

MAX'S



Native Sun
Cuisine

" food of no fixed address "
presents

DUCK " MY WAY "

with
Max Porter

Your always welcome my fine feathered friends.
We will endeavor tonight to unlock some of the secrets these wonderful creatures possess.

MY WAY is a French song that has 300 versions of singing it on copyright.

The 7 years at "Native Sun Cuisine" we toyed with this concept to show how giving and adaptable these creatures really are.

We installed a 6 course duck indulgence certificate menu in which there over 4,500 inducktees, at the time approx 8,000 ducks were roasted.

Cooked over 2,000 kgs of Confit. Prepared a thousand kgs of duck liver pates.
all washed down with 15,000 lts of duck stock.

Anyway you look at it that is a serious lot of duck.

It has at times driven us all a little quackers, wishing if I could have done something clever with carrots instead, saved ourselves a lot of work, but Cuisine is our calling.

I have yet to find an unfriendly person who loves ducks,

Since the dawn of mankind (and womenkind) cave paintings show fierce and wild creatures , images that depict their ancient lives and yes the duck is there in all her glory as well, from cave painting to walls of the kings of Egypt, telling us they are a symbol of longevity, unfortunately not for the duck, but to those associated with her.

TODAY we are in good company, as we raise our glasses to toast our noble friend.
We will use the tips to the toes today to illustrate how from the East to the West the duck is a favorite food the world around.

(No birds were harmed in the writing of this piece.)



MAX PORTER B.L.T.
Native Sun Cuisine
"food of no fixed address"
PO BOX 365 EUMUNDI 4562

THE ROASTED DUCKLING

(Choosing the right bird)

The main problem we must overcome in roasting a duck is knowing what type we should use, unfortunately when we buy our pre wrapped birds there is no markings on them to tell us what species they are and what breeds have been crossed with them.

e.g. you may have Barbary, Mallard or Rouen in them which in some cases produce a very lean bird but also produce a dry flavored duck.

Particularly around the drum stick or excess fat produced because of not being a free range or open range bird. Where using a Bendele free range bird, she is a Peking / Aylesbury bird This species has the ability to produce a crisp skin but also has more juicy flesh.

From this simple process we will obtain 4 vital duck ingredients

1. A roasted bird.
2. Duck bones for enriching stock.
3. Duck - ghee for cooking agent 9% saturated fat.
4. Duckling essence (used in this case to concentrate flavor)

LET US BEGIN...

Preheat your oven to 210 degrees C.

Fresh ducks at room temperature will always yield the better results.

Wash the inside of the carcass and let drain.

Lay the carcass on your chopping board in front of you,

If you are right handed the neck of the bird should be facing you left.

Extend the neck and cut it off just in front of the body, remove excess fat around the vent.

Place the neck and fat in your baking tray and place the duck on top.

Lightly cover with a little oil, add flaked sea salt and gently massage into flesh.

This will help draw out excess fat during the roasting process.

Place duck in the oven for approx 30 min or until the duck skin is nicely brown .

You will have noticed the fat that has gathered in the pan.

Remove pan from oven and carefully tip the duck fat into a heat resistant container.

Place the roasting dish onto the bench and pour approx 1 L of water around the duck not on it, allow the steam to remove any of the duck skin that may be stuck to the pan.

Turn duck over and place back in oven for approx 45 min at 180-190 degrees C.

Tip the juices from the pan into container with fat and refrigerate it.

Then place breast side down on a tray,

(allowing the juices to settle into the breast during this resting process.)

The roasting pan may need to be heated with a little water to remove any morsels that remain.

I always tip the juices into the same container as the fat and place in the fridge to go hard.

REMEMBER WASTE NOTHING, ENJOY EVERYTHING

LET'S JUST RECAP BEFORE PROCEEDING.

THE 12 STEP PLAN

1. Choosing the right bird (prefer fresh)
2. Peking / Aylesbury room temp for roasting.
3. Preheat oven 200 degrees c
4. Prepare the bird for roasting (remove neck and excess fat around vent area)
5. Place bird in tray on neck etc. breast side up.
6. Rub with flaked sea salt.
7. Stage one of the roasting occurs.
8. Remove fat after 30 mins (reserve)
9. Add 1 L of water around bird and turn.
10. Finish cooking approx 45 min at 180-190 degrees.
11. Remove duck from pan and allow to rest breast side down.
12. Reserve juice from pan for later use in the E. R.

