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CONVECTION STEAM ROASTED DUCK

The added humidity in the Combi Steam Oven provides the perfect environment for roasting duck and if you follow these simple steps you will avoid splattering fat all around the oven so you can enjoy a delicious feast without having to face a major clean-up.

Here are the important steps for success for roasting a 4 - 5lb duck.

- ◇ Season the duck a day in advance with kosher salt and your preferred seasoning
- ◇ Set the duck on a rack in a shallow pan at least 2" high (to contain the rendered fat) and cover loosely with a sheet of parchment or wax paper and refrigerate overnight.
- ◇ Let the duck sit outside of the refrigerator an hour or more prior to cooking.
- ◇ Heat the Combi Steam Oven in the Combination Convection Steam Mode 325 degrees.
- ◇ Set the timer for 1 hour 15 minutes. If your oven has a temperature probe, insert into the thickest part of the breast not touching bone (can be tricky with a duck) and program to 155 degrees.

- ◇ Carefully remove the pan from the oven, set the rack with the duck on a rimmed baking sheet and carefully pour the rendered duck fat into a small bowl or measuring cup.
- ◇ Change the oven Mode to Convection NO Humidity, 425 degrees.
- ◇ Brush the duck with some of the rendered duck fat, slide the pan into the Combi Steam Oven and cook for another 25 - 30 minutes until golden. Allow the duck to rest for at least 10 minutes before carving into sections for serving.

While the duck is cooking in the final stage, you can toss potatoes or other root vegetables with some of the rendered duck fat and roast them in the Convection Roast or Bake Mode, 375 degrees. Greens such as kale or broccolini can be combined with the potatoes for the final 8 - 10 minutes of cooking.

Convection Method

This same method of cooking the duck at a low temperature in the initial cooking stage and finished with high heat can also be done in your Convection Oven. Follow the same steps as noted above using these Oven Modes and Temperatures. Cooking the



duck at low temperatures using Convection will ensure the juice stays in the meat, finishing at high temperatures in the more drying Radiant heat, ensures a nice crispy finish.

Convection Roast 325 - 1 hour 15 minutes

Regular Roast or Bake 425 - 25 minutes

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