

STEAMED CHICKEN AND NOODLE BROTH

EQUIPMENT

CHEF KNIFE, FINE MESH STRAINER, SMALL MIXING BOWL, KETTLE

INGREDIENTS

1 X ROASTED PEKING DUCK CARCASS (AND BONES), 5 SPRING ONIONS, 100GM SOY SAUCE, 3-4 LT COLD WATER,
1 LONG RED CHILLI, 1 HEAD BOK CHOY, 80GM UDON NOODLES, FRIED SHALLOTS

METHOD

PLACE THE ROASTED DUCK CARCASS IN A LARGE POT ALONG WITH THE SOY SAUCE AND 3 WHOLE SPRING ONIONS

FILL THE POT WITH COLD WATER AND PLACE OVER HIGH HEAT ON THE STOVE

BRING TO THE BOIL AND LOWER THE FLAME TO A SIMMER FOR 3-4 HOURS

ONCE COOKED STRAIN THE STOCK THROUGH A FINE MESH SIEVE AND CHECK THE SEASONING, IN THE PLACE OF ADDING SALT ADD ADDITIONAL SOY SAUCE IF REQUIRED. SET THE STOCK ASIDE.

POUR ABOUT 150GM OF STOCK PER SERVE INTO A SMALL POT AND RETURN TO A LOW HEAT

PLACE THE UDON NOODLES IN A SMALL MIXING BOWL AND POUR OVER BOILING WATER AND LET STAND FOR 5-6 MINS

BUTTERFLY THE CHICKEN BREAST AND PLACE ON A SHEET OF BAKING PAPER, SEASON AND PLACE ANOTHER SHEET OVER THE TOP OF THE CHICKEN

PLACE THE CHICKEN IN A PRE-HEAT OVEN STEAM SETTING 100 DEGREES FOR 5-6 MINS OR UNTIL COOKED

WHILE THE CHICKEN IS COOKING FINELY SLICE SOME BOK CHOY LEAVES, SPRING ONIONS AND CHILLI

STRAIN THE NOODLES AND PLACE THEM IN THE BOTTOM OF THE BOWL

REMOVE THE CHICKEN FROM THE OVEN AND SLICE FINELY

ADD THE CHICKEN AND VEGETABLES TO THE STOCK, STIR IN AND SPOON OVER THE NOODLES

FINISH BY POURING OVER THE STOCK AND GARNISH WITH SOME EXTRA SPRING ONIONS, CHOPPED CHILLI AND FRIED SHALLOTS

HINTS & TIPS

- THIS RECIPE FOLLOWS ON FROM OUR CHINESE ROAST DUCK. IT'S A GREAT WAY TO GET ANOTHER DISH OUT OF ONE DUCK. THE MOST IMPORTANT PART IS SEASONING, CHECK THE SEASONING OF THE STOCK AFTER 4 HOURS AND ADJUST IF NEEDED
- REMEMBER TO BRING THE STOCK UP TO THE BOIL THEN TURN IT DOWN TO A LOW SIMMER, IF IT IS CONSTANTLY BOILING YOU WILL END UP WITH A CLOUDY UN APPEALING COLOUR
- IF YOU HAVE ANY ROASTED DUCK MEAT LEFT OVER FROM ROASTING YOUR DUCK YOU CAN ALWAYS USE THAT IN PLACE OF THE CHICKEN