

1. Wong Mama Marinated Duck

By Sheung Chun Wong
August 14, 2010

Yield

8 Servings

Ingredients

1 duck
2 pieces of fermented bean curd
2 piece of fermented southern beam curd
3 pieces of sour plum
1 tablespoon of bean sauce
1-2 tablespoon of soy sauce
3-5 shallots minced
3 glove of minced garlic
1-2 tablespoon of brown sugar
1 tablespoon of sesame oil
1 small piece ginger cut into pieces
1 whole piece of tangerine peel cut into small pieces
5 potatoes
2 cups of water

Directions #1

1. Sear the duck with some oil, and put aside.
2. Stir fry ginger, garlic, shallot with some oil.
3. Throw in other ingredients, except the duck and potatoes, to make the duck sauce.
4. Put the duck sauce into the stomach of the duck, and use skewer to close the end.
5. Put in 2 cups of water, and slow cook for 30 minutes.
6. Turn the duck over, put in the potatoes, and cook for another 45 minutes.

Directions #2

1. Sear the duck with some oil, and put aside.
2. Stir fry ginger, garlic, shallot with some oil.
3. Throw in other ingredients, except the duck and potatoes, to make the duck sauce.
4. Put the duck sauce into the stomach of the duck, and use skewer to close the end.
5. Put in 2 cups of water, and bring it to a simmer.
6. Put it in the oven at 325F for 30 minutes.
7. Turn the duck over, put in the potatoes, and cook for another 45 minutes.