



## Sustainable Tourism at Mutianyu Great Wall

### The Schoolhouse February 2014 Recipe Contest

#### Winning Recipe by Brenda Anderson

#### Roast Duck over Local Chestnut and Haw Fried Rice

##### Ingredients

400 g (13 oz.) roast duck

3/4 cup vegetable oil, 6 free-range eggs, lightly beaten, 1 small red onion, finely diced, 2 tablespoons finely diced ginger, 2 teaspoons minced garlic, 1 teaspoon salt, 4 teaspoons white sugar, 2 tablespoons hoisin sauce, 4 tablespoons light soy sauce, 2 tablespoon local vinegar, 1/2 teaspoon sesame oil, 6 cups steamed rice, 1 cup finely sliced spring onions (scallions), 1 pound cabbage, quartered lengthwise, cored, and sliced diagonally into 1/4-inch-wide strips, 2 cups peeled cooked whole chestnuts, halved, 1 cup haw berries - sliced thinly

##### Preparation

1. Using a sharp knife, slice duck into 5 mm (1/4 inch) slices, then cut into 5 mm (1/4 inch) strips and set aside.

2. Heat 1/4 cup of the oil in a wok or 12-inch heavy skillet over high heat until just beginning to smoke then stir-fry garlic and ginger with salt until fragrant, about 30

seconds. Add cabbage and cook, tossing, until just beginning to wilt, about 2 minutes, then stir in chestnuts, haw and sugar. Reduce heat to moderate and cook covered, 3 minutes, then stir in soy sauce. Set aside.

3. Heat 1/4 cup of the oil in a hot wok until surface seems to shimmer slightly. Pour beaten eggs into wok and leave to cook on the base of the wok for 10 seconds before folding egg mixture over onto itself with a spatula and lightly scrambling for about 1 minute or until almost cooked through. Carefully remove omelette from wok with a spatula and drain on kitchen paper. Set aside.

4. Heat remaining oil in hot wok and stir-fry red onion for 30 seconds. Stir in hoisin sauce, vinegar, and sesame oil and cook, stirring, for 1 minute. Toss in rice, cabbage mixture and reserved omelette and stir-fry, using a spatula to break up the egg into smaller pieces, for 1 minute. Lastly, add spring onions and stir-fry for a further 30 seconds or until well combined and rice is heated through.

5. Top with duck and enjoy!