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Leave it to the talented Chef Chris Ely from Goose the Market (<http://www.goosethemarket.com>) in Indianapolis, Indiana to create this luscious soup for Indiana Local Food Soup Swap 2009. Included in the recipe's instructions are websites for many of his favorite local producers.



Hot and Sour Duck Soup

Yields: 1 gallon

Servings: 12 (10 oz)

If you are the cook that likes to do everything at the last minute this soup is not for you. This soup is perfect to do small steps over the course of three days. Make the stock on the first day, prep your produce and pull the duck on the second day and finish the soup on the third day. It can be served straight away or reheated. Plan ahead and this soup is very simple.

Stock

3 each	Gunthorp Farms duck legs (www.gunthorpfarms.com)
2 each	Carrots, peeled and rough chop
1 each	Yellow onion, peeled and rough chop
1 rib	Celery, rough chop
1 each	Leek, rough chop white part only
All	Mushroom stems, reserved from soup below
1 each	Bay Leaf
6 each	Black Peppercorn
1 each	Star anise
1/2 each	Cinnamon Stick
1 ¼ gallons	Water (www.indianapoliswater.com ☺)

Method of Preparation for the Stock

1. In a two gallon stock pot add the duck legs and enough water to cover the legs.
2. Bring to a simmer, strain and discard liquid.
3. Combine all remaining ingredients including the 1 ¼ gallon of water, bring to a boil and reduce to a simmer.
4. Skim all junk (scum or foam) that rise to the surface.
5. Simmer for 8 hours skimming as needed.
6. Strain stock and reserve the stock and the duck legs for the soup. Discard remaining ingredients.
7. You should yield at least 1 gallon of stock.



Hot and Sour Duck Soup

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Soup

2 T	Peanut Oil
1 head	Baby Bok choy, trim stem and cut crosswise into ½ in sections (there is a small chance that you may still be able to find these locally)
2 Rib	Celery, small dice
2 each	Carrots, peeled and small dice
½ lb	Homestead Growers Shiitake Mushrooms (http://www.homestead-growers.com/) de-stem and slice thin
1 T	Butter, unsalted
1 gallon	Duck stock
All	Pulled meat from duck legs, discard bones, shred meat
1 each	Lime, juiced
1 tsp	Szechuan peppercorn, crushed fine
¼ cup	Bourbon Barrel Soy Sauce (http://www.bourbonbarrelfoods.com/home)
To Taste	Sambal Chili Paste
½ cup	Rice wine vinegar
3 each	Schacht Family Farm Eggs (http://www.schachtfleecefarm.com)
1 tsp	Sesame Oil

Method of Preparation for the Soup

1. Heat the oil in a wok or wide bottom pan over high heat.
2. Just before the smoking point add bok choy, carrots and celery. Sauté until the carrots become tender.
3. Add the mushrooms and continue to sauté. Add the butter and 2 oz of duck stock as the moisture is absorbed by the mushrooms. Cook until all the moisture is evaporated from the pan but be sure not to let anything stick to the pan.
4. Once the moisture is evaporated, add the duck stock and bring to a simmer.
5. Add the duck, lime juice, peppercorns, soy sauce, chili paste, and rice wine vinegar.
6. Allow to simmer for 20 minutes and then adjust the seasoning.
7. Combine the eggs and the sesame oil and whisk until well blended.

8. Stir the soup in a circular motion while adding the egg mixture in a slow stream.

Garnish (all items are optional)

3 each	Green onion, slice thin
1/2 cup	Cilantro, rough chop
1 cup	Bean Sprouts
1 each	Thai Chile, sliced thin

For more seasonal recipes and information about Indiana local food, visit www.goinglocal-info.com .