CONGRATULATIONS

If you follow your 12 step plan
you will be enducked into your family's hall of fame...

Where did the twice cooked duck come from ?

It comes from the next stage we are about to embark on.

It's your dinning finally, your cooking crown .

It is a simple restaurant trick that allows the cook to take advantage of the special virtues the Peking / Aylesbury bird has to offer and it's ability for the skin to crisp and still have juicy flesh.

So in any process the first step is the most important .

Choosing the right bird to roast yields the best results and the key to a good outcome.

After you have completed the roasting process and allowed the bird to rest for maybe half an hour or until you can handle the bird. It must be done while the bird is still warm

The time has now come to cut the bird in half with a large cooks knife.

Remove as many of the bone as you desire (reserve these bones)

Place on a tray with a cup and half of water to prevent it from sticking,

Putting it back into a 200 degree oven for approx 20 mins until the skin has crisped.

There we have it. A perfect performance !

All the preparation can be done at least 3 days in advance.

Up until the point of putting the bird back in the oven.

Remember to de-bone the duck while the bird is still warm.

SO NOW WE HAVE THE FOUR PRODUCTS WE SET OUT TO OBTAIN.

1. Roasted bird.
2. Duck bones for enriching stock.
3. Duck ghee as our secret cooking agent.
4. Duckling essence . (the water of life.)

Notes On Stocks.

When using the bones of any poultry it is always better to bring the water to the boil first.

Also use a big stainless steel pot.

Then add the bones, onions and garlic,

Bring this back to the boil, simmer, skim any rubbish of, tick over for an hour, then strain.

Reduce gently until the right flavor is obtained.

If in the first stage you have the need to add more water, it must be boiling water.

If not it will cause a cloudy stock in which case means a fatty stock a no no .

WARNING ! WARNING !

REMEMBER NEVER AND I MEAN NEVER USE BAY LEAVES

It will mask the delicious sublime flavors and in some cases cause death.

NOW IT IS TIME TO VISIT THE E.R.
(Extracting and rendering.)

THE E.R.

(Extracting and Rendering.)

Let us return for a moment if we may to the 2 vital products we have saved from our perfect roasted duck lesson.

That is the duck fat and the essence that is now submerged under it.
Don't be alarmed about the duck fat , yes it is saturated fat but it is only 9%.
Butter is 22% saturated fat.

The virtues are it's flavors are water soluble
meaning as liquids pass through it they are in the process of Extracting flavour from it.
It is ancient and by understanding it, will make you a better cook.
It will give you the edge in your cuisine, later on I will demonstrate

The next is the process called Rendering it is called that because to make it safe to use in the cooking process, it first must have all liquid removed. Duck fat becomes Duck - Ghee.
The process is simple but you must pay attention as it has some danger involved .

Lets start ...

You must have a heavy bases pan firstly.

The container that you have reserved the fat in should be refrigerated so it is solid.
Scoop out the top layer into the pan taking special note not to catch any of the jelly.
Place the pan onto a moderate heat and the process will begin, firstly by melting then as the temperature increases you will hear the sound of the water being evaporated. crackle etc.
You will see the heat of the rendering ghee and when you can no longer hear any sound it is done, allow it to cool and put it into a container that will be used to keep this treasure in.

SPECIAL ATTENTION PLEASE

This doesn't take long so don't walk away, answer the phone, have children and booze out of reach etc... or as a result you may end up in the E.R. yourself .

The next stage is even simpler, it is just a matter of emptying the contents of the reserved juices into a fresh sauce pan, bring it to the boil and reserving the juicers for use later.
A great way to store this essence is by tipping the juice into ice trays and freeze.
Once frozen take out of tray and put into a sealed plastic bag for use later.

SET THOSE TONGUES A WAGGING

Your repertoire should represent the peasant and the elegant

Lickers or duck tongues like other sweet meats are not that readily available.

your fresh providers will always make the effort.

Places like China town you can find them pre cooked ready for the final step. (5)

But to illustrate we are going to extract our own tongues.

We would generally have about 3 - 4 per person, they are mainly used as tit bits.

After they are gently poached they are then coated in seasoned flour and crisp fried.

The process is somewhat macabre but you will learn how fresh the ducks really are.

The heads can come in a couple of ways. Still attached to the bird or separate

1. If they are still attached, cut off just below the head.
2. Open the beak and slide your sharp knife just under the tongue to remove.
3. Prepare the court bouillon or poaching liquid.

