

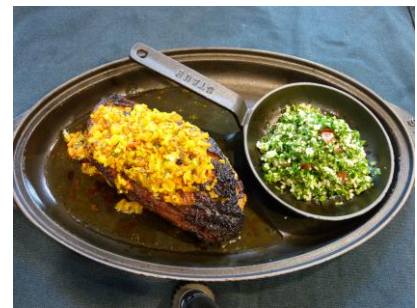
BEECH OVENS

SELECTED BY THE WORLD'S LEADING HOTELIERS



Twice Cooked Moroccan Duck

Name of dish:	Twice Cooked Moroccan Duck with Grilled Onions and Tabouli	
Cooking Temperature:	250°C	
Cooking method:	Bake	Preparation Time:8 hrs
Number of portions:	2	Cooking Time:50mins
		Time total:8hrs50mins



Ingredients

Method

Item	Amount	UOM- Kg/MI/Each		
Whole Duck	1	Each (1.8kg)	1	Combine garlic, onions, carrots, leeks, chilli, saffron, coriander, cumin, cinnamon ginger, pepper, lemon juice and oil
Button Onions	60	g		
Carrots	60	g		
Leeks	60	g	2	
Garlic	40	g	3	Marinate Duck whole for minimum 8 hours
Chilli	2	each		
Saffron	15	strands	4	Add wine, preserved lemon to a roasting pan and roast in Beech oven for 50mins
Coriander	4	teaspoons		
Cumin	4	teaspoons	5	Allow to cool completely, take meat from carcass and Reserve covered in all fats, juices and garnishes. These will form the garnishes for the dish
Cinnamon	2	quills	6	
Ginger	60	g		Reheat to order with leg, breast and garnish in a black pan
Black Pepper	2	teaspoons		
Olive oil	200	ml		Serve Tabouli on grilled onions with duck
Lemon Juice	2	each		
Preserved Lemon	1	each		
White wine	250	ml		

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Tabouli

Name of dish:	Tabouli	
Cooking Temperature:	°C	
Cooking method:	Prep	Preparation Time:10mins
Number of portions:	4	Cooking Time:10mins
		Time total:20mins

<i>Ingredients</i>				<i>Method</i>
Item	Amount	UOM- Kg/MI/Each		
Cracked Bulgur wheat	180	g	1	Combine water, lemon juice, tomato and stand for 1 hour covered until wheat softens
Lemon Juice	2	each		
Parsley (chopped)	100	g	2	Add chopped, mint, parsley, olive oil and season to taste
Salt/Pepper		taste		
Tomato(seeded & chop)	100	g		
Olive Oil	50	ml		
Mint (Chopped)	100	g		
Water (warm)	100	ml		