

# DUCK HALF - PREPPED

08/02/2019

**Yield:** As Needed

**Shelf Life:** 3 days

**Equipment:** Stock pot, timer, probe thermometer, ice bath

## Ingredients

**As Needed Duck Half (fully thawed)**

**As Needed Water**

## Procedure

1. Set up a stock pot with water, and **bring to a boil (212°)**.
2. Add the appropriate number of duck halves to the stock pot.  
**NOTE: Do not remove the duck halves from the cryovac!**
3. **Allow to boil for 30 minutes.**
4. While the ducks are boiling, set up an ice bath.
5. Once the 30 minute timer sounds, remove 1 duck half from the water. Using a probe thermometer, puncture the duck portion to ensure that the internal temperature has reached **at least 160°**. Remove the duck half from the cryovac and seal in a chub bag.
6. **Immediately place the duck halves in the ice bath, and allow to cool. This will take about 30 minutes.**
7. Once cooled to 40°, remove from ice bath, and store refrigerated on a sheet tray.
8. Label, Date, and Rotate.

C: Yellowish-white with white center

T: Tender, but not mushy

F/A: Starchy, sweet taste; No sour taste; No vinegar aroma

HR: Refrigerated

SL: 3 days