



CHINESE BRAISED DUCK WITH TARO

Difficulty: Easy
Serves: 4
Prep: 1 hr
Cooking: 2 hours



INGREDIENTS

- 1 frozen whole duck (2.1kg), defrosted
- 600g taro, sliced into 1cm thick pieces
- 60ml dark soy sauce
- 60ml light soy sauce
- 5 tbsp oyster sauce
- 150g rock sugar
- 5cm knob ginger, sliced
- 4 spring onions stalks, chopped to 5cm batons
- 3 shallots, sliced
- 4 garlic cloves, lightly smashed
- 1L cooking oil for deep frying
- 5 tbsp yellow glutinous wine
- 3 ½ cups water
- Garnish
- Spring onion

METHOD

1. Wash and dry the duck with a kitchen towel. Brush entire duck with dark soy sauce and let it dry for 30 mins.
2. Heat up oil in a large wok. Once it starts to smoke, slide duck in gently and fry for 10 mins. Then turn duck over and fry for 10 mins.
3. Repeat for 2 more times until duck is evenly cooked on both sides. Drain and set duck aside.
4. Remove oil from wok and leave about 3 tbsp in. Sauté the spring onions, ginger, garlic and shallots for 2 mins.
5. Pour in glutinous rice wine around and let it sizzle.
6. Add in water, the rest of the dark soy sauce, light soy sauce and rock sugar. Let it come to a boil.
7. Slide duck in. Once it starts boiling again, switch to low heat and braise duck for 1.5 – 2 hours turning the duck every 20 mins.
8. In a separate frying pan, heat up some oil and pan fry the taro pieces until both sides turn golden brown. Set aside.
9. Once duck is well braised, remove from wok. Let it cool a little before chopping into smaller pieces.
10. Slide in the fried taro pieces into wok with the braising liquid and let them braise for 10-30 mins depending on the type of taro. Some taro may cook faster.
11. Place braised taro piece on serving plate and topped with chopped duck. Garnish with spring onions.