

RECIPE

Chinese Fried Coot



Ready in **30 minutes**

Serves **5 people**

Tips

Trust us, while many people don't enjoy Coot, give it a try and tag us on instagram at [LockedOnSoundCalls](#) to let us know that it tastes great when prepared this way!

Ingredients

- Breading:
 - Ritz Crackers
 - 4 Eggs
 - 1 Cup Breadcrumbs
 - Flour
- 4 Duck Breast (Yes, we used Coot!)
- Rice (2 Cups Uncooked)
- Chinese Sauce (General Tso's, Orange, etc)
- Buttermilk (2 cups)

Preparation

1. **Buttermilk Bath:** With no skin on, cut your duck breasts into bite sized chunks, put in a container with Buttermilk and allow to rest for 24-48 hours.
2. Begin cooking your rice, after that is started, scramble the 4 eggs into an egg wash.
3. Crumble up the line of ritz crackers and combine with the breadcrumbs.
4. **Batter the Duck:** Remove the duck from the buttermilk and dab mostly dry. Roll the chunks into the flour until evenly coated, then dip into the egg wash and then the bread crumb mixture.
5. **Fry the Duck Breast:** Either deep fry or pan fry the duck breasts until medium rare to well done (depending on preference).
6. Combine the cooked duck with the cooked rice
7. Add your favorite chinese sauce!