

Ch 8: Celeb's A Cook [Recipe for Episode 3] Episode 3 [Telecast: June 4, 2008]

Ingredients: frozen duck, frozen belly pork, cucumber, Xiao Bai Cai, celery, carrots, common yam rhizome (*Rhizoma Dioscoreae*), ginger root (*Radix Ginseng*), Tangshen root (*Radix Codonopsis*), agalloch eaglewood, membranous milkvetch root (*Radix Astragali*), Ural licorice root *Radix Glycyrrhizae*, star anise fruit (*Fructus Anisi Stellati*), ginger and cinnamon



Fried Duck with Ural Licorice

Add duck breast meat into ural licorice powder and seasoning for mainating, use frying pan to fry the duck till done and cut it into slices.

Curative effect: It would help to nourish and benefit the yin and qi, and clear the heat symptom and relieve sputum.

Gold Medal Braised Pork

Braise the frozen belly pork till done, and cut it into the pyramid-shaped.

Add in Tangshen root and membranous milkvetch root. and steam the pork till soft.

Curative effect: It would help to nourish the zhong qi and benefit the spleen and stomach.

材料：冰冻鸭肉，冰冻三层肉，黄瓜、小白菜、西芹、红萝卜、山药
姜片、党参、沉香、北芪、甘草、八角、姜、桂皮

甘草煎鸭

将鸭胸肉放入甘草粉和调味料中浸泡入味，用煎锅煎熟、切片。疗效：滋阴补气、清热解痰

金牌扣肉

将冰冻三层肉卤熟，切成金字塔形。加入党参、北芪蒸至酥软。疗效：补中气、健脾胃