**CHICKEN AND BLACK BEAN STIR-FRY**Serves 2 as a main or 4 to share  
Prep time: 10 minutes  
Cook in: 5 minutes

I adore fermented black beans and this is one of my favourite easy suppers. I add a touch of a good-quality yellow bean sauce for a savoury mellow edge to the dish.

**INGREDIENTS:**1 tablespoon groundnut oil  
5 garlic cloves, finely chopped  
1 tablespoon freshly grated root ginger  
1 medium red chilli, deseeded and chopped  
1 bird’s eye chilli, deseeded and chopped  
1 tablespoon fermented salted black beans, washed and crushed  
1 tablespoon yellow bean paste  
450g/1lb skinless chicken breast, sliced  
1 tablespoon Shaohsing rice wine or dry sherry  
2 green peppers, deseeded and cut into chunks  
200ml/7 fl oz vegetable stock  
1 tablespoon light soy sauce  
1 tablespoon cornflour blended with 2 tablespoons cold water  
steamed jasmine rice or egg-fried rice to serve

**METHOD:**1. Heat a wok over a high heat and add the groundnut oil. When the oil starts to smoke, add the garlic, ginger and chillies and stir-fry for a few seconds. Then add the fermented black beans and yellow bean paste and stir quickly.   
2. Add the chicken slices and stir-fry for 1 minute, keeping the ingredients moving in the wok. As the meat starts to turn opaque, add the rice wine or sherry.   
3. Add the green peppers and stir-fry for 1 minute, then add the stock and bring to the boil. Season with the soy sauce, then add the blended cornflour and stir to thicken. Serve with jasmine rice or egg-fried rice.

**GARLIC CHILLI BEEF AND MUSHROOM PAK CHOY**Serves 2

Prep time: 5 minutes

Cook in: 5 minutes

Healthy, tasty and so fast, this recipe is one for your other half to make when you want to put your feet up and not have to wait an hour for dinner.

**INGREDIENTS:**

2 x 275g/10oz sirloin beef steaks, each cut into 5mm/¼ inch slices, fat removed

1 tablespoon groundnut oil  
1 tablespoon Shaohsing rice wine or dry sherry  
200g/7oz pak choy leaves, washed, stems and leaves separated and sliced  
50g/2oz shiitake mushrooms, sliced   
sea salt  
steamed jasmine rice, green salad or spicy wild rice salad to serve

**For the marinade:**6 garlic cloves, crushed  
2 medium green chillies, deseeded and finely chopped  
1 tablespoon chilli paste  
1 tablespoon light soy sauce  
½ teaspoon brown sugar  
ground black pepper

**METHOD:**1. Trim the fat off the beef. Put all the ingredients for the marinade into a bowl and stir to combine. Add the beef to the marinade and toss for a few minutes.   
2. Heat a wok over a high heat and add the groundnut oil. When the oil starts to smoke, add the beef (reserve the marinade) and cook for 1 minute, then add the rice wine or sherry. Add the pak choy stems and cook for 1 minute, then add the leaves and mushrooms and cook for another minute. Add the reserved marinade and cook for another minute. Season further to taste with salt and serve immediately with jasmine rice, salad or my spicy wild rice salad.

**SWEET AND SOUR WUXI RIBS**

Serves 2 to share  
Prep time: 5 minutes  
cook in: 10 minutes (plus marinating)

The traditional way of preparing these ribs is to slow-braise them in stock, then add the sauce and thicken with blended cornflour. However, for a quicker dish and richer flavour I have shallow-fried the ribs.

**INGREDIENTS:**600g/1lb 5oz pork ribs, chopped into 3 - 4cm/1¼ - 1½ inch lengths  
groundnut oil for shallow-frying  
sea salt and ground white pepper   
1 spring onion, sliced, to garnish

**For the marinade:**2 garlic cloves, finely chopped  
2 tablespoons yellow bean sauce  
1 tablespoon Shaohsing rice wine or dry sherry

**For the sweet and sour sauce:**2 tablespoons light soy sauce  
2 tablespoons Chinkiang black rice vinegar or balsamic vinegar  
1 tablespoon brown sugar  
1 tablespoon runny honey

**METHOD:**

1. Put all the ingredients for the marinade into a large bowl and stir to combine. Add the pork ribs and turn to coat, then cover the bowl and leave to marinate for at least 20 minutes, or as long as possible, in the fridge.   
2. Heat a wok over a high heat. Fill the wok to a quarter of its depth with groundnut oil and heat the oil to 180ºC/350ºF or until a cube of bread dropped in turns golden brown in 15 seconds. Using a spider, carefully add the ribs and shallow-fry until browned.

3. Meanwhile, put all the ingredients for the sweet and sour sauce into a small bowl and stir to combine.

4. Lift the ribs out of the wok with the spider and drain on absorbent kitchen paper. Drain the wok of oil and wipe it clean, then reheat over a high heat.

5. Add the ribs and sauce mixture to the wok and cook on a low-medium heat for 5-6 minutes until the sauce has reduced to a sticky and thicker consistency. Season further to taste with salt and white pepper, garnish with the spring onion and serve immediately.

**CHICKEN AND SNAKE BEAN STIR FRY**Serves 2  
Prep time: 5 minutes  
Cook in: 5 minutes (plus 20 minutes soaking/marinating)

This is a stir-fry inspired by a lunch I had with ‘Ah-e’ (Aunty) in Beijing. She cooked a simple but delicious chicken and snake bean stir-fry, and this is my quick version.

**INGREDIENTS:**250g/9oz skinless chicken breast, cut into strips  
1 teaspoon Shaohsing rice wine or dry sherry  
1 teaspoon dark soy sauce  
cornflour  
2 tablespoons groundnut oil  
1 garlic clove, crushed and finely chopped  
1 dried Chinese mushroom, pre-soaked in hot water for 20 minutes, then drained and sliced  
100g/31/2oz snake beans or trimmed French beans (see Ching’s Tip)   
50g/2oz toasted cashew nuts  
25ml/1fl oz hot chicken stock  
1 teaspoon light soy sauce  
a dash of toasted sesame oil  
1 pinch of ground white pepper  
steamed jasmine rice to serve

**METHOD:**1. Marinate the chicken in the rice wine or sherry and the dark soy sauce for 10–15 minutes.  
2. Just before cooking, dust the chicken lightly with cornflour. Heat a wok over a high heat and add the groundnut oil. When the oil starts to smoke, add the garlic and mushroom and stir-fry for a few seconds, then add the chicken and stir-fry for a few minutes until slightly browned.  
3. Add the beans and stir-fry for 2 minutes until tender, then add the cashew nuts.  
4. Add the hot stock and season with the light soy sauce, sesame oil and white pepper. Serve immediately with jasmine rice.

