

Sliced Duck with Pickled Ginger Recipe

Ingredients: Serves 4

1 boneless duck breast (available at specialty markets)
1 large egg white
1 teaspoon cornstarch
1 teaspoon salt
Vegetable oil, for passing through
¼ cup sliced water chestnuts (⅛-inch-thick slices)

Sauce:

2 tablespoons soy sauce
2 tablespoons sugar
2 tablespoons rice wine or dry sherry
1 tablespoon distilled white vinegar
1 tablespoon chicken stock or canned chicken broth
1 teaspoon cornstarch
8 scallions, white and green parts, trimmed and sliced diagonally into ½-inch pieces
3 garlic cloves, peeled and sliced ⅛ inch thick
2 teaspoons hot bean paste
⅓ cup sliced bottled pickled ginger (cut 1½ inches long, 1 inch wide, and ⅛ inch thick)
3 Chinese dried black mushrooms, soaked in hot tap water until softened, drained, stems trimmed and caps cut into ½-inch-wide slices
1 teaspoon dark sesame oil

Method:

Cut off and discard the skin from the duck breast. Slice the breast across the grain into ¼-inch-thick pieces, then cut them into pieces 2 inches long and 1 inch wide. Mix the duck, egg white, cornstarch, salt and 1 tablespoon water in a medium bowl. Cover and refrigerate for 30 minutes. Heat a large wok over high heat. Add enough oil to come about 1½ inches up the sides of the wok, and heat it to 180°C. Add the duck and stir gently, keeping the pieces separate and cooking until they turn pale brown, about 30 seconds. Add the water chestnuts and cook for 10 seconds. Using a wide wire-mesh strainer, transfer the duck and water chestnuts to a colander to drain. Discard all but 2 tablespoons of the oil from the wok. To begin the sauce, mix the soy sauce, sugar, rice wine, vinegar and stock in a small bowl and set it aside. Dissolve the cornstarch in 1 tablespoon cold water in another small bowl and set it aside. Return the wok with the oil to medium-high heat. Add the scallions, garlic and hot bean paste and stir-fry until the garlic is fragrant, about 15 seconds. Add the pickled ginger and mushrooms and stir-fry to blend the flavors, about 10 seconds. Stir in the soy sauce mixture, then the cornstarch mixture. Return the duck and water chestnuts to the wok, and stir-fry until the duck is just cooked through, about 20 seconds. Add the sesame oil and serve immediately.