



Peking not really Duck



Prep Time: 2½ hours

Cook Time: 30 mins

Yields: 4

Ingredients

- 1 pound (454 g) - vegan duck meat (or seitan)
- 1 tsp (5 ml) - fresh ginger
- 1 Tbsp (15 ml) + 1 tsp (5 ml) - brown sugar
- 4 large spring onions
- 1 cucumber
- 4 Tbsps (60 ml) - hoisin sauce
- 1 tsp (5 ml) - sesame oil
- 16-20 Chinese Peking duck pancakes (or make your own*)

Instructions

1. Thaw the gluten "duck", rinse, dry lightly with paper towel and then place near an open window or where there is a breeze, for 1 hour.
2. In a medium-sized pot, boil some water (just enough to submerge the gluten "duck" in) and add the ginger, 1 Tbsp of brown sugar and one chopped spring onion. When it comes to a boil, remove from the heat and put the "duck" into the water so that it is totally covered. Then remove immediately, and place the duck back near the open window.
3. Make the sauce while you're waiting: in a small pot, add the sesame oil, hoisin sauce, 1 Tbsp of water and 1 tsp of brown sugar and stir. Bring just to a boil, then remove from heat to cool.
4. You can also chop the spring onion and cucumber now, Cut them both into similar sized long, thin slices (as seen in the photos) .
5. Preheat your oven to 350 F (180 C) and cook the duck for about 25-30 minutes. It should be warmed through, but now we want to get the "skin" crispy, so turn on the grill to 450 F (225 C). Grill for about 10



minutes, keeping an eye on it so it doesn't burn.

6. When the surface of the gluten "duck" is nice and crispy, remove from under the grill and chop into small pieces.
7. To serve, use a spoon to put spread some sauce onto a pancake, and then add some "duck", onions and cucumbers - roll up, eat, and repeat!

Additional Info

If you can't find any super thin Chinese pancakes, you can make them yourself using 4 oz (125g) of flour, 1 Tbsp (15 ml) sesame oil, and 8 fl oz (250 ml) boiling water. Shake the flour through a sieve into a bowl and pour the boiling water over it. Add the sesame oil and mix well. Cover and let sit for ca 30 minutes. Shape the dough into a long roll and cut 16 same-size pieces. Flatten each piece with a roller until it is about 4 inches wide (ca 10 cm). Fry in a non-stick pan without oil until little bubbles appear in the dough- Flip and repeat.

