

HAWAIIAN BAKED DUCK

Yield 100

Portion 7 Ounces

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|--------|---------|
| 677 cal | 5 g | 37 g | 55 g | 164 mg | 116 mg | 27 mg |

Ingredient

DUCK,WHOLE,READY TO COOK

PEPPER,BLACK,GROUND

GINGER,GROUND

JUICE,ORANGE

JUICE,PINEAPPLE,CANNED,UNSWEETENED

Weight

100 lbs

1/8 oz

1/4 oz

4-3/8 lbs

4-3/8 lbs

Measure

1/3 tsp

1 tbsp

2 qts

2 qts

Issue

Method

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