

Vietnamese Duck Soup

This luxurious Vietnamese Duck Soup is inspired by the 5-star dish from Pho Van. Featuring tender duck meat, aromatic spices, and the subtle depth of Pu-erh Poe tea, this soup is both comforting and sophisticated. The duck skin is removed to ensure a clean and elegant presentation.

PREP TIME: 30 minutes

COOK TIME: 3 hours

FOR THE BROTH:

3 lbs duck carcasses, necks, feet, and giblets
2 med onions, sliced
6-inch piece of ginger, peeled and sliced
10 cardamom pods
5-star anise pods
1 T coriander seed

6 cloves
1 T fennel seed
3 T sugar
2 T salt
1/2 C fish sauce
1/4 C Pu-erh Poe tea (brewed and cooled)

FOR THE SOUP:

4 duck breasts, skin removed
2 T sesame oil
2 lbs pho noodles or Japanese soba
2 med onions, thinly sliced

4-inch piece of ginger, peeled and sliced
1/2 lb bean sprouts
1 bunch cilantro or Asian basil
4 hot chiles, thinly sliced

PREPARE THE BROTH: In a large stockpot, combine duck carcasses, necks, feet, and giblets with water. Bring to a boil, skimming off any scum that rises to the top. Reduce heat to a simmer.

TOAST THE SPICES: In a dry frying pan, toast coriander, cloves, fennel seed, cardamom, and star anise until fragrant. Add to the stockpot along with sliced onions, ginger, sugar, salt, fish sauce, and Pu-erh Poe tea. Simmer for 3 hours, skimming occasionally.

STRAIN THE BROTH: Strain the broth through a fine-mesh sieve lined with cheesecloth. Discard solids and set the broth aside.

PREPARE THE DUCK BREASTS: Heat sesame oil in a pan over high heat. Sear duck breasts on all sides until browned but still pink inside. Slice thinly.

ASSEMBLE THE SOUP: Cook pho noodles according to package instructions. Divide noodles among serving bowls. Top with sliced duck breast, thinly sliced onions, and ginger.

SERVE: Pour hot broth over the noodles and duck. Garnish with bean sprouts, cilantro or Asian basil, and sliced chiles. Serve immediately.