

## **Kiam Chai Ark Soup Recipe** (Duck and Salted Mustard Soup Recipe)

### **Ingredients:**

2 liters water, or enough to cover meat  
1.8 - 2 kg duck, cut into 8-10 pieces  
1 small trotter, cut into chunks  
600 g salted mustard (kiam chai)\*, cut into large pieces  
80 g (1 big) onion, peeled and cut into segments  
50 g (8) dried shiitake mushrooms, soaked and halved  
4 Chinese sour plums

### **Spice pouch (tie in a muslin cloth):**

1 nutmeg seed; crack shell to extract kernel and smash kernel once with the back of a cleaver, discard shell  
1 teaspoon white peppercorns, crushed lightly  
50 g (1 slice) ginger, peeled and lightly smashed  
60 g (6 cloves) garlic, peeled and crushed

### **Method:**

Bring the water to a boil in a stock pot and put in the duck and trotter. Allow to boil for about 5 minutes until scum rises to the surface. For a clear stock, pour away the boiling water and rinse meat and pot with cold water. To the meat in the pot, add 2.5 liters of water and bring it to a boil. Add the rest of the ingredients, including the spice pouch. Bring soup to a boil again before lowering heat to simmer until the meat is tender. Top up with more water if necessary. Adjust soup to taste, adding salt (careful not to add too much because the salted mustard may be making the soup sufficiently salty) and peppers as desired.

\*Kiam Chai - Taste the salted mustard. If it is excessively salty, soak it in water for an hour to draw out the salt before using. For some slightly sour taste, you can also add 2-3 preserved sour plums but by adding this you may not require to add any salt in the soup, taste for your preference.