

*East West Bake Cooking Show*

## BAKED RENDANG DUCK

*Chef Norman Musa*



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### Episode 8 – Baked Rendang Duck

by Chef Norman Musa

Serves 4-6

#### *Ingredients*

1 large duck, 1.5kg

Salt to taste

4 red onions, peeled and cut in half

1 carrot, peeled and sliced

#### *Paste Ingredients*

4 tablespoons coconut oil

2 tablespoons roasted coconut –kerisik

2 tablespoons coconut milk

6 stalks lemongrass

2.5cm galangal

5cm fresh turmeric (or 1 tsp turmeric powder)

8 dried chillies

1 medium onion

3 cloves garlic

2.5cm ginger

1tsp salt

Heat oven to 120C/fan 100C. Pull any excess fat from the duck's cavity and use a roasting fork or skewer to prick the skin of the duck all over – do this lightly as you don't want to pierce the meat. Rub the duck generously inside and out with flaky sea salt, then lay, breast-side down, on a rack over a roasting tray. Roast for 3 hrs, pricking again every now and then. Puree all the paste ingredients until smooth. After 3 hrs, remove duck from the oven and turn the heat to 180C/fan 160C/gas 4. Sit the duck on a plate and carefully pour the fat to a large frying pan and saute the rendang paste for 10 minutes on a low heat. Return the duck to the rack, right way up, and continue to roast for 30 mins. Put the onions and carrot under the duck or around the side and roast for a final 30 mins. Take out from the oven and pour the rendang sauce over, put it back in the oven with the residual heat for 10 minutes before serving. Follow @ChefNormanMusa on his social media