



BLACK MOUNTAINS SMOKERY

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SMOKED DUCK NOODLE SOUP



This tasty, light and warming meal on a cold winter's day is just one of many ideas from Howel Food Consultancy.

Buy just 1 duck breast serve 4 hungry people!

Ingredients

- 1tbsp groundnut oil
- 3 garlic cloves -crushed
- 2.5cm piece of ginger -peeled and sliced thinly
- 125g Shitake Mushrooms - sliced
- 2 red chillies -de-seeded and sliced thinly
- 2litres chicken stock
- 1star anise
- 1tbsp of rice wine or dry sherry
- 2tbsp soy sauce
- 200g noodles
- 2 large heads bok choy - or greens of choice (spinach, cabbage)
- 4 spring onions - sliced diagonally
- 1x 250g Smoked Duck breast -sliced thinly

Heat the oil in a deep saucepan and add the garlic, ginger and chilli. Heat this on a gentle heat for a minute. Then add the mushrooms and stir fry for 2 minutes before adding the wine and soy. Next pour over the stock, add the star anise and bring to the boil. Let it simmer like this for a few minutes. Then add the green of your choice and leave to cook for 2 minutes.

Finally, add the noodles, spring onions and duck slices.

Serve and enjoy!

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01873 811566