**Ching’s Tip**• Snake beans can be found in the vegetable section of a good Chinese supermarket, or use some trimmed French beans as a substitute.

**SWEET AND SOUR DUCK**Serves 2

Serves 2 to share  
Prep time: 5 minutes  
Cook in: 10 minutes

The Cantonese are known for their love of sweet and sour combinations and this recipe comes from that region. It’s a home-style dish – easy, fruity and ready in minutes. I hope you enjoy it.   
**INGREDIENTS:**2 x 250g/9oz duck breasts  
1 teaspoon Shaohsing rice wine or dry sherry  
2 tablespoons potato flour or cornflour  
200ml/7fl oz groundnut oil, plus 1 tablespoon groundnut oil   
2.5cm/1 inch piece of fresh root ginger, peeled and finely sliced   
1 red pepper, deseeded and cut into 1cm/1/2 inch chunks  
juice of 2 small oranges   
juice of 1 lime  
1 tablespoon light soy sauce   
sea salt and ground white pepper  
a few fresh orange segments to garnish  
egg-fried rice to serve

**METHOD:**1. Remove the skin from the duck breasts and cut the duck into thin slices. Put the slices into a bowl with some salt, white pepper, the rice wine or sherry and the potato flour or cornflour and mix well.   
2. Heat a wok over a high heat and add 200ml/7fl oz groundnut oil. Heat the oil to 180ºC/375ºF or until a cube of bread dropped in turns golden brown in 15 seconds and floats to the surface. Using a spider or slotted spoon, add the duck and shallow-fry for about 2 minutes until crispy on the outside.  
3. Take the wok off the heat, remove the duck from the wok and drain on absorbent kitchen paper. Pour the oil from the wok through a sieve into a heatproof container and save to use later. Return 1 tablespoon oil to the wok and return the wok to a high heat. When the oil starts to smoke, add the ginger and stir-fry for a few seconds, then add the red pepper and stir-fry for 1 minute. Return the duck to the wok, season with the orange juice, lime juice and soy sauce and toss well.   
4. Garnish with orange segments and serve immediately with egg-fried rice.

**SIDE DISH : EGG-FRIED RICE**Serves 4  
Prep time: 5 minutes  
Cook in: 10 minutes

**INGREDIENTS:**2 tablespoons groundnut oil  
3 eggs, beaten  
50g/2oz cooked baby shrimps  
50g/2oz frozen peas  
400g/14oz cooked jasmine rice (130g/generous 4oz raw rice)  
1–2 tablespoons light soy sauce  
1 tablespoon toasted sesame oil  
1–2 pinches of ground white pepper

**METHOD:**

1. Heat a wok over a high heat and add the groundnut oil. Pour in the beaten eggs and leave to settle for 1–2 minutes, then swirl the liquid egg around the wok and, using a wooden spoon, stir to lightly scramble it. Transfer to a plate and set aside.  
2. Add the shrimps and frozen peas to the wok and stir-fry for less than 1 minute. Add the rice and mix well until the rice has broken down.  
3. Return the scrambled eggs to the wok, season with soy sauce, sesame oil and white pepper to taste and serve immediately.

**YELLOW BEAN SCALLOPS AND CHIVES**

Serves 2 as a main or 4 to share  
Prep time: 15 minutes  
Cook in: 5 minutes (plus 10 minutes marinating)

This is an elegant and easy starter to make. The key to the dish is to buy fresh juicy scallops, as they make all the difference to the texture and flavour.

**INGREDIENTS:**12 raw scallops on the shell  
1 tablespoon groundnut oil   
finely chopped chives to garnish   
mixed salad leaves to serve

**For the paste**1 tablespoon yellow bean paste (see Ching’s Tips)  
1 teaspoon freshly grated root ginger  
1 pinch of brown sugar  
1 tablespoon Shaohsing rice wine or dry sherry   
1 teaspoon light soy sauce  
1 teaspoon dark soy sauce   
1 teaspoon clear rice vinegar or cider vinegar

**METHOD:**1. Remove the scallops from their shells, then remove and discard the hard muscle on the side. Leave the coral on, if you like, or remove it. Trim and rinse the scallops and pat dry.   
2. Put all the ingredients for the paste into a bowl and mix well. Place the scallops in the paste and leave to marinate for 10 minutes.   
3. Heat a wok over a high heat and add the groundnut oil. When the oil starts to smoke, add the scallops (retaining the marinade) and cook for 1 minute, then toss the wok to turn the scallops and cook for a further 1 minute. Transfer the scallops onto a serving plate.   
4. Add the reserved marinade to the wok and cook until thick and slightly sticky. Pour over the scallops, garnish with the chives and serve with mixed salad leaves.

**Ching’s Tips**• Yellow bean paste is made from salted yellow beans that have been preserved in salt, spices and sometimes chilli too. You can also buy fermented whole yellow beans (soya beans), then blitz them in a blender and add your own spices to make a paste.  
• This dish is also delicious served with a small portion of Spicy Wild Rice Salad (see below), and washed down with a glass of cold bubbly.

**SIDE DISH FOR SCALLOPS: SPICY WILD RICE SALAD**

Serves 4 to share

Prep time: 15 minutes (plus chilling)  
This healthy and mouth-wateringly good salad couldn’t be easier to make. Serve on its own when you want something healthy as a main meal, or as an accompaniment to fish, shellfish or meat dishes.

**INGREDIENTS:**300g/11oz cooked brown and wild rice (100g/31/2oz raw rice)  
½ cucumber, deseeded and finely diced  
1 medium red chilli, deseeded and finely chopped  
6 red radishes, finely diced   
1 red pepper, deseeded and finely diced  
5 tablespoons lemon juice  
3 tablespoons olive oil  
2 tablespoons light soy sauce  
1 tablespoon toasted sesame oil  
sea salt and ground black pepper  
1 small handful of freshly chopped coriander

**METHOD:**Mix all the ingredients together and chill for 20 minutes before serving.

Ching’s Tip  
• For those who love a ‘bite’, you can also add some freshly grated garlic or garlic purée.

