



## Twice cooked whole duck with hokkien noodles

### Shopping list:

- 1 size 18 duck
- 4 litres cold water
- 1 cup ABC sweet soy sauce
- 1 whole orange, cut in half
- 1 tablespoon garlic and ginger paste
- 3 star anise
- 1 piece cinnamon bark
- 1 packet hokkien noodles
- 1 bunch bok choy, sliced finely
- 1 Spanish onion, finely sliced

### Method:

1. Place the whole duck on a chopping board and cut the neck skin as close to the body as possible then pull and remove the skin leaving the neck. Using a chopped chop and remove the neck.
2. Using sharp knife, cut around the wish bone and remove it from the carcass. From the first wing joint slice through and remove the rest of the wing. Keep all the bones from the neck and wing and set them aside.
3. In a large pot bring slowly to the boil the water, the duck, garlic and ginger paste, cup of ABC sweet soy sauce, orange, the star anise and the cinnamon bark. Once brought to the boil, turn down to simmer and set your timer for 40 minutes. Place a plate on top to keep the duck below the surface.
4. Once time is up turn off and let stand for 10 minutes before removing from the stock. Place on a cake rack to dry out, then once cooled down, start removing the bones from the carcass. There are good guides on you tube on how to do this.
5. You should end up with two sides of boneless duck after doing this. Place on an oven tray and roast in a 185C oven for 8-10 minutes or until the skin has gone crispy on top.
6. In a hot fry pan with a little vegetable oil, caramelize off the hokkien noodles until they are browned then add the finely sliced Spanish onion and bok choy and toss again until the bok choy has wilted, then add 1 tablespoon of ABC sweet soy sauce.
7. Using your tongs twirl the hokkien noodles onto the plate, then cut the crispy duck in half through the line of the breast and arrange on top.

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