CHINESE · DINNER

Slow-Roasted Five-Spice Duck (Chinese-Style)

220 min · Serves 4 · 587 kcal a serve · Video 6:00 · Marion Grasby

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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About 33 g protein and 1 g net carbs a serve: the duck is seasoned only with salt and five-spice, with no sugary glaze, and keto as made.

Diet notes: Keto (0.9 g net carbs a serve).

Ingredients 7 · SERVES 4

- [ ] 1 whole **duck**, about 1.8 kg, patted dry
- [ ] 2 slices **ginger**, in the cavity
- [ ] 3 **star anise**, in the cavity
- [ ] 2 **spring onions**, in the cavity
- [ ] 4 **garlic** cloves, lightly crushed, in the cavity
- [ ] 1 tbsp **Chinese five-spice powder**
- [ ] 1 tbsp **sea salt**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Lightly crush the garlic and put it in the duck's cavity with the star anise, ginger slices and spring onions. 0:23
2. Pat the skin very dry, then score it in a diamond pattern so the fat can escape. 0:58
3. Mix the salt and five-spice and rub it all over the duck. 1:54
4. Sit the duck on small balls of foil in a roasting tray and roast at 150°C for about 3½ hours, spooning out the rendered fat as it collects, until the skin is dark and crisp and the meat is fork-tender. 3:00
5. Shred the meat with two forks and serve it at the table. 4:01

> **Tip** Serves 4. Marion serves it with bao buns, hoisin, cucumber and spring onion; lettuce cups and cucumber keep it low in carbs, as hoisin is sweet. Keep the rendered duck fat in the fridge for roasting vegetables.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
587 kcal 2,460 kJ	**33** g 66% of a day	**1.5** g 0.9 g net · 0.1 g sugars 1% of a day	**0.7** g 2% of a day	**49** g 17 g saturated 63% of a day	**1,560** mg 68% of a day

Energy from net carbs 1% · protein 23% · fat 76% — fits keto: 0.9 g net carbs, 76% of the energy from fat

High in (20%+ of a day) Selenium 63% · Omega-3 33% · Zinc 30% · Iron 29% · Vitamin B12 21% · Vitamin B6 20%

Source of (10–19%) Vitamin A 13% · Vitamin K 10%

⚠ One serve has about 68% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Marion Grasby (@mariongrasby) on YouTube — youtube.com/watch?v=JS0YH-fCORI, published 17 July 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/slow-roasted-five-spice-duck