

## **Crispy Duck Recipe**

(Ped Yang Recipe)

**Ingredients:** Serves 6

1 duck, weighing about 1½kg  
2 teaspoons minced mature ginger  
1 teaspoon ground cinnamon  
½ teaspoon nutmeg  
1 teaspoon pepper  
2 tablespoons light soy sauce

**Method:**

Wash the duck, remove the neck, feet and innards and pat dry. Mix the ginger, cinnamon, nutmeg and pepper. Take 1 teaspoon of this mixture and spread it over the inside of the duck; then sew the duck securely closed. Spread the remainder of the spice mixture over the outside of the duck. Wrap the duck in aluminum foil, place it in a deep roasting pan, bake at 220°C for an hour. After taking the duck from the oven, allow it to cool about 15 minutes before removing the aluminum foil. Place the duck on a roasting rack and put it on a cookie sheet. With a fork, puncture the skin of the duck at many places over the entire surface in order to prevent the skin's cracking. Bake the duck at 180°C for about 30 minutes. Remove the duck from the oven and brush the skin with the light soy sauce. Now, bake at 220°C for about 5-10 minutes, until the skin is crisp and brown. Do not allow it to burn. Serve the duck either split in half or de-boned. Alternatively, the skin may be served without the meat. Serve with scallions, cucumbers, lettuce, celery and dark soy sauce.

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