Place 500 mls water into a stainless steel pot.

Add one medium onion, peeled and chopped, also one bulb of garlic sliced in half.

Add a little sea salt and gently simmer for five minutes.

After this time add the tongue and poach until they become soft. About 20 minutes.

Take off the heat and allow tongues to cool in there liquor. About 30 minutes.

4. Remove the tongues and prepare the seasoned flour.

Mix one cup plain flour, two Tbs paprika, one tsp ground white pepper, some sea salt.

5. The final step. Heat 500 mls Macadamia or grape seed oil in a suitable pot for frying.

6. When the oil is hot enough. 170 deg C.

A. Toss the tongues into the seasoned flour and shake off excess.

B. Fry small batches of the tongue in the hot oil until brown and crispy.

C. Remove from oil and drain onto absorbent paper, add some sea salt.

7. At this stage you can simply serve with a lemon wedge or continue to the next level.

BEAUTY AND THE BEAST

This preparation will win you star appeal.

The cooked tongues are tossed with straw potatoes and fried parsley.

River shrimp received the same treatment as the tongues.

Peel a few potatoes (Not waxy ones) and cut them into straws using a V - slicer.

They need to resemble matchsticks. Wash the starch out in some water. Dry well.

Cook them crisp in the oil described in step 5 and 6, not the flour bit.

When you are they are ready, remove and spread onto absorbent paper.

Deep Fry some Italian parsley and gently mix the tongues, shrimps and straw potatoes

As an elegant presentation.

Serve a mound of our above combination with the next tasty salad dish.

DUCKLING SPLIT PEA BROTH

The Broth For Life

This recipe came from my memories of my late Uncle Doug..

He would eat pea soup for his lunch every day of his life.

It was so popular on my menu that bowls were never big enough.

Served in a tea cup with a little mushroom foam atop.

A duck liver sandcrab pate quacker is served on the side.

The special secret is in the fact that the yellow split peas are not soaked at all
only rinsed before use.

So the split peas are used as a flavoring agent.

They don't break down to make the more traditional version.

It is full of healthy proteins that will revive any tired body.

The Broth For Life

500 mls bottled water.

2 lts of duck stock.

2 med onions chopped.

1 bulb of garlic cut into half.

1 med carrot grated.

8 black peppercorns.

8 white peppercorns.

2 over ripe tomatoes quartered.

1 1/2 cups washed yellow split peas.

some parsley stalks

This is all you doPlace all the above into a heavy based stainless steel pot.
Bring to the boil then simmer for approx 40 mins being careful to observe that
the peas don't break apart,

Then you strain it through a fine sieve, pressing gently to extract more juice.

Bring back to the boil and skim any rubbish that may be kicked up.

There you have it a simple but supreme effort.

P.S. Don't put bay leaves any where near this soup.

CONFIT OF DUCK

Preserved Duck Legs

Confit the signature of the South- west of france.
Confit comes from the french word *confire* to preserve.

The advance work of seasoning helps to draw out the moisture and cure.

The work of preserving should start 2 days before the cooking process.
Confit is a phenomenon, it has no counterpart in the rest of French cuisine.

Enjoy this ancient art of the French

What You Need.

Ingredients:

4 duck Maryland (legs)
2 tablespoon sea salt
ground black pepper
8 cloves garlic, peeled and minced
1/2 bunch fresh thyme
2 litre duck fat
6 cloves garlic, peeled, extra
1/3 bunch fresh thyme, extra

Method:

Season the duck legs with salt, pepper, minced garlic and herb mix.
Place into dish, cover, and leave to marinate in the refrigerator for 2 days.

In a heavy based casserole dish Heat the duck fat slowly over low heat to approximately 95°C. Add the garlic cloves and thyme.

Wipe the duck legs with paper towel.

Add to the warm fat and simmer for approximately 1 hour and 20 minutes.
Then allow to cool in the casserole for another hour before removing fat.

Place the duck legs into a clean china bowl and cover with the fat. Put into the fridge.

The duck legs will keep like this for 3 months.

Serving notes.

Preheat your oven to 180 deg c

Remove the legs from the container, remove the fat from around the duck morsel.

Heat a heavy based fry pan, add a little duck ghee, add the leg skin side down, brown.

Place the legs in a small baking dish on a bed of chopped onions with a cup of water.

Place on top over shelf at 200°C for 10 minutes or until skin is crisp.

