

Itik Tim Recipe

(Duck Soup with Salted Chinese Mustard Recipe)

Ingredients: Serves 6

250 g (9 oz) preserved, salted Chinese mustard with more stalks than leaves
3 liters (96 fl oz) water
1 kg (2 lbs) duck, cut into 10 pieces
1 slice dried sour fruit (asam gelugur)
6 sour plums (seasoned asam manis)
2 tomatoes, cut into wedges (optional)
1 teaspoon salt
2 red chilies
pinch of seasoning powder

Method:

Cut preserved, salted Chinese mustard into large pieces and soak in water for 30 minutes. Drain and set aside. Bring 1 liter (32 fl oz) water to a boil and immerse the duck for 1 minute. Remove and drain. Boil the remaining water, add the duck, mustard, dried sour fruit and sour plums. Simmer for 1-1½ hours over low fire until the duck is tender. Add the tomatoes (optional) in the last 6 minutes of cooking. If the soup is not sour enough, add more sour plums according to taste. Season with salt. Just before serving, snap red chilies into two or three pieces and add to soup with a sprinkling of seasoning powder.

Note: You can use chicken instead of duck. This soup should have a sour flavor. Vary the number of sour plums used according to individual taste. Add 2 tablespoons Chinese rice wine after the soup has been cooked for a nice aroma.

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