



## A BITE of NANJING



### DUCK BLOOD AND VERMICELLI SOUP

A traditional delicacy of Nanjing that is also eaten in other regions of China, the legend behind this dish starts with a poor man in the city who had killed a duck and used a bowl to hold the duck's blood. As he was cleaning the duck, he accidentally dropped some vermicelli, or glass noodles, into the bowl. He then cooked the stew and found it delicious. A rich man heard about the new dish and employed the poor man to cook the dish for his family.

Typically, duck blood and offal, vermicelli, dried fried tofu, dried shrimp, shallots, ginger, sesame oil and caraway seeds are used to make the soup, but Nanjing chefs sometimes also add in 20 kinds of Chinese herbs. Some who prepare it with the Chinese herbs believe these ingredients promote the circulation of the blood, remove toxins and maintain one's beauty. They said the herbs help with digestion and "warm the stomach". The vermicelli is made of sweet potato and is smooth, soft and waxy.

Where to go:

*Yaxianzhi Duck Blood and Vermicelli Soup Restaurant*  
Room 101, Unit 2  
No 15, Yangpi Street, Qinhuai district, Nanjing  
Telephone: 025-52303958

### GUOTIE (FRIED DUMPLINGS)

A northern Chinese style of dumpling, *guotie* is a fried version of *jiaozi*. Both use pork as the main ingredient in the stuffing and the selection of vegetables changes by season.

The bottom of the *guotie* is golden-brown and it should be crispy. *Guotie* is known as potstickers in North America (a direct character translation), or *yaki-gyoza* in Japan. This dish is sometimes served in dim sum restaurants, but may be offered independently. The filling for this dish usually contains pork, cabbage, sometimes spinach, scallions, ginger, Chinese rice wine or cooking wine, and sesame oil.

Where to go:

*Caoqiao Fired Beef Dumpling Restaurant*  
No 33, Ganyu Lane, Qijiaowan, Pingshi Street, Qinhuai district, Nanjing  
Telephone: 025-86622153

### NANJING PRESSED SALTED DUCK

A famous specialty of Nanjing, the duck has a crispy skin and the meat is tender. It is salted, pickled and dried to create its flavor and deep brown color. The dish, which has a history of more than 600 years, got its name because the quality of the meat resembles a piece of wood plank.

The tender duck meat has some fat but isn't greasy. It reputedly tastes at its best before and after the Mid-Autumn Day festival when the sweet osmanthus is in season (osmanthus is added to the spice mixture for the duck during these months). The seasonal version of the dish is sometimes called Osmanthus Duck.

Where to go:

*Brother Roast Duck Restaurant*  
No 9, Zhuqiao Road, Xuanwu district, Nanjing