



## Two Jews Making Food Episode 23

### PEKING DUCK by Yu Shek Chao, Shared by Chester Chao

#### INGREDIENTS

5-6 lb. Long Island Duck (or other whole fresh duck)  
Salt  
Scallions  
Ginger Root (get a few good large pieces)  
Sesame Oil  
Honey

#### SERVE WITH

Wrappers/Bao Buns/Flour Tortillas (local Chinese restaurants may sell wrappers, or look for frozen)  
Cucumbers (Cut 3-inch julienne)  
Scallions (in 3-inch pieces)  
Hoisin sauce

#### DAY ONE

- The night before you are planning to serve, use a pot that will hold the duck, fill it with water, add  $\frac{1}{4}$  cup salt, and bring to a boil.
- Place duck in the pot and turn off heat.
- Let the duck sit in water for a few minutes.
- Remove from water and prepare duck for hanging overnight (Rebecca used a wire hanger and rested the wings over the wire).
- Hook the hanger over the sink or tray and let the duck drain overnight - this lets the fat drain slowly down.

## THE NEXT DAY

- Preheat the oven to 375 degrees.
- Stuff the cavity with slices of ginger root and scallions. Brush with sesame oil. Cover the tips of the wings with tin foil to prevent their early burning.
- Using a standing poultry roaster, cook duck for 3 - 3 ½ hours, brushing with the sesame oil every 30 minutes.
- Periodically, suction any duck fat out of the bottom of the roaster (you can save the fat and use it in other recipes - French cuisine uses duck fat)
- About 15 minutes before removing from the oven, brush with honey. This creates a slightly caramelized coating on the duck.
- Remove from the oven and remove the foil from the wings.
- Let stand for a few minutes. Slice as you would slice a turkey, placing crisp skin prominent on a platter, or you can cut in smaller strips.
- Serve with buns, wrappers, or small flour tortillas brushed with hoisin sauce, with cucumbers and scallions.

## STIR-FRIED BABY BOK CHOY

### INGREDIENTS

8 Heads of Baby Bok Choy  
5 cloves garlic, coarsely chopped  
1 inch ginger, chopped  
1/2 tsp. salt  
1 tsp. sugar  
1/4 tsp. ground white pepper  
Oil

### INSTRUCTIONS

- Rinse the baby bok choy with water to remove all the dirt and sand. Drain.
- Heat some oil in the wok. Sauté the coarsely chopped garlic and ginger over low to medium heat until fragrant.
- Add the bok choy to stir-fry over high heat.
- Season with salt, sugar, and white pepper.
- Add some water if it is too dry, 1-2 tbsp at a time.
- Stir-fry until the bok choy is tender-crisp.
- Make sauce and set aside.
- Plate the bok choy and drizzle the sauce over. Serve.

### SAUCE

1 tbsp. oyster sauce  
1 tbsp. honey  
1 tsp. light soy sauce  
1/2 tsp. sesame oil  
1 tbsp. water

- Combine some oyster sauce, honey, light soy sauce, sesame oil, and water in a small pan.
- Bring it to a boil to thicken it slightly.