

**ROAST DUCK**

Yield 100

Portion 7 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
657 cal	0 g	37 g	55 g	164 mg	115 mg	22 mg

**Ingredient**

DUCK,WHOLE,READY TO COOK  
PEPPER,BLACK,GROUND

**Weight**

100 lbs  
1/8 oz

**Measure**

1/3 tsp

**Issue****Method**

- 1 Wash duck thoroughly, inside and out, under cold running water. Drain well.
- 2 Rub cavity of duck with pepper.
- 3 Place duck, breast side up on sheet pans without crowding. Prick skin of duck.
- 4 Roast 2 hours or until duck is done in 325 F. oven. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 5 Pour off fat frequently during roasting period. CCP: Hold for service at 140 F. or higher.