

RECIPE

CRAFT/INDUSTRY

FLYING DUCKMAN - Sous Vide Leg of Duck or Goose



material combination:

leg of duck or goose with skin

RAPS products per kg mass:

20-25 g FLYING DUCKMAN – Sous-vide Gans & Ente Art.Nr.: 30900
Ev. 15 g vegetable oil

Production:

1. Rub legs with spice mixture
2. Pack single or up to four pieces under vacuum.
3. Let it infuse at least overnight.
4. Cook at 74 °C in a water bath for 8-10 h.
5. Cooling

Preparation:

1. Put the meat out of the refrigerator for approx. 30 min.
2. Fry at 180-220 °C for 10-15 min.