Be careful not to allow all the water to evaporate before duck is ready, about 15 minutes.

Serve with sauteed garlic potatoes with chopped parsley.

DUCK EGG "MEURETTE "

THIS IS ONE OF THOSE RECIPES THAT IS HANDED DOWN FOREVER.
A TRADITIONAL RED WINE SAUCE FROM BURGUNDY.
THIS IS PART OF THE FRENCH CONNECTION.

Lets start with an over view of the process and the delicious outcome.

It does have a some steps, which are skills we need to master on the way to making great sauce

The first step is making red wine sauce.

Step two is the flavour that is added by the bacon, golden shallots and mushrooms.

Step three. The now enriched sauce is strained, simmered and eggs are poached one by one.

Removed and placed on a garlic rubbed croutons in a bowl plate.

Step four. Strain the sauce, add some water, bring to the simmer and lightly thicken.

Step five is when the mushrooms etc is added back to the sauce and parsley is added.

Lastly in a fry pan add 200 gm butter to brown to the colour of hazelnuts, stir into sauce.

Warm up the bowls in the oven, remove and top with the sauce.

Now this dish is truly Delicious !

Now after you read the above a few times, practice making the sauce, then come the rewards.
If duck eggs are not available chicken eggs can be used, Quails and butterflied spachcocks
can be baisted in the oven with the sauce as well. You will find your own favorite ways.

LETS START. FOR TEN.

THE RED WINE SAUCE

The First Step.

1 medium brown onion, peeled and finely chopped.

1 bulb cut in half.

4 tbs white sugar.

2 bottles red wine.

1 : 5 lts golden poultry stock.

In a heavy based saucepan add the bacon bits. As it browns it will give up it fat. Remove bacon

Add the onions and garlic to the pan, lightly brown, then add sugar, caramelize stir, stir, stir.

Now here's the thing, the first addition of the wine is an important one. A little at a time. Stir.

Add the rest of the wine, be careful it may catch on fire. It's best to light it and stand back.

Reduce by half add golden poultry stock, bring to the boil, skim off any rubbish.

The Enrichment

4 rashers of bacon.

400 grms golden shallots, peeled.

600 grms peeled and broken mushrooms

Step two return bacon, shallots and mushrooms to the mix and simmer for 15 minutes.

Step three strain the sauce and simmer, crack each egg into a bowl one at a time.

Add to the pot and poach. Remove and place on a garlic rubbed crouton in a serving bowls.

Step four, strain, add approx 200 mls water. simmer and lightly thicken with potato starch.

Step five, return the mushrooms etc to the pot with some chopped flat leaf parsley.

Lastly heat 200 grms of butter in a frypan until it turns a hazelnut colour, add to sauce.

TO FINISH.

WARM UP THE BOWLS IN THE OVEN, REMOVE AND TOP WITH THE SAUCE.

NOW THIS DISH IS TRULY DELICIOUS !

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MAX'S BARBECUED DUCK SALAD

Delicious and enduring

This recipe I was personally asked by Stephanie Alexander to put in her book "The Shared Table" This is what she wrote as an intro in her book.

At our lunch Elena and I were assisted in our outdoor 'kitchen' by Max Porter, a friend and fellow chef.

Max has a restaurant at Noosaville called Native Sun, subtitled 'Food of no fixed address', and he does have a very free-wheeling mind when finding inspiration for his dishes. His speciality is duck, which he calls Duck My Way. (It was Max who had first introduced me to John Douglass so it was fitting that Max was on hand to help toss the lunch ducks in the wok.)

Kecap manis, an Indonesian soy sauce used in this recipe, is widely available.



Peking Dressing

1 cup hoisin
1 cup kecap manis
4 tbs med- sweet sherry
4 tbs honey
50 grms sugar
2 cloves garlic
water

Salad

1/2 chinese cabbage shredded
2 med sized carrots, grated
250grms fresh bean sprouts
1/3 bunch coriander torn
1/3 bunch mint, leaves torn
1 med salad onion sliced fine
1/2 bunch shallots, finely chopped
250gm chow mein noodles
oil for frying
1/2 cup chopped roasted peanuts
2 vine ripe tomato, sliced
1/2 cucumber, peeled, batons
1 twice cooked roast duck

Garnish

Crispy fried onions
green shallots, sliced
Sliced green, red chillies

Serves 4

To make the sauce. Combine all the ingredients, adding enough water to thin a little.

