Braised duck (teochew style)

This is my grandmother’s recipe.

# Ingredients

1 duck (with the head and legs intact, skin on) 1

50 - 80 g sugar 2

4 tablespoons (¼ cup) cooking oil

100 ml - 150 ml (½ - ¾ cup) dark soy sauce

Hot water to submerge 60 - 70% duck

Galangal (about a 3-4 inch piece, thick sliced)

1 head of garlic (about 8-10 cloves), skin on, washed.

Star anise, clove, cinammon 3

## Ingredient notes

1: Skinny duck (choy arp). This needs to be thoroughly cleaned, feathers plucked, salted and rinsed. The cavity should be cleaned as well.

2: This depends on how you like it.

3: Aromatics to taste: my grandmother used: 1 star anise, 5 cloves, a 3 inch stick of cinnamon (broken in 2). This yields a very subtle scent.

# Method

In a large wok, heat cooking oil on high heat.

Add sugar and lower heat to medium, stiring constantly to caramelize sugar.

Add dark soy sauce and mix.

Add duck, and brown both sides.

Add hot water to cover 60% of the duck.

When it comes back to a boil, add galangal, anise, cloves and cinnamon.

Use the liquid to baste top of duck frequently.

Add garlic.

Flip duck so other side gets braised.

Cover and braise about 40 mins - 1 hour on medium, flipping every 15 mins. (Should be a medium gentle boil - small 1cm bubbles).

To test doneness of duck, stick a bamboo skewer in a thick end. It should be able to go in easily.

# Special handling

If water level reduces to low, add more water and dark soy sauce to taste.

You can add braised hard boiled eggs, taupok to the braised liquid to serve.

Rested ducks taste better.