



Food for Thought
A Life in Four Courses



Li Guimin's Mandarin Duck Eggs

This family recipe was provided by Food for Thought volunteer, Isabella Jingwen Zhong and her grandmother, Li Guimin.

“I learnt how to cook this dish when I was living in Dongbei, Northeastern China. Chefs in restaurants cooked them and I thought they were very good and they could satisfy my children’s appetite because sometimes they were total gluttons!” LI GUIMIN

Ingredients

500g pork mince	6 eggs
6 tablespoons soy sauce	30g corn flour
3 teaspoons chopped green onions	2-3 tablespoons water
2 teaspoons ginger	Oil for frying
Pinch of salt	Aniseed (to taste)

Method

Finely chop the pork mince until the meat becomes smooth and add 4 tablespoons of soy sauce, 2 teaspoons of green onion, 1½ teaspoon of ginger and a pinch of salt. Add the corn flour and a little bit of water into the pork mixture and mix them up until the meat becomes sticky but not too dry.

Boil eggs until both egg white and egg yolk become solid (boiling for about 7 minutes and simmering for 4-5 minutes). When cooked, halve the eggs horizontally not vertically.

Make the pork meat into meat balls and stick them on the top of the halved eggs.

Deep fry the meat ball-eggs (or steam them first and then deep fry) until the eggs become light brown.

Heat the oil in a sauce pan and add the remaining 1 teaspoon of green onions, 2 tablespoons of soy sauce and ½ teaspoon ginger into the oil. Once it is hot, add the remaining soy sauce and a bit more corn flour. Mix all of them up until the sauce becomes thick.

Finally add the meat ball-eggs into the sauce and cook for about 5 minutes.

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