To make the salad. Mix the cabbage, carrot bean sprouts, coriander mint onions, shallots together and cover with water, add ice or place in fridge for a couple of hours to crisp.

Reconstitute the noodles in warm water for 20 minutes. Drain then fry in small batches. Allow to cool and then lightly crush them in your hands.

Remove the crisp salad gear and spin dry. Add the peanuts, crisp noodles, tomato and cucumber. The duck the whole duck and nothing but the duck.

This is the last bit, while your finishing of the salad the boned duck should crisping in the oven.

When it is done, remove from the oven and allow to rest for five minutes before slicing fine.

Toss into the crisp salad mix add some prepared dressing. Place into 4 plates or salad bowls. Cover with the garnish and serve with a nice wedge of lime.

Drizzle with a little more dressing.

Serve with a smile

THE SNORKER OF MASS DESTRUCTION

A duck sausage that has all the flavors of the middle east
A lesson in Sausiology

What you need.

700 grms of minced duck meat. Bendele birds from kilkrivan are best.
2 tbs chopped preserved lemon,, Maggi Beer's Brand.
2 tbs ground cumin.
2 tbs ground coriander seed.
2 tbs harrisa paste.
100 grms natural yogurt
50 mls olive oil.
50 grms untoasted pine nuts, finely chopped.
1/3 bunch of mint and coriander chopped.
1/2 cup water.
Sea salt and freshly ground black pepper.

It's as simple as combining all the above, leaving in the fridge overnight to mature.
To check the seasoning cook a little morsel up and taste.
The mixture must be at room temp to make it a little easier to fill the sausages.

How to make a snorker.

We must have the casing from the sheep. These can be obtained from your friendly butcher.
Cut two lengths of one meter because they are salty rinse under water.
To flash out the inside use a small funnel, feeding some casing over it and run water into.
Squeeze out the water.
Fit a fluted piping nozzle in your piping bag, fill with half the duck mix, remove all air.
With a little help from a friend, carefully feed the sausage skin over the nozzle. tie a knot.
While you put pressure on the bag the mix will start filling the casing.
Your friend should be careful to ensure even filling. when filled tie a knot and oil it up!
Repeat.

One way is to coil the snorker on a cake rack, place another on top, tie with fuse wire..
Cook on a hot bbq, turning twice during the process, allow to rest before cutting.

It is a lot of fun making your own and you know what's in them.

OLD WORLD NECK PIECE

Nothing waisted everything enjoyed

Lets return to the beginning of our lesson on roasting a duck. There you will see we rested the bird on the neck and the fat from around the vent. The only difference is the fat that surrounds the neck is removed in one piece. One end of the neck is rolled over and tied. With your piping bag filled with your mix squeeze into the cavity to form a sausage. Tie of the other end. It's best to salt let stand for 20 minutes to draw out moisture. It is a good idea to use your bbq flat plate to brown and remove the excess fat before putting in a preheated oven 180 deg c for 30-45 minutes. When ready remove from the oven and let stand for a few minutes before slicing. It can also served as a cold starter.

It.s old world and good.

THE MOSCOVY A BIRD OF A DIFFERENT FEATHER

By in large this creature is the most popular in the history of the domestic duck.
It has been raised and roasted in more homes in Australia than any other.
It can be as difficult to cook as it's bad tempered male counterpart.

The truth is they are not really ducks at all.
They are really of the goose family the Brazilian goose to be exact.
One of the dead give away is in the fact that when you raise them.
They get to know the hand that feeds them.

Opening there bills wide for you to almost pure the grain into there gullet.

Early humanity cottoned on to this and would force feed them.
The French call this *Foie Gras*, to force feed.

The technique of producing *Foie Gras* goes back as far as 2600bc where on tomb paintings depicting farmers holding geese by the necks and feeding them balls of grain.

This method called *gavage*, is fundamentally unchanged to this day.

Our laws in OZ wont allow us to produce this delicacy
These observations of the feeding habits of these birds are the same the ancients made.
Other than *foie gras* they do make a good table bird providing they are no over cooked.

Because there fresh is lean by nature I prefer to portion them up.
using the legs for *confit* and braising. Breasts are kept on the bone and baked medium rare.

The bones are used for stock making, fat for rendered *ghee*.

As always nothing waisted. Everything enjoyed.