**CHONGQING BEEF**Serves 2–4 to share  
Prep time: 10 minutes, cook in: 5 minutes

You’re not meant to consume the dried chillies in this dish; they are there to impart their spiciness. I have used long dried Sichuan chillies and Sichuan peppercorns – for chilli lovers, this is a must!

INGREDIENTS:  
1 tablespoon groundnut oil  
250g/9oz beef fillet, sliced widthways into strips  
1 tablespoon Shaohsing rice wine or dry sherry  
1 tablespoon chilli bean paste  
2 tablespoons Sichuan peppercorns  
1 large handful of long dried chillies  
1 tablespoon Chinkiang black rice vinegar or balsamic vinegar  
1 tablespoon light soy sauce  
a dash of toasted sesame oil  
a dash of chilli oil  
1 handful of dry roasted peanuts  
1 small handful of fresh coriander, finely chopped (optional; see Ching’s Tip); egg-fried rice and vegetables to serve

METHOD:  
• Heat a wok over a high heat and add the groundnut oil. When the oil starts to smoke, add the beef slices and stir-fry for 30 seconds. As the meat starts to turn brown, add the rice wine or sherry.  
• Season the beef with the chilli bean paste and stir well, then add the Sichuan peppercorns and dried chillies and stir-fry on a medium heat for 1 minute. Season with the vinegar and soy sauce, then take off the heat and add a drizzle of sesame oil and chilli oil. Sprinkle with the peanuts, and the coriander, if you like.  
• Transfer to a serving plate, serve with egg-fried rice and vegetables and eat immediately.

Ching's Tip  
• The fresh coriander adds a cooling note, fragrance and a bit of a break in-between the ‘hits’ of chilli, but it’s optional.

**STEAMED WINE SEA BASS**Serves 2 to share  
Prep time: 5 minutes, cook in: 15 minutes (plus 20 minutes soaking)

This dish is healthy, quick and easy. The large quantity of rice wine used provides a fragrant bittersweet flavour and works wonderfully well with all the ingredients.

INGREDIENTS:  
1 whole fresh sea bass (about 350g/12oz), head on, or other white-fleshed fish  
5cm/2 inch piece of fresh root ginger, peeled and sliced  
100g/31/2oz roast ham, sliced (optional)  
4 dried Chinese mushrooms, pre-soaked in hot water for 20 minutes, then drained, stalks  
removed and sliced, or 4 fresh shiitake mushrooms, sliced  
4 tablespoons Shaohsing rice wine or dry sherry  
salt and ground white pepper  
2 spring onions, sliced lengthways into 7.5cm/3 inch strips, to garnish  
steamed jasmine rice and stir-fried vegetables to serve

METHOD:

• Rinse the fish in cold running water and pat dry with absorbent kitchen paper, then place on a heatproof plate. Cut some slits into the skin on both sides and season with salt and white pepper. Stuff the ginger, ham, if using, and mushrooms into the slits and inside the fish and season with rice wine or sherry. Place the plate in a bamboo steamer and cover with the lid.  
• Heat a wok over a high heat and fill to three-quarters of its depth with water, then bring to the boil. Place the steamer on top (making sure the water does not touch the base of the steamer) and steam for 8–9 minutes until the fish is cooked and the flesh flakes when poked with a knife.  
• Lay the spring onions on top of the fish, remove the steamer and keep the lid closed until ready to serve. Serve with jasmine rice and stir-fried vegetables.

Ching's Tip  
• You can use any white-fleshed fish for this dish.

**TRADITIONAL HOT AND SOUR SOUP**

Serves 4  
Prep time: 10 minutes, cook in: 20 minutes (plus 20 minutes soaking)

This is warming on a cold winter’s day, is delightfully crunchy, and full of texture and flavour. To turn this into a snack, add more stock and some pre-soaked rice noodles before seasoning.

INGREDIENTS:  
1 litre/1¾ pints water  
1 tablespoon vegetable bouillon powder or stock powder  
1 tablespoon freshly grated root ginger  
2 medium red chillies, deseeded and finely chopped  
300g/11oz cooked chicken breast, shredded  
1 teaspoon Shaohsing rice wine or dry sherry  
2 tablespoons dark soy sauce  
1 x 220g tin of bamboo shoots, drained  
10g dried wood ear mushrooms, pre-soaked in hot water for 20 minutes, then drained and finely sliced  
100g/31/2oz fresh firm dofu (bean curd), cut into 5cm/2 inch long x 1cm/½ inch wide strips  
50g/2oz Sichuan preserved vegetables, rinsed and sliced, or pickled cornichons with a little fresh chopped chilli added  
2 tablespoons light soy sauce  
3 tablespoons Chinkiang black rice vinegar or balsamic vinegar  
1 tablespoon chilli oil  
a few pinches of ground white pepper  
1 egg, lightly beaten  
1 tablespoon cornflour blended with 2 tablespoons cold water  
1 large spring onion, finely sliced  
freshly chopped coriander to garnish (optional)

METHOD:  
• Pour the water into a pan and bring to the boil. Add the bouillon powder and stir to dissolve. Bring back to the boil, then add all the ingredients up to and including the wood ear mushrooms. Turn the heat down to medium.  
• Then add the dofu, Sichuan vegetables or cornichons, soy sauce, vinegar, chilli oil and white pepper, and simmer for 10 minutes.  
• Stir in the egg, then add the blended cornflour and stir to thicken the soup (add more if you like a thicker consistency).  
• Add the spring onion, garnish with the coriander, if you like, and serve immediately.

Ching's Tip  
• You can vary this recipe to your taste and adjust the amount of chillies to your preference. You could also omit the chicken strips if you are vegetarian. My mother changes it all the time by adding different Chinese leaves.

**CHILLI BEAN COD**Serves 2  
Prep time: 5 minutes, cook in: 6 minutes

This is a very tasty supper that can be made in minutes and is great served with the stir-fry. Do buy cod from a sustainable source.

