

Outstanding and this was great served along with a rice pilaf. When frying the duck it left plenty of moisture. When you fry the duck it left the skin wonderfully crisp.

### Fried Duck - Chang Chung Op

- 1 duck (4 lbs.), disjointed
- 2 tbs. flour
- 2 tbs. cornstarch
- 1 tsp. salt
- 1/4 tsp. pepper
- 3 tbs. oil
- 2 cups thinly sliced scallions
- 1 tbs. minced ginger root
- 2 minced garlic cloves
- 4 tbs. soy sauce
- 4 tbs. sherry
- 1/2 tsp. Ac'cent
- 1/2 cup chicken broth or water

Remove as much fat as possible from the duck. Roll in a mixture of the flour, cornstarch, salt, and pepper.

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Heat the oil in a deep skillet; brown the duck in it. Pour off the fat. Add the scallions, ginger, and garlic; cook 2 minutes, stirring frequently. Add the soy sauce, sherry, Ac'cent, and broth or water. Cover and cook over low heat 1 hour or until duck is tender and all the liquid is absorbed.



While duck has a higher fat content than chicken or turkey has and its darker meat is deliciously rich flavor.

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