

Vietnamese Duck Noodle Soup

Yield: 4 min
Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-duck-and-mushroom-soup-recipe>

Ingredients:

- 4 duck legs about 2.25 lbs or 1kg
- 2 ginger thumb-sized pieces of, crushed
- 1/4 cup rice wine or sake, white wine
- 1/4 teaspoon five spice powder
- 1 tablespoon dark soy sauce
- 1 tablespoon chopped shallots crushed and roughly
- 1/2 tablespoon chopped garlic crushed and roughly
- 6 cups water see Notes
- 8 dates
- 1 1/2 tablespoons goji berries
- 8 dried shiitake mushrooms about 0.35oz or 10g
- 4 star anises
- 1 cardamom pod black, crushed open
- 1/2 teaspoon coriander seeds or 2-3 fresh cilantro roots or stems
- 2 tablespoons soy sauce
- 2 teaspoons dark soy sauce
- 1/2 tablespoon oyster sauce
- 5 garlic cloves peeled
- 3 shallots peeled
- 1 ginger thumb-sized pieces of
- 1 onion peeled
- 2 teaspoons rock sugar to taste, or see Notes for substitute
- wheat
- noodles
- vegetables blanched green, such as baby bok choy
- sliced scallions thinly-
- cilantro thinly-sliced

Nutrition:

1. Calories: 310 calories
 2. Carbohydrate: 64 grams
 3. Cholesterol: 10 milligrams
 4. Fat: 2.5 grams
 5. Fiber: 6 grams
 6. Protein: 10 grams
 7. Sodium: 950 milligrams
 8. Sugar: 14 grams
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