INGREDIENTS:  
2 x 225g/8oz cod fillets, skin on  
2 tablespoons chilli bean paste  
2 teaspoons freshly grated root ginger  
2 tablespoons groundnut oil  
1 tablespoon Shaohsing rice wine or dry sherry  
1 tablespoon light soy sauce  
sea salt and ground white pepper  
a few sprigs of fresh coriander, finely chopped, to garnish  
2 lemon wedges and garlic pak choy exotic mushroom stir-fry to serve

METHOD:  
• Rinse the fish in cold running water and pat dry with absorbent kitchen paper. Place the fish in a shallow bowl, add the chilli bean paste and rub well into the flesh of the fish, then add the ginger and massage well in.   
• Heat a griddle pan on a high heat and add the groundnut oil. When the oil starts to smoke, place the fish on the griddle, skin side down. Using your fingers, press down onto the fish for 30 seconds to prevent it from curling upwards, then cook for 2 minutes. As the flesh turns from translucent to opaque, pour the rice wine or sherry over the fillets. Cook for a further 3–4 minutes until the flesh of the fish has turned opaque and is quite firm to the touch.  
• Season with the soy sauce and salt and pepper to taste. Garnish with chopped coriander and serve with a wedge of lemon and the stir-fry.

**SIDE DISH: GARLIC PAK CHOY AND EXOTIC MUSHROOM STIR FRY**Serves 4  
Prep time: 5 minutes, cook in: 5 minutes

This is a simple quick accompaniment that would complement most savoury dishes. I love using the combination of exotic mushrooms, with their differing subtle earthly flavours. Not only are mushrooms easy to cook, they’re also incredibly healthy and full of antioxidants.

INGREDIENTS:  
1 tablespoon groundnut oil  
3 garlic cloves, finely chopped  
1 medium red chilli, deseeded and finely chopped  
200g/7oz pak choy, washed, leaves and stems separated, then sliced  
200g/7oz mixed exotic oriental mushrooms (oyster mushrooms, fresh shiitake, and so on)  
A few pinches of salt

METHOD:  
• Heat a wok over a high heat and add the groundnut oil. When the oil starts to smoke, add the garlic and chilli and stir-fry for a few seconds. Then add the stems of pak choy and stir-fry for 2 minutes. Add a small dash of water to help create some steam in the cooking process.  
• Add the leaves of the pak choy and the mushrooms and stir-fry for 1-2 minutes, then season with a few generous pinches of salt and serve.

**JUICY CHILLI CHICKEN AND CASHEW NUTS**

Serves 2  
Prep time: 10 minutes, cook in: 10 minutes

Voor 2 personen: 2 kippenbouten ipv 3 en minder olie!

INGREDIENTS:  
1 teaspoon potato flour or cornflour  
1 tablespoon cold water  
400g/14oz chicken thighs (3 thighs), skinned, de-boned and cut into 2cm/¾ inch chunks (see Ching’s Tip)  
½ teaspoon Chinese five-spice powder  
2 tablespoons groundnut oil  
1 teaspoon Sichuan peppercorns  
1 teaspoon chilli bean paste  
1 medium red chilli, deseeded and ground in a pestle and mortar  
a dash of Shaohsing rice wine or dry sherry  
100g/31/2oz roasted salted cashew nuts  
2 spring onions, sliced at an angle  
1 teaspoon light soy sauce  
1/2 lime  
egg-fried rice or plain rice to serve

METHOD:  
• Combine the potato flour or cornflour with the cold water in a bowl and mix well. Add the chicken pieces and turn to coat, then season with five-spice powder.  
• Heat a wok over a high heat and add the groundnut oil. When the oil starts to smoke, add the Sichuan peppercorns, chilli bean paste and ground red chilli and stir-fry for 30 seconds. Add the chicken and leave to settle for 30 seconds, then add a dash of rice wine or sherry. Toss all the ingredients well and cook for 3–4 minutes until the chicken has turned virtually opaque.  
• Add the cashew nuts and cook for another minute, then add the spring onions, toss well and cook for another minute. Season to taste with soy sauce and add a squeeze of lime juice. Transfer to serving plates and serve with egg-fried rice or plain rice.

Ching’s Tip  
• Chicken thigh meat is delicious and tender, and it’s cheaper than breast too. To de-bone it, just use a small sharp knife and cut as close to the bone as possible, or get your butcher (or boyfriend) to do it for you.

**SICHUAN STIR-FRIED PORK WITH CUCUMBER**

Serves 2  
Prep time: 5 minutes, cook in: 5 minutes (plus 20 minutes marinating)

This easy stir-fry reminds me of my grandmother’s cooking – simple but full of flavour. It makes a fast and delicious supper.

INGREDIENTS:  
1 tablespoon chilli bean sauce (or to taste)  
300g/11oz pork fillet, sliced widthways and then cut into lengthways strips  
2 tablespoons potato flour or cornflour  
3–4 tablespoons groundnut oil  
1 tablespoon Sichuan peppercorns  
½ tablespoon Shaohsing rice wine or dry sherry  
1 tablespoon light soy sauce  
1 tablespoon Chinkiang black rice vinegar or balsamic vinegar  
1 teaspoon toasted sesame oil  
1 cucumber, peeled and sliced lengthways into thin strips (using a potato peeler)  
steamed jasmine rice to serve

METHOD:  
• Put the chilli bean sauce into a bowl, add the pork and turn to coat, then cover the bowl and leave to marinate for 20 minutes, or overnight if possible, in the fridge  
• Just before cooking, coat the meat in potato flour or cornflour.  
• Heat a wok or pan over a high heat, then add the groundnut oil. When the oil starts to smoke, add the Sichuan peppercorns, stirring quickly to avoid burning them. After a few seconds, add the pork strips and stir together. As the pork starts to cook, add the rice wine or sherry and stir-fry for 1 minute.  
• Season the pork with soy sauce, vinegar and sesame oil. Add the cucumber slices and stir well. Serve immediately with jasmine rice.

**FRIED SWEET CHILLI CHICKEN**Serves 2-4 to share  
Prep time: 5 minutes  
Cook in: 10 minutes

This quick and easy fried chicken is delicious and addictive. You can use chicken breast, but I love juicy chicken thighs on the bone. Serve with an icy cold beer and chips.

