



蜂蜜红焖鸭子



Honey Braised Duck

Ingredients

1 Tbsp. (15 ml.) cooking oil	wine will do)
1 large piece ginger (about 1 inch, or 2.5 cm., on each side)	6-7 Tbsp. (about 100 ml.) soy sauce (dark soy sauce is best for this dish)
1 whole duckling	4 scallions (spring onions)
3-4 Tbsp. (45-60 ml.) honey	
½ cup (120 ml.) rice wine (but any	

Although some restaurants in China used ovens to roast duck, virtually no Chinese homes possessed them during the Cultural Revolution. This dish, made in a wok, served as a wonderful stand-in for the roasted variety.

Heat a wok and add oil. Crush the ginger. Before the oil begins to smoke, add the ginger to the wok and fry it for a minute so its flavor permeates the oil.

Add the entire duckling to the wok and fry one side over a high flame for about 10 minutes until the skin tightens and turns brownish. Then turn it over and fry the other side for 10 minutes. Add the honey, wine and soy sauce and place two whole scallions on either side of the duck and two in the duck's cavity.

Cover the wok tightly and turn the heat down to medium. Allow the duck to braise for about an hour and a half for a three-pound (1.3 kg.) duckling, or an hour and fifteen minutes for a smaller bird. Turn several times to ensure that the duck is cooked evenly, spooning the liquid over – and inside – the bird.

When the meat is ready to fall off the bones, remove from the wok and serve.

Caring for the Production Team's Ducks



"The experience of herding ducks," 1974.

Young Pioneers, Party-organized groups of children aged 7-14, took care of certain tasks on the farms during the Cultural Revolution. A popular story was told of three such children tasked with caring for ducks by the production team in their village. Their job was to keep the ducks away from the fields.

When some of the ducks escaped and began eating grain, the peasants criticized the children, who also performed self-criticisms of their own, as was the custom during this period. Later, they redeemed themselves by turning in a selfish peasant who had secretly sent his own ducks to eat in the public field.

