

Stewed Duck Tongue Recipe

(Taiwanese Recipe)

Ingredients: Serves 2

600g duck tongues

1 pot basic stewing broth

(pls. refer More Taiwanese Recipes below)

Method:

Remove the trachea and esophagus, rinse well, then blanch well and rinse well. Stew in the stewing broth over low heat for an hour. Remove from heat and soak until the liquid begins to cool. Remove and serve. There are not many duck tongues available in the market, so they must be pre-ordered from a duck vendor. Duck tongue have a sticky mucus. There is a layer of white membrane on surface after blanching. Remove it when rinsing under water.

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