

Roasted duck legs

Cuisine: **Czech**
Food category: **Poultry**



Author: **Vlastimil Jaša**

Company: **Retigo**



Program steps

1

 Hot air

 100 %

 Termination by time

 00:15 hh:mm

 180 °C

 100 %



2

Podlej vodou a vínem

 Combination

 50 %

 Termination by core probe temperature

 96 °C

 145 °C

 80 %



Ingredients - number of portions - 10

Name	Value	Unit
duck legs	2.5	kg
salt	0.03	kg
caraway seeds	0.02	kg
apples	0.25	kg
onion	0.25	kg
dry red wine	0.15	l

Nutrition and allergens

Allergens:
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, C, Cholin, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	895.6 kJ
Carbohydrate	6.2 g
Fat	80.5 g
Protein	35.7 g
Water	0 g

Directions

Season the duck legs (or quarters) with salt and caraway seeds, put them in an enameled GN 40 mm high, and add apples and onions to taste. Pour in water and red wine and bake until golden on the above program. During baking, pour over the legs baking jus, add water if needed.