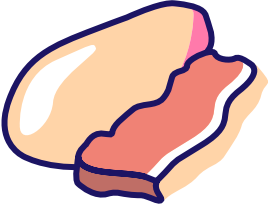
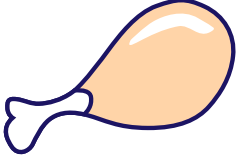

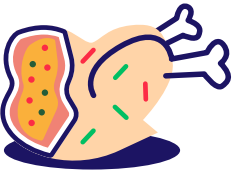


Duck cooking temperature chart

		Doneness	Internal temperature	Roasting	Grilling	Smoking	Braising
	Duck breast (steak)	Medium-rare	54°C to 57°C	8 minutes	6 mins on skin side, turn and cook for 7-8 mins	Not advised	
		Well done	74°C	12 mins in 218°C oven		1 to 2 hours	60 to 75 minutes
	Duck thigh and legs	Well done	74°C	1 1/4 to 1 1/2 hours	30 minutes	1 1/2 to 2 hours	1 1/2 hours
	Whole duck (no stuffing)	Well done	74°C	30 to 35 minutes/lb	Not advised	2 1/2 hours	Not advised
	Whole duck (stuffed)	Well done	74°C	45 to 60 minutes/lb	Not advised	2 hrs and 45 minutes	Not advised



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