INGREDIENTS:  
2 chicken thighs, skinned and halved on the bone  
2 chicken drumsticks, skinned and halved on the bone  
4 tablespoons cornflour  
2 egg whites  
groundnut oil for deep-frying  
sea salt and ground white pepper

For the sauce:  
3 garlic cloves, finely chopped  
2.5cm/1 inch piece of fresh root ginger, peeled and sliced  
1 medium red chilli, deseeded  
6 tablespoons sweet chilli sauce  
1 tablespoon light soy sauce  
juice of 1 lime  
1 small handful of freshly chopped coriander

METHOD:

1. Season the chicken pieces with salt and white pepper. Combine the cornflour and egg whites to make a batter.  
2. Heat a wok over a high heat and fill it to one-third of its depth with groundnut oil. Heat the oil to 180ºC/375ºF or until a cube of bread dropped in turns golden brown in 15 seconds and floats to the surface.  
3. Dip the chicken slices in the batter, then place in a spider, lower into the oil and deep-fry for about 5 minutes until crispy and golden. Lift out using the spider or tongs and drain on absorbent kitchen paper. Pour the oil from the wok through a sieve into a heatproof container.  
4. To make the sauce, wipe out the wok and heat over a high heat. Add 1 tablespoon of the drained oil and, when it starts to smoke, add the garlic, ginger and chilli and stir-fry for a few seconds, then add the chilli sauce, soy sauce and lime juice. Mix well.  
5. Return the chicken to the wok and turn to coat in the hot sauce, then stir in the coriander and serve immediately.

**SPICY SICHUAN AUBERGINE**Serves 2-4 to share  
Prep time: 10 minutes  
Cook in: 12 minutes

A spicy dish bursting with heat and flavour, with a delicate savoury tang from the black rice vinegar, this is definitely a winter favourite.

INGREDIENTS:  
groundnut oil for deep-frying  
1 large aubergine, sliced lengthways into 2cm / ¾ inch wide x 4cm / 1 ½ inch long, chunky batons  
2 garlic cloves, finely chopped  
2.5cm/1 inch piece of fresh root ginger, peeled and finely chopped  
1 medium red chilli, with seeds, sliced into rings  
2 tablespoons chilli bean sauce  
200ml/7fl oz hot vegetable stock  
1 tablespoon light soy sauce  
1 tablespoon Chinkiang black rice vinegar or balsamic vinegar  
2 pinches of brown sugar  
1 tablespoon cornflour blended with 2 tablespoons cold water  
1 spring onion, finely chopped  
egg-fried rice to serve

METHOD:  
1. Heat a wok over a high heat, then fill the wok to one-third of its depth with groundnut oil. Heat the oil to 180ºC/375ºF or until a cube of bread dropped in turns golden brown in 15 seconds and floats to the surface.  
2. Pat the aubergine dry and, using tongs, lower each piece into the oil and deep-fry for 3 minutes until slightly golden, the skin slightly wrinkled and the flesh soft but still retaining its shape. Remove from the oil and drain on absorbent kitchen paper.  
3. Pour the oil from the wok through a sieve into a heatproof container (you can use it to make delicious stir-fries). Return 1 tablespoon oil to the wok and heat until smoking, then add the garlic, ginger and sliced chilli and stir-fry quickly for a few seconds. Stir in the chilli bean sauce and return the aubergines to the wok. Add the hot stock and bring to the boil, then turn the heat down to medium and simmer for 3 minutes until all the aubergine is soft and creamy.  
4. Season with the soy sauce, vinegar and sugar, then add the blended cornflour and stir to thicken the sauce. Sprinkle with the spring onion for a fresh bite and serve immediately with egg-fried rice.

**IDDLED HONEY YELLOW BEAN PORK**

Serves 2 as a main or 4 to share  
Prep time: 5 minutes  
Cook in: 20 minutes (plus 20 minutes marinating)

Easy to make, this savoury-sweet dish uses one of my favourite marinades. The pork is great served as a main for two with sweet potato rice, or as part of a larger meal.

INGREDIENTS:  
350g/12oz pork fillet (indien lapjes dan oven maar 8 minuten ipv 12!)  
1 tablespoon groundnut oil  
2 garlic cloves, finely chopped  
1 medium red chilli, deseeded and finely chopped  
200g/7oz pak choy, stems and leaves separated and sliced  
sea salt  
1 spring onion, sliced, to garnish  
sweet potato jasmine rice to serve

For the marinade:  
3 garlic cloves, finely chopped  
1 tablespoon freshly grated root ginger  
2 tablespoons yellow bean sauce  
2 tablespoons runny honey  
2 tablespoons light soy sauce  
2 tablespoons Shaohsing rice wine or dry sherry  
½ teaspoon dark soy sauce  
2 tablespoons groundnut oil  
1 teaspoon soft brown sugar

METHOD:  
1. Put all the ingredients for the marinade into a bowl and stir to combine. Add the pork and turn to coat, then cover the bowl and leave to marinate for 20 minutes. Preheat the oven to 200ºC/400ºF/gas mark 6.  
2. Heat a griddle pan on a high heat and cook the pork for 2 minutes on each side until the outside edges are glazed and sticky. Retain the marinade.   
3. Transfer the pork to a roasting tray and roast in the oven for 12 minutes. Remove from the oven and leave to rest for 10 minutes, then slice. Meanwhile, pour the reserved marinade into the griddle pan and heat up, then leave to one side.  
4. Heat a wok over a high heat and add the groundnut oil. When the oil starts to smoke, add the garlic and chilli and stir-fry for a few seconds. Add the stems of the pak choy and stir-fry for 1 minute, then add a small splash of water to help create some steam. Add the pak choy leaves, stir for another minute and season with salt.  
5. To serve, place the pak choy on a serving plate. Toss the pork fillet in the hot cooked marinade and place on top of the pak choy. Garnish with the spring onion and serve immediately with sweet potato jasmine rice.

Ching’s Tip  
• This marinade can be used for chicken thighs, wings or drumsticks, especially in summer when they are delicious cooked on the barbeque.

**SIDE DISH: MUM'S SWEET POTATO AND JASMINE RICE**Serves 4  
Prep time: 10 minutes  
Cook in: 30 minutes

My mum loves cooking us various different rice dishes and this is one of my family’s favourites. It makes a great side dish and an alternative to plain jasmine rice.

INGREDIENTS:  
300g/11oz jasmine rice  
600ml/1 pint water  
400g/14oz unpeeled sweet potatoes, cut into 1.5 x 1.5cm/5/8 x 5/8 inch chunks

METHOD:  
1. Wash the rice until the water runs clear. Put into a pan with the water and sweet potatoes and bring to the boil. Once boiled, turn the heat down to a simmer, cover the pan and cook for 20 minutes.  
2. Take off the heat, fluff up the rice and serve immediately.

Ching’s Tip  
• To turn this into sweet potato congee, double the amount of water. Or if you have plenty left over, you can turn it into congee – add enough water to cover the rice and bring it to the boil, then turn the heat down and cook to a watery porridge consistency.

