

Itik Sio Recipe

(Duck Braised in Tamarind and Coriander Recipe)

Ingredients: Serves 4-6

1 cleaned duck, about 2½ kg
3 tablespoons ground coriander (cilantro)
1½ teaspoons salt
2 teaspoons black pepper
2 tablespoons light muscovado or raw sugar
4 tablespoons dark soy sauce
1 tablespoon tamarind pulp
190 ml water
4 tablespoons oil
250 g onions, very finely minced
3 liters water
2 cinnamon sticks
8 cloves
4 tablespoons chopped fresh coriander (cilantro) leaves

Method:

Clean duck thoroughly and wipe dry. Mix salt, coriander, pepper, sugar, and soy sauce together and rub all over duck. Let marinate for an hour at room temperature. Knead tamarind with water until pulp dissolves, strain and set aside. Heat oil in a large wok over medium heat and fry onions until soft and light brown, 6 to 8 minutes. Put in duck and fry, turning constantly, to brown skin all over. Add tamarind liquid, water, cinnamon, and cloves and bring to a gentle boil. Simmer, covered, for about 2½ hours or until duck is very tender, turning duck 2 or 3 times and topping up with more water if necessary. Transfer duck to a chopping board and let rest for 10 minutes. Meanwhile, turn heat to high and reduce sauce until thickened and glossy. Chop duck into serving pieces. Arrange these on serving plate, pour some sauce over, and sprinkle with chopped coriander. Serve extra sauce on the side.

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