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DUCK AND DUMPLING NOODLE SOUP

Difficulty: Easy

Serves: 4

Cooking: 2.5 hours



INGREDIENTS

1 Luv-a-Duck whole duck, broken down into breasts, thighs and carcass
100g pork mince
1tbs diced ginger
1 Spring onion, diced
1tbs sesame oil
1tbs Soy Sauce
12 Wonton wrappers
6 chicken wings
1 onion, diced roughly
4 garlic cloves
1 thumb size piece of ginger sliced
2 Cinnamon quills
4 star anise
1tbs soy sauce
1tbs hoisin sauce
2 Bok Choy, quarters
400g Thin Egg Noodles
½ bunch Coriander

METHOD

1. In a 180°C oven roast the duck carcass and chicken wings until golden brown, remove and drain off any fat.
2. In a large pot over a medium heat cook off the onion, garlic, ginger, cinnamon and star anise. Add the duck and chicken wings, cover with water and bring to the boil. Turn down to a simmer and cook for 2 hours until the broth is dark and rich. Strain off and season with the soy and hoisin sauce.
3. Cut the duck leg meat and skin from the bone and dice. Combine in a food processor with the pork mince, diced spring onion, diced ginger, sesame oil and soy sauce. Process until the duck meat is chopped into the other filling ingredients. Fill the wonton wrappers and fold into dumplings.
4. Score the duck breast into the fat. Place skin side down in a cold pan. Place over a medium heat and cook until the skin is crispy and fat is rendered out. Cook on the skin side for 3/4s of the time then turn to finish on the flesh side. Once cooked rest for 3-4 minutes then cut into 1/2cm slices.
5. To serve, bring the soup to the boil and cook the dumplings for 2 minutes. Divide the noodles, bok choy, duck breast evenly between 4 bowls. Add the cooked dumplings and top with the boiling soup. Allow to sit for a couple of minutes to heat the other ingredients through.

CHEF'S TIPS

Recipe by Michael Weldon and courtesy of Farm-to-Fork