

Spicy Duck Stew Recipe

(Nyonya Recipe)

Ingredients:

2 large pieces duck breasts
2 large pieces roasted duck breasts

Spices:

180g shallots (pounded)
15g garlic (pounded)
2 teaspoons pepper
1½ tablespoons minced bean paste/taucheo

Seasoning:

½ teaspoon salt or to taste
2 teaspoons sugar
1½ tablespoons light soy sauce
2 tablespoons white vinegar
300ml water/superior stock

For garnishing:

Parsley
Lettuce

Method:

Blanch duck meat in simmering hot water for 5 minutes to remove the impurities. Heat up 3 tablespoons oil. Sauté spices for about 5 minutes until aromatic. Add in duck breasts. Stir-fry for about 3 minutes over low heat. Add in seasoning and bring it to a boil. Simmer over low heat for 2 hours until meat is tender and gravy is thick. Add in roasted duck breasts and mix well. Bring it to a boil. Dish up. De-bone duck meat and chop into pieces. Place on plate and garnish.

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