

Duck Breast Goji Berry Sous-Vide



Materials and Products

2.000 kg duck breast
 40.000 g **M59419** Dry marinade type Goji
 2.040 kg

Preparation Recommendation

Carve the skin of the duck breasts in a cross shape and season with the marinade.

Then vacuum and cook the breast in a water bath for about 2.5 hours at 60 degrees.

After the specified cooking time, take the breast out of the bath and out of the bag and fry for 2-3 minutes with the incised skin side in the pan until crispy.

Declaration advice

Ingredients: duck meat, spices, sugar, table salt, seasoning, yeast extract, flavor



Average nutritional information

per 100g		GDA*
Energy	507 kj / 121 kcal	6.04 %
Fett	4.3 g	6.11 %
hereof: Saturated Fat	1.2 g	5.86 %
Carbohydrates	0.9 g	0.35 %
hereof: Sugar	0.7 g	0.81 %
Protein	19.6 g	39.25 %
Salt	0.7 g	11.44 %

*Reference quantity for an average adult (8400 KJ /2000 Kcal)

Additives/Attributes: 1a) E124 2) preservatives 3) Antioxidant 4) flavor enhancer 5) sulphuretted 6) blackened 7) waxed 8) sweeteners 8a) phenylalanine 9) phosphate) dyes **Allergens:** a) Cereals containing gluten b) crustaceans c) eggs d) fish e) Peanuts f) soy g) milk h) legumes i) celery j) mustard k) Sesame seeds l) sulfites m) lupine n) molluscs

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