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The Chinese Cook Book; Containing More Than One Hundred Recipes for Everyday Food Prepared in the Wholesome Chinese Way, and Many Recipes of Unique Di

By Shiu Wong Chan

Theclassics.us, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1917 edition. Excerpt: . BIRD-NEST IN CHICKEN FONG TUNG YUEN 1 cups bird-nest 1 large whole chicken (at least 7 pounds) 1 bowl primary soup 1 tablespoonful Chinese ham (a) Soak the bird-nest in cold water for 1 hour. Then wash gently and cook for 1 hour with a piece of ginger. (b) Pick the chicken, chop off the head, feet and wings, cut 1 line 4 inches long and take out the interior. Clean the chicken and rub inside and outside with salt. Place in a bowl with the cut side on top. (c) Fill the chicken with the bird-nest and the primary soup. Steam for 3 hours in a double-boiler. (d) Now transfer into a second bowl by using a bowl a little larger than the first bowl and putting this second bowl on top of the first bowl mouth to mouth. Garnish with the...



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