**RICE WINE AND PEPPERED BEEF NOODLES**Serves 2 as a main or 4 to share  
Prep time: 10 minutes, cook in: 8 minutes (plus 10–20 minutes marinating)

INGREDIENTS:  
350g/12oz rump or sirloin steak, fat removed, cut into 5mm/1/4 inch slices  
200g/7oz dried yellow shi wheat flour noodles or dried egg noodles  
a dash of toasted sesame oil  
1 tablespoon groundnut oil  
150g/5oz French beans, trimmed and sliced into thirds  
1 medium red chilli, deseeded and finely chopped  
200ml/7fl oz vegetable stock  
1 tablespoon light soy sauce  
1 tablespoon dark soy sauce  
1 teaspoon cornflour blended with 1 tablespoon cold water

For the marinade:  
2 garlic cloves, finely chopped  
1 teaspoon freshly grated root ginger  
1 tablespoon light soy sauce  
½ teaspoon cracked black pepper (or more to taste)  
1 tablespoon Shaohsing rice wine or dry sherry  
1 teaspoon light brown sugar  
1 teaspoon cornflour

METHOD:  
• Put all the ingredients for the marinade into a bowl and stir to combine. Add the beef and turn to coat, then leave to marinate for 10–20 minutes.  
• Cook the noodles according to the packet instructions. Drain the noodles, rinse under cold water, then drain again. Drizzle with sesame oil to prevent them from sticking together.  
• Heat a wok over a high heat and add the groundnut oil. When the oil starts to smoke, add the beef and stir-fry for a few seconds, then add the French beans and chilli and stir-fry for 30 seconds. Add the stock and bring to the boil, then season to taste with the light and dark soy sauce. Add the blended cornflour and stir to thicken, then turn the heat down to low. Add the cooked noodles, toss through for about 1 minute and serve immediately.

**TAIWANESE GINGER AND SESAME CHICKEN NOODLE SOUP**Serves 2 or 4 to share as a starter  
Prep time: 10 minutes, cook in: 20 minutes

INGREDIENTS:  
100g/31/2oz very thin dried wheatflour noodles  
50ml/2fl oz toasted sesame oil plus extra for drizzling  
1 tablespoon groundnut oil  
5cm/2 inch piece of fresh root ginger, peeled and finely sliced  
3 whole dried Chinese mushrooms, pre-soaked in hot water for 20 minutes, then drained  
450g/1lb chicken leg quarters, with or without skin, the thigh and drumstick pieces halved on the bone  
1 tablespoon Shaohsing rice wine or dry sherry  
500ml/18fl oz chicken stock  
1 tablespoon light soy sauce  
2 spring onions, sliced lengthways into 7.5cm/3 inch pieces  
1 pinch of salt  
ground white pepper

METHOD:  
• Bring a pan of water to the boil. Add the wheat flour noodles, bring back to the boil and cook for 3 minutes. Drain the noodles, rinse under cold water, then drain again. Drizzle with sesame oil to prevent them from sticking together.  
• Heat a wok over a high heat and add the groundnut oil. When the oil starts to smoke, add the ginger and mushrooms and stir-fry for a few seconds until fragrant. Add the chicken and stir-fry for 1 minute until starting to turn brown, then add the rice wine or sherry. Add the stock, sesame oil, soy sauce, spring onions, salt and pepper and bring to the boil, then turn the heat down to medium and simmer for 10 minutes.  
• Add the cooked noodles, season further to taste with salt and serve immediately.

**MIXED SEAFOOD CRISPY NOODLES**

Serves 2  
Prep time: 15 minutes, cook in: 15 minutes

INGREDIENTS:

For the crispy noodles:  
250g/9oz dried yellow shi wheat flour noodles or egg noodles  
groundnut oil

For the saucy seafood stir-fry:  
1 tablespoon groundnut oil  
5 garlic cloves, finely chopped  
1 tablespoon freshly grated root ginger  
200g/7oz raw tiger prawns, shelled and deveined  
1 tablespoon Shaohsing rice wine or dry sherry  
75g/3oz fried fish cakes  
75g/3oz fried fish balls  
75g/3oz oyster mushrooms  
75g/3oz broccoli, chopped into bite-size pieces  
50g/2oz carrots, sliced  
100g/31/2oz Chinese cabbage, washed and cut into 2cm/¾ inch slices  
250ml/9fl oz hot vegetable stock  
1 handful of bean sprouts  
2 tablespoons light soy sauce  
2 tablespoons oyster sauce  
1 tablespoon clear rice vinegar or cider vinegar  
2 tablespoons cornflour blended with 2 tablespoons cold water  
1 tablespoon toasted sesame oil  
2 spring onions, finely sliced  
1 small handful of fresh coriander, roughly chopped

METHOD:  
• Cook the noodles according to the packet instructions. Drain well, drizzle with some groundnut oil to keep them from sticking together and then set aside.  
• Fill a shallow pan with groundnut oil to a depth of 2cm/¾ inch. Heat the oil to 180ºC/350ºF or until a cube of bread dropped in turns golden brown in 15 seconds.   
• Add half the noodles to the oil and shallow-fry until golden and crispy. Drain on absorbent kitchen paper. Add the remaining noodles and repeat.  
• Next, make the stir-fry. Heat a wok over a high heat and add 1 tablespoon groundnut oil. When the oil starts to smoke, add the garlic and ginger and stir-fry for a few seconds, then add the prawns and, as they start to turn pink, add the rice wine or sherry. Add the fish cakes and fish balls and cook for less than 1 minute.  
• Add the mushrooms, broccoli, carrots and Chinese cabbage and stir-fry for 1 minute, then add the hot stock, bean sprouts, soy sauce, oyster sauce and vinegar and bring to the boil. Add the blended cornflour and stir to thicken. Season with the sesame oil, then add the spring onions and coriander.  
• To serve, place a batch of crispy noodles on each plate, ladle a portion of stir-fry on top and serve immediately.

**SPICY CHUNKY LAMB**Serves 2  
Prep time: 5 minutes, cook in: 5 minutes (plus 10 minutes marinating)

Fast, simple and healthy, this dish is inspired by the Muslim Chinese use of spices. First marinate the lamb in a delicious spice paste and then cook in the wok.

