



This renowned traditional tonic dish adopts a bare duck, dry lotus leaf, diced lean meat, ripe winter bamboo shoots, diced preserved ham, fried diced Lipu taro, diced shiitake mushrooms, tender string beans, shrimp and spices. First the bare duck is fried until it becomes yellow in color. The diced meats and vegetables are then stir fried with the spices for while, and then stuffed into the stomach of the duck. Then the food is wrapped in the lotus leaf and steamed in a bamboo steamer over a fire. The lotus leaf smells wonderful, while the duck meat is tasty and tender, and the stuffing delicious as well. This dish is capable of nourishing the stomach, promoting the secretion of body fluids, consolidating one's essence.