

## Ten-Treasure Duck Soup Recipe

(Malaysian Recipe)

**Ingredients:** Serves 4

1 muscovy duck or duck

2.5 liters water

some salt

**Chinese Herbs:**

25g root poria (fu shen)

20g white peony root (bai shao)

20g white atractylode (bai zhu)

20g cinnamon

20g grassleaf sweetflag rhizome (jiu jie chang pu)

10g sliced Chinese angelica root (dang gui)

25g codonopsis (dang shen)

20g ligusticum (chuan xiong)

16g prepared rehmannia root (shu di)

6 pieces liquorice root (fried with sugar)

**Method:**

Rinse duck, chop into large chunks then scald in boiling water briefly to remove blood. remove to drain and set aside. Pour water into a pot. Put in all the Chinese herbs and the duck chunks.

Bring to a boil in high heat then switch to low heat and cook for 2½ to 3 hours. Season with salt before serving.

[asian\_free\_recipes\_download]/[asian\_free\_recipes\_download]