INGREDIENTS:  
300g/11oz lamb neck fillet, cut into 2cm/3/4 inch cubes  
1 tablespoon groundnut oil  
1 medium onion, sliced  
1 tablespoon Shaohsing rice wine or dry sherry  
1 green pepper, deseeded and cut into chunks  
sea salt and ground black pepper  
steamed jasmine rice to serve

FOR THE SPICE PASTE:  
1 tablespoon groundnut oil   
2 medium red chillies, deseeded and roughly chopped  
1 teaspoon dried chilli flakes   
1 teaspoon medium curry powder   
1 teaspoon turmeric   
1 teaspoon ground coriander

METHOD:  
• Put all the ingredients for the spice paste into a pestle and mortar and crush together well. Transfer to a bowl, add the lamb and turn to coat, then leave to marinate for 10 minutes.   
• Heat a wok over a high heat and add the groundnut oil. Add the onion and stir-fry for 1 minute, then push it to one side. Add the lamb and stir-fry for 1 minute, then, as the meat starts to turn brown, add the rice wine or sherry and cook for another minute. Add the green pepper and stir-fry for 1–2 minutes. Season with salt and black pepper and serve immediately with jasmine rice.

**PORK AND WATER CHESTNUT DUMPLINGS WITH GINGER DIPPING SAUCE**Makes 30  
Prep time: 20 minutes, cook in: 4–5 minutes (plus 20 minutes soaking)

There is nothing more satisfying than seeing my guests chow down on some delicious soft home-made dumplings. For ease, you can make these dumplings in advance, then freeze them and cook from frozen when required.

INGREDIENTS:  
30 gyoza dumpling skins (see Ching’s Tips)  
1 tablespoon groundnut oil

FOR THE FILLING:  
250g/9oz minced pork   
2 dried Chinese mushrooms, pre-soaked in hot water for 20 minutes, then drained and finely chopped, stalks discarded  
4 water chestnuts (tinned variety), finely diced   
1 celery stalk, finely chopped  
1 tablespoon oyster sauce   
1 tablespoon Shaohsing rice wine or dry sherry   
1 small handful of chives, finely sliced   
sea salt and ground white pepper

FOR THE DIPPING SAUCE:  
2 tablespoons black rice vinegar or cider vinegar   
2 tablespoons light soy sauce   
a few slices of fresh root ginger, cut into matchsticks

METHOD:  
• Put all the ingredients for the filling into a bowl and knead with your hands so that the flavours are thoroughly combined. Wash your hands and dry well.   
• Put a dumpling skin into the palm of your hand. Place a teaspoon of the filling in the middle of the dumpling skin, then dip your finger into a water bowl and brush around the edge. Fold the skin into a triangle, pressing down on the edges to make sure they stick together well. With the point of the triangle at the top, make two double folds on each of the two sides of the triangle (like pleats).  
• Heat a large wok or pan over a medium heat, then add the groundnut oil. When the oil starts to smoke, place the dumplings flat side down in the pan and cook for 2–3 minutes. Sprinkle the wok or pan with water to create some steam to help cook the dumplings. Cook until the skin of the dumplings has turned from opaque to slightly translucent-golden in colour. It is important to keep cooking in this way on medium heat so you do not burn the base of the dumpling. Using tongs or chopsticks, turn each dumpling over to cook both sides. Keep sprinkling with small drops of water to create the steam and cook until all the dumpling skin has become golden. Test a dumpling to see if the filling is cooked – it will turn from raw pink to light brown. (If you don’t have a large enough pan, you will have to cook the dumplings in batches and replenish the oil each time.)  
• Combine the vinegar, soy sauce and ginger to make a dipping sauce. Transfer the dumplings to a serving plate and serve immediately with the dipping sauce.

Ching's Tips  
• You can get fresh roasted or steamed water chestnuts in the markets in China, but you can buy the tinned variety in supermarkets here.   
• Use frozen gyoza dumpling wrappers (found in Chinese or Japanese supermarkets) because life is too short to make your own dumpling skins and also these are machine-cut wafer thin, ensuring that each dumpling you make will be consistent in texture.

**DUCK SPRING ROLLS WITH APRICOT AND PLUM DIPPING SAUCE**

Makes 8, serves 2–4 to share   
Prep time: 15 minutes, cook in: 30 minutes (plus 20 minutes marinating, 10 minutes resting)

These spring rolls taste much better than buying ready-made ones. They require a little more effort, but the results are fabulous. You can buy ready-made plum sauce to accompany them, or you can make your own apricot and plum dipping sauce (see below).

INGREDIENTS:  
2 x 300g/11oz duck breasts  
1 tablespoon hoisin sauce   
1 spring onion, sliced   
cornflour   
8 x 14.5cm/53/4 inch square spring roll wrappers  
groundnut oil for deep-frying   
apricot and plum dipping sauce to serve (see below)

FOR THE MARINADE:   
2 tablespoons oyster sauce   
1 tablespoon Chinese five-spice powder  
1 tablespoon groundnut oil   
2 tablespoons light soy sauce   
2 tablespoons Shaohsing rice wine or dry sherry

METHOD:  
• Combine all the ingredients for the marinade in a large bowl. Add the duck and turn to coat, then leave to marinate for 20 minutes.

• Preheat the oven to 180ºC/350ºF/gas mark 4. Place the duck in a roasting tray (retain the marinade) and roast in the oven for 20 minutes. Remove from the oven and leave to rest for 10 minutes. Remove the skin, then slice the duck and shred with your fingers.   
• Put the cooked duck into a bowl, add the hoisin sauce and spring onion and mix together well. Divide the duck mixture into eight portions.   
• Blend 1 tablespoon cornflour with 2 tablespoons hot water to make a paste. Take a spring roll wrapper and place it in front of you in the shape of a diamond. Place the duck filling horizontally across the middle of the wrapper, then brush each corner with the blended cornflour. Bring the two side corners over the filling to the middle. Bring the bottom corner up over the filling and continue rolling up to the top corner. Dab the top corner with more cornflour paste and press lightly to secure the spring roll. Continue in the same way until all the wrappers are filled.  
• Heat a wok over a high heat, then fill the wok to a third of its depth with groundnut oil. Heat the oil to 180ºC/350ºF or until a cube of bread dropped in turns golden brown in 15 seconds and floats to the surface.

•  Using a slotted spoon, slowly lower the spring rolls into the oil and cook until the outside is golden and crisp. Lift out and drain on absorbent kitchen paper.   
• Put the reserved marinade into a small wok or pan and bring to the boil. Blend 1 teaspoon cornflour with 1 tablespoon cold water, add to the pan and stir to thicken for a dipping sauce.  
• Serve the spring rolls with the dipping sauce, or use bought plum sauce.

