

DUCK SOUP

Serves 4

INGREDIENTS:

Left over roasted duck meat

50g – 70g Rice noodles

10 – 12 Leaves Chinese cabbage

1 Stalk green onion

1 Pcs star anise

½ Teaspoon sugar

2 Tablespoons soy sauce

2 Cloves garlic

2.5cm ginger



METHOD

1. Place the untrimmed duck in a saucepan and pour in just enough water to cover the duck. Put the pot on high heat and bring to a boil. When the water boils, reduce heat and simmer for 20-30 minutes.
2. While the duck pieces are simmering, prepare all the spices. Peel and lightly crush the garlic, peel the ginger and leave uncut. Finely chop the Chinese cabbage.
3. Remove the meat for the pan and strain the broth through a sieve with gauze. Put the strained broth on a medium heat, and add sugar, ginger, garlic, star anise and soy sauce. Cook the soup for 10 minutes.
4. Cook the rice noodles separately. Soak the noodles in warm water for 10 minutes, and then cook for 5 minutes on medium heat. Be careful not to overcook the noodles. Alternatively, after soaking, the noodles can be steamed to keep them whole.
5. Cut the meat into slices or straws. Place the noodles, Chinese cabbage and duck meat in a serving bowl, pour the strained soup over and sprinkle with green onions.
6. Serve hot.



DUCKO FOODS