If choosing to roast a Moscovy, this is the method to prevent overcooking of the breast meat.
usually a drake of around 2.4 kgs would take about 45 mins to cook before you should remove it's breast on the bone. Return the legs of the bird back in the oven for another hour.

Covering the baking tray with foil and adding 2 cups of water will help tenderize

Girls Verses Boys.

(Selecting our candidates)

The female is usually white with a yellowish beak and red crop around it.

She is demure and when she reaches the age of approx 13 wks
she should be anything from 1.6 - 1.8 kgs dressed.

The male however takes much longer to mature, (surprise surprise.)
He must be a least 2:6 upwards before his breasts are off any size to be of use to us.
This would bring his age up to about 21 wks.

The Drakes temperament is a lot different than his lady friends.
His general appearance is black and white, a heavier red crop on his beak and head.

He has the male goose aggression.
He needs 4 females to keep him in any realms of normality.
Anything less he is outright cranky.

This is only a brief introduckshon to this misunderstood feathered friend

Duck Maryland and Onion Braise

Cinnamon stick, star anise and orange peel

Braising is a method of cooking by exchange.

It's best done in a heavy based casserole with a tight fitting lid.

This recipe has the flavours that will transport us to another place.

The key seasoning are of the ancients. Long cooking makes it a real gem.

What you need

4 Duck Maryland's (leg and thigh)

16 small brown onions, peeled and left whole

500 mls duck stock

1 cinnamon stick, 2 star anise 6 cloves of garlic crushed and 4 slivers of orange peel

8 dried shitake mushrooms, soaked in hot water for 20 minutes

Lets begin

Preheat your oven to 185 deg c

Heat your heavy based casserole, add a little duck ghee, then a little butter.

Now add the duck legs, skin side down.

Cook until the skin is crisp and nicely colored

Remove and add the onions, roll around until they also are nice and colored

Strain to remove the onions and the now spent ghee.

Place the pot back on the heat and deglase with some stock, to remove the crusty bits.

Add rest of stock, onions, garlic, spices and drained and quartered mushrooms.

Place the duck legs skin side up.

Bring to a simmer, place lid on and in the oven she goes for approx one hour or so.

Remove from the oven and carefully take the lid off.

Be careful of the steam

The fresh should be moist and succulent

It's also a good idea to check if the pot needs a little more water added as you go.

Fried Rice Duck Salad

Crisp salad with crunchy rice

Special Duck

1 #18 roasted and boned duckling

Twice cook the 2 halves on a tray with a little water.

The ducks are brushed with some peking dressing before crisping in a 200 deg oven for 20 minutes.

When ready remove from the oven and prepare the rest of the recipe

Crispy rice

1 cup long grain rice. (add the rice to 2 cups of boiling and simmer with lip for 20minutes)

1 cup macadamia nut oil

Cook the rice the night before and wrap in a teatowel to absorb any moisture.

Before your ready to fry the rice make sure each grain is separated

Heat the oil to frying point (180 deg)

Cook rice in small batches. using a whisk to prevent clumping

Remove from pan and place on absorbent paper to cool

Put aside

Salad dressing

5 limes juiced

3 tbs fish sauce

2 tbs white sugar

1 tbs dried chili flakes

1 tsp sesame seeds

1 tsp poppy seeds

Mix all the above together, ready for use

Peking Dressing

1 cup hoisin

1 cup kecap manis

4 tbs med- sweet sherry

4 tbs honey

1 tbs chinese five spice

50 grms suger

2 cloves garlic

A little water

Mix all together and keep in a jar

Salad stuff

Salad greens. lettuce etc. broken into small pieces

1 small cucumber. sliced into ribbons with a vegi peeler

1 med carrot. prepare as the cucumbers

handful of fresh beans prouts

fresh mint and coriander washed and torn up

2 ripe tomatoes, chopped rough

4 green shallots, sliced

1 mango cheeks removed, chopped rough

1 cup bean sprouts

1/2 gala apple, cut into straws

DUCK " MY WAY "

Some of 300 recipes

We haven't even scratched the surface of the golden one.
We always feel better when we gather in the present of this noble creature.
We have learnt that nothing is waisted with a duck, everything is enjoyed.

Dow for our comfort.
Roasted, boned, rolled, a broth of life, braised and preserved..
On she goes continue to produce long after she goes her way.
Mastering her is the art of the ancients, old paths that live today.
It makes perfect sense to me to cook " My Way " whenever you like.
Enjoy the process when you cook, everybody is rewarded.

Good Health Happy Times.

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