



Bring in the cold weather with this hearty, healthy spin on duck

on duck 寒冷的冬日,还有 什么比酒酿鸭的 香味更诱人的? alk down your average.

Beijing street and
you're sure to find an
abundance of neon-fit
restaurants draped
with lines of waxy ducks waiting to
be roasted. As even Chinese food
neophysts know, duck is the star of or
of the China's best-known disherBeijing Room Dat 6-9° th' Beijing
and the control of the China's best-known disherterms and the control of the China's best-known disherterms and the control of the China's best-known disherterms are control of the china's best-known disher
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speaking countries as Peking Duck.
Though it isn't known for in health
properties—indeed, the crips thin ans
slick layer of fat means that reast duck
is concaisonal delicacy for manyduck isn't necessarily an indigence
that will have you reaching for the
chadesterol medication. There are
plenty of ways to cook a duck, and



The World of Chinese is teaming up with Beijing up with Beijing cultural center. The Hutong, to bring you delicious dishes along with cultural enrichment. Chef Sue will be teaching recipes from our C Le Ma column while telling the dishes. Find out more at the dishes. Find out more at

"fermented glutinous rice steamed dack" (酒酸鸭 jūsings), or more simply, rice wine duck.

The dish was immortalized in the seminal work "A Dream of Red Mansions" (sometimes also transla as "The Dream of the Red Chaml

one of Chita's Four Grant Classical Novels, Witnes in the 18th and 19th centuries, the novel focuses on two 18th-century aristocratic claus, and features an encyclopedic catalogue of dabtes, painted with mouthwatering violatess. The five wine duck is violatess. The five wine duck is ence of the many dishes used to demonstrate the opalence of the era' aristocratic filteryle.

Literary items asset, the their a reconsent theosphot China for health leaves the both hearths. Dack shis is and to promote shin or gloved, imparting shin with a smooth health lane, while the ferrestent few tempelars and may be a small consistent of the state of tempelars and paids that are executed out the state of tempelars and state of tempelars and state of tempelars and state of tempelars state of tempelars and tempelar

prior to cooking.
The health benefits don't stop with the duck, however. Goji berries (宁東 村代, stopagado) in recent years have gained traction as a holistic fad food it the West, and are sure to be a kicker for those secking a power-packed punch.

liver protection, a boost in sexual function and fertility as well as overall longevity—what's not to like?

Francesord glutinous rice (2018) force) and the wine much from it have also long been mosciated with health is of China. "In some areas in Southern China, fermented rice wine is used to nousless new mothers in the first month after glying birth," says Che See Zhou. "So it's very martitions." Dating back to the Sharag Dynasty

Zhou, "So it's very rustritions." Dating back to the Shang Dymosy (1600BG-1066BC), the thick milky legald boants a low alcohol content as well as a light sweet taste that complements the strong flavor of date. "The rice wine removes the garniness of the duck, giving it a weet flavor as

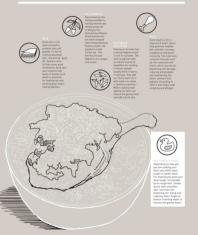
"The rice wase removes the garmens of the duck, (which is a weet flavor and making the duck (which is quite fatty) easier to digest."

While the cooking process might seem during a process might a general process might.

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several sides. - CATHERNE DAM (SE-SE-SE)

## It's What's Inside That Counts





Rice Wine Duck

10 THE WORLD OF CHINESE













Salit duck on one side and press down to flatten. minute. Remove from water

To make marinade, mix ginger, star anise, salt and half of the sering onion cut Rub marinade into the duck



300ml of the sticky rice wine. then place the whole plate on

min. When juices run clear.

