

Stir-Fried Gizzards Recipe

(Taiwanese Recipe)

Ingredients: Serves 2

2 sets duck gizzards

2 sets duck livers

3 scallions

6 slices ginger

2 chili peppers

Seasonings:

1 tablespoon cooking wine

2 tablespoons soy sauce

½ teaspoon salt

½ teaspoon vinegar

1 teaspoon sugar

½ tablespoon cornstarch water

a dash of pepper

Method:

Rinse duck gizzards well, score and cut into pieces. Cut livers into slices. Cut scallions into small sections. Shred ginger. Cut chili peppers into slices. Blanch duck gizzards and livers in boiling water rapidly and remove. Heat 2 tablespoons of cooking oil in wok to stir-fry scallions, ginger and chili peppers until fragrant. Add duck gizzard, liver and all the seasonings to taste. Cook until flavor is absorbed and remove. Serve. Duck or chicken gizzards are used in this recipe. Stir-fry rapidly, so that the texture is tender and crunchy. This is a strong flavor appetizer to go with the beer. Lots of spices are used to bring out the simple, inexpensive flavor of the gizzards. Basil can be added to enhance the flavor.

[asian_free_recipes_download][/[asian_free_recipes_download](#)]