

# DEEP-FRIED AND SIMMERED DUCK STUFFED WITH EIGHT PRECIOUS INGREDIENTS

1 2¼ kg (4½ lb)	duck with giblets
1½ teaspoons	salt
1 tablespoon	rice wine or dry sherry
30 g (1 oz)	pearl barley, washed
45 g (1½ oz)	dried lotus seeds, soaked for 1 hour
60 g (2 oz)	glutinous rice, soaked for 1 hour
5	dried black mushrooms, soaked for 25 minutes
45 g (1½ oz)	Chinese or cured (Smithfield) ham, diced
60 g (2 oz)	canned bamboo shoots, drained and diced
30 g (1 oz)	dried shrimps, soaked for 1 hour
2	spring onions (scallions), trimmed and diced
2 slices	fresh ginger finely chopped
1 tablespoon	dark soy sauce
8 cups (2 litres)	deep-frying oil
¼ cup (2 fl oz)	frying oil

## Seasoning A:

¾ teaspoon	salt
1 teaspoon	m.s.g. (optional)
1½ teaspoon	sugar
½ teaspoon	ground black pepper
1 tablespoon	light soy sauce
1 teaspoon	rice wine or dry sherry
¼ cup (2 fl oz)	chicken stock

## Seasoning B/Sauce:

2½ cups (20 fl oz)	chicken stock or water
¾ cup (6 fl oz)	sugar colouring (see page 388)
2 tablespoons	light soy sauce
1 tablespoon	rice wine or dry sherry
1 teaspoon	sugar
2	spring onions (scallions), trimmed and sliced
4 slices	fresh ginger

Debone the duck, leaving the legs and wings intact. Turn inside out and scald with boiling water. Pat dry and rub with the salt and wine, then turn right side out again.

Drain the barley, lotus seeds, and rice and steam together with 1 cup (8 fl oz) chicken stock or water until tender. Drain the mushrooms, remove stems and dice. Blanch the duck giblets in boiling water. Skin the gizzard, trim the heart, and cut all into small dice.

Fry the giblets in the frying oil for 3 minutes on moderate heat. Add the onions, ginger, mushrooms, and ham and stir-fry for 1 minute, then add the bamboo shoots, drained shrimp, rice, barley, and lotus seeds. Fry together, mixing well, for 2 minutes, then add the seasoning A ingredients, mix well and remove from the heat. Leave to cool for 10 minutes, then stuff into the duck and sew up the opening or secure carefully with poultry pins.

Rub the skin with the dark soy sauce. Heat the deep-frying oil to smoking point and deep-fry the duck on high heat until the skin is a rich red-brown. Drain and place, breast downwards, in a casserole. Add the seasoning B/sauce ingredients and cover the pot. Bring to the boil, then reduce heat and simmer for about 2 hours until completely tender.

Carefully lift the duck onto a serving plate and make several cuts across the breast to expose the filling. Strain the cooking liquid into a wok, bring to the boil and simmer until wellreduced. Thicken if necessary with a thin solution of cornflour (cornstarch) and cold water and check the seasoning. Pour over the duck.

