



This new renowned dish was first created by Qin Yongyan, who is a chef in a class of his own, working at the Guilin Ronghu Hotel. In May of 1988, it won the gold medal in China's Second National Cooking Competition. It mixes the flavors of a young Sanhuang chicken, a pair of Geckos, longan pulp, a few slices of ham and some additional condiments. The ingredients are put into a ceramic pot with its top covered by sandpaper. They are then stewed in a bamboo steamer for two hours over a hot fire until finished. This aromatic dish has lung-moistening, cough-relieving, yang-invigorating and kidney-nourishing capabilities.