Ching's Tip:  
You can make the rolls 30 minutes in advance and keep in the fridge, but make sure the filling is not too wet and cover them to protect them from drying out.

**APRICOT AND PLUM DIPPING SAUCE**

INGREDIENTS:  
100ml/31/2fl oz water  
2 plums, quartered and stoned  
50g/2oz dried apricots, chopped  
2 tablespoons caster sugar  
2 tablespoons runny honey  
1 cinnamon stick  
1 star anise  
juice of 1/2 lime

METHOD:  
• Put the water into a small pan and bring to the boil. Add the plums, apricots, sugar, honey, cinnamon and star anise and cook until reduced to a sticky dipping sauce.  
• Take off the heat and stir in the lime juice.

SWEET AND SMOKY 'HONG SAO YU'   
Serves 2  
Prep time: 5 minutes, cook in: 10 minutes

‘Hong sao yu’ in Mandarin means ‘red-cooked fish’ – ‘hong sao’ describes the deep brown colour that comes from combining soy, sugar and spices. Ready in minutes, this is an elegant dish for entertaining.

INGREDIENTS:  
350g/12oz cod fillet, skin on  
1 tablespoon Shaohsing rice wine or dry sherry  
2 tablespoons groundnut oil  
1–2 tablespoons potato flour or cornflour  
sea salt  
1 spring onion, sliced, to garnish  
sweet potato jasmine rice to serve

For the sauce:  
200ml/7fl oz water  
2.5cm/1 inch piece of fresh root ginger, peeled and finely sliced  
1 star anise  
1 cinnamon stick  
1 teaspoon Sichuan peppercorns  
1 tablespoon light soy sauce  
1 teaspoon dark soy sauce  
1 tablespoon Chinkiang black rice vinegar or balsamic vinegar  
2 tablespoons brown sugar

METHOD:  
• Rinse the fish in cold running water and pat dry with absorbent kitchen paper, then cut into 5cm/2inch chunks. Place in a bowl with the rice wine or sherry and leave to marinate for a few minutes, then pat dry.  
• Heat a wok over a high heat and add the groundnut oil. When the oil starts to smoke, dip the fish slices in the potato flour or cornflour. Fry on a medium heat until crisp and the flesh has turned opaque and flakes when poked with a knife. Leave the fish in the wok and turn the heat down to very low.  
• Heat another small wok over a medium heat, add all the ingredients for the sauce and cook for about 4 minutes to reduce the sauce by half. Sieve the sauce over the fish in the other wok (retaining the sieved spices), then turn the heat up to medium and cook until the sauce bubbles. Spoon the sauce over the fish, coating it well.  
• To serve, transfer the cod to a serving plate and pour the sauce over it, then sprinkle the spices sieved from the wok around the plate. Garnish with the spring onion and serve immediately with sweet potato jasmine rice.

Ching’s Tip  
• You could also cook beef, pork or chicken slices in the same way.

**CRISPY MONGOLIAN LAMB**Serves 2  
Prep time: 10 minutes, cook in: 10 minutes (plus 20 minutes marinating)

Using ready-made tortillas or fajitas makes this a quick and easy recipe. Or, for a healthier option, you could serve the lamb on lettuce leaves or a salad of cucumber, spring onion, and sliced red and yellow peppers.

INGREDIENTS:  
250g/9oz lamb fillet, sliced  
wheat flour tortillas or Mexican-style fajitas to serve (or make your own flatbreads, see below)  
groundnut oil for shallow-frying  
potato flour or cornflour

For the marinade:  
1 tablespoon freshly grated root ginger  
1 tablespoon Shaohsing rice wine or dry sherry  
1 spring onion, finely chopped  
1 teaspoon ground dry-toasted Sichuan peppercorns  
½ teaspoon salt  
1 teaspoon light soy sauce  
1 teaspoon yellow bean sauce  
1 teaspoon hoisin sauce  
1 pinch of Chinese five-spice powder

To serve:  
cucumber strips  
spring onion slices  
iceberg lettuce, torn into shreds  
hoisin sauce

METHOD:  
1. Put all the ingredients for the marinade into a bowl and stir to combine. Add the lamb and turn to coat, then cover the bowl and leave to marinate for 20 minutes, or overnight if possible, in the fridge. Preheat the oven to 140ºC/275ºF/ gas mark 1, then put the tortillas or fajitas in to warm through.  
2. Heat a wok over a high heat and fill to a quarter of its depth with groundnut oil. Heat the oil to 180ºC/375ºF or until a cube of bread dropped in turns golden brown in 15 seconds and floats to the surface. Lightly coat the lamb pieces in potato flour or cornflour; then, using a spider or slotted spoon, lower into the oil and fry until golden brown. Lift out using the spider or spoon and drain on absorbent kitchen paper.  
3. To serve, place some crispy lamb in a tortilla, fajita (or sesame flatbread), add some cucumber strips, spring onion and lettuce, spoon over some hoisin sauce and eat.

Ching’s Tips  
• If you’re serving this with a salad instead of wraps, make a sweet honey, orange, hoisin sauce and olive oil dressing to complement the salad.  
• You could also use pitta bread pockets – oiled, sprinkled with toasted sesame seeds and then grilled.

**CANTONESE STYLE DUCK WITH PAK CHOY AND RICE**

Serves 2   
Prep time: 5 minutes, cook in: 25 minutes (plus 20 minutes marinating, and resting)

This recipe is really versatile – you can use the cooked duck to make duck spring rolls, or turn it into a delicious supper served with the pak choy and rice.

INGREDIENTS:  
2 x 150g/5oz duck breasts, skin on   
steamed pak choy leaves and steamed jasmine rice to serve

For the marinade:   
2 tablespoons oyster sauce   
1 tablespoon Chinese five-spice powder  
1 tablespoon groundnut oil   
2 tablespoons light soy sauce   
2 tablespoons Shaohsing rice wine or dry sherry

METHOD:  
• Put all the ingredients for the marinade into a bowl and mix well. Add the duck and turn to coat, then leave to marinate for 20 minutes.  
• Preheat the oven to 180ºC/350ºF/gas mark 4. Place the duck on a roasting tray. Reserve the marinade. Roast the duck in the oven for 20 minutes. Remove and leave to rest for 12 minutes.  
• Pour the reserved marinade into a small wok or pan and bring to the boil.  
• To serve, slice the duck breast and place on a bed of steamed pak choy. Drizzle the hot sauce over the dish and serve with jasmine rice.