-gallate: 2.22mg, Epigallocatechin 3-gallate: 2.22mg, Epigallocatechin 3-gallate: 2.22mg Theaflavin: 0.37mg, Theaflavin: 0.37mg, Theaflavin: 0.37mg, Theaflavin: 0.37mg Thearubigins: 19.27mg, Thearubigins: 19.27mg, Thearubigins: 19.27mg, Thearubigins: 19.27mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg Theaflavin-3,3'-digallate: 0.41mg, Theaflavin-3,3'-digallate: 0.41mg, Theaflavin-3,3'-digallate: 0.41mg, Theaflavin-3,3'-digallate: 0.41mg Theaflavin-3'-gallate: 0.36mg, Theaflavin-3'-gallate: 0.36mg, Theaflavin-3'-gallate: 0.36mg, Theaflavin-3'-gallate: 0.36mg Gallocatechin: 0.3mg, Gallocatechin: 0.3mg, Gallocatechin: 0.3mg, Gallocatechin: 0.3mg

Nutrients (% of daily need)

Calories: 620.01kcal (31%), Fat: 45.86g (70.56%), Saturated Fat: 12.26g (76.65%), Carbohydrates: 41.01g (13.67%), Net Carbohydrates: 40.41g (14.69%), Sugar: 31.42g (34.91%), Cholesterol: 58.06mg (19.35%), Sodium: 2898.47mg (126.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.74mg (1.58%), Protein: 12.14g (24.29%), Vitamin K: 35.97µg (34.26%), Manganese: 0.65mg (32.48%), Vitamin B3: 3.43mg (17.14%), Copper: 0.33mg (16.62%), Phosphorus: 159.36mg (15.94%), Vitamin B2: 0.26mg (15.3%), Selenium: 9.89µg (14.12%), Iron: 2.41mg (13.37%), Vitamin E: 1.76mg (11.75%), Calcium: 106.27mg (10.63%), Vitamin B1: 0.15mg (10.21%), Magnesium: 37.9mg (9.47%), Zinc: 1.35mg (8.97%), Vitamin B6: 0.16mg (8%), Vitamin B5: 0.77mg (7.67%), Potassium: 216.86mg (6.2%), Vitamin C: 4.01mg (4.86%), Vitamin D: 0.53µg (3.57%), Folate: 13.14µg (3.28%), Vitamin B12: 0.19µg (3.18%), Vitamin A: 155.06IU (3.1%), Fiber: 0.6g (2.4%)