

# Asian Stir-Fried Duck and Vegetables

Printed from Duck Recipes at <http://www.duckrecipes.org/>

## Ingredients:

3 dried black mushrooms.  
1 duck, (about 3 to 4 lb).  
1 ½ teaspoons of cornstarch.  
1 tablespoon of soy sauce.  
½ cup of bamboo shoots.  
½ cup of water chestnuts.  
2 tablespoons of oil and 1 tablespoon of oil.  
½ cup of stock.  
1 tablespoon of sherry.  
1 teaspoon of salt.

## Directions:

Soak the dried black mushrooms.

Remove the meat from duck breast and legs and dice into 1-inch cubes.

Blend the cornstarch and soy sauce, then add to duck and toss gently.

Allow to stand for about 30 minutes.

Dice the bamboo shoots and soaked mushrooms.

Slice the water chestnuts.

Heat 2 tablespoons of oil and stir-fry the duck until it changes color (about 3 minutes), then remove from pan. Drain fat from pan.

Heat 1 tablespoon of oil and stir-fry the mushrooms, bamboo shoots and water chestnuts; for about 3 minutes.

Add the stock, sherry and salt, and heat quickly; then cook, covered, 3 minutes, over medium heat.

Return duck and simmer, covered, until done.