



Gourmet Herbal Cuisine Workshop

Orchard Hotel Singapore

Presented by:

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Hua Ting Chinese Restaurant

Stewed Duck Drumstick with Black Dates



Serves 4

INGREDIENTS

4 duck drumsticks

Seasoning Sauce

1 ltr chicken stock
2 tsp chicken powder
1/3 tsp salt
A pinch of sugar

120g black dates, washed
2 garlic cloves, minced
1 ginger slice, minced
1 spring onion, finely sliced
1/2 tsp bean paste
1/2 tsp cornstarch, dissolved in some water

Garnish

600g seasonal vegetables, boiled until tender

Method:

1. Lightly stir-fry the duck drumsticks in a wok with a little vegetable oil, then transfer to a pot and add the black dates. Set aside.
2. Mix the ingredients for the seasoning together in a saucepan and bring to a boil.
3. Re-heat the wok with some vegetable oil and stir-fry the garlic, ginger, spring onion and bean paste until fragrant. Add the seasoning sauce and bring the mixture to a boil. Pour mixture over drumstick. Continue cooking over high heat for about 10 minutes. Then reduce the heat and simmer for another 30 minutes until the duck drumstick meat is tender. Arrange the cooked drumstick on a serving plate. Add dissolved cornstarch into the wok to thicken the sauce and then pour sauce over the stewed duck. Add a serving of cooked seasonal vegetables on the side and serve hot.

Herb Benefit

Black Date

Neutral. Supports the Qi, nourishes the blood, harmonizes harsh properties of herbs and calms the spirit. Commonly used to treat fatigue, paleness and emotional instability.