Posted on 17 September 2012

by ewfood

Peking Duck



Ingredients

1 whole duck
0.5 tsp nutmeg, ground
0.5 tsp. cinnamon
1 tsp. ground ginger
1 small piece fresh ginger, peeled
Pepper
1.5 oz. honey
0.5fl oz. rice wine vinegar, white vinegar or apple cider vinegar
2fl oz. soy sauce
5oz. plum jam
1 tbsp. sugar
5 spring onions
1 orange, sliced

Servings
4
Person
Preparation Time
1
hr
Cooking Time
2
hr

Preparation

1. In a bowl combine the nutmeg, cinnamon, pepper and ginger
2. Wash the duck and pat dry with paper towels. Sprinkle I teaspoon of the mixture onto the duck. Put another teaspoon of the mixture into the cavity of the duck. Also put one spring onion and the fresh ginger into the duck's cavity
3. Combine the leftover dry mixture with 1 tablespoon of soy sauce and rub over the chicken
4. Cover the duck and place it in the refrigerator for a few hours, the longer, the better
5. Preheat the oven to 200°C
6. In a rack or steel colander over a pot of boiling water steam the duck for about 45 minutes to an hour
7. While the duck is steaming you can prepare the duck sauce by combining the plum jam, sugar and vinegar until it becomes a smooth sauce
8. Once the duck has steamed remove the onion and ginger

9 Place the duck on a roasting rack breast side up, and place a pan with a cup of water underneath the duck to catch the fat drippings. Prick the duck all over with a fork

10 Roast the duck for 40 minutes. While it is roasting combine the honey and soy sauce. Remove the duck from the oven and run the mixture evenly over the duck

11 Increase the temperature of the oven to 240°C and roast for 10 minutes or until the skin is an opulent brown. Make sure that it does not burn

12 Serve it with the duck sauce, chopped spring onions and mandarin pancakes.

Cooks Note

Preparation time: 1 hour; Cooking time: 2 hours; Serves 4