



Duck Soup Czarnina

Savannah · 30/09/2024



Prep Time

N/A

Difficult

Medium

Servings

N/A

Description

This is an old Polish recipe that was used at Easter time This recipe is traditionally served with home made noodles If desired the fruit can be removed leaving broth to serve with noodle If you do not know where to purchase a duck contact a local farmer or butcher If you prepare your own poultry be sure to add 12 cup vinegar to duck blood to prevent coagulation

Ingredients

- - 1 (4 pound) wild duck
- whole - 4 cups duck blood - 8 cups water - 1 teaspoon salt - 1 stalk celery
- cut into 2 inch pieces - 1 sprig chopped fresh parsley - 1 cup heavy cream - 5 whole allspice berries - 2 whole cloves - 16 ounces pitted prunes - ½ cup raisins - 1 tart apple - peeled
- cored and chopped - 2 tablespoons all-purpose flour - 1 tablespoon white sugar - salt and pepper to taste - 1 tablespoon fresh lemon juice

Instructions

1. Cover whole duck with water in large stock pot. Add salt
2. and bring to a boil. Skim off foam. Place celery
3. parsley
4. allspice
5. and cloves in a cheese cloth bag
6. and add to stock pot. Cover and cook over low heat until meat is tender
7. approximately 1 1/2 hours. Remove cheese cloth bag from stock pot. Remove duck. Discard bones
8. cut up meat
9. and return to the broth. Mix in prunes
10. raisins and apple. Simmer for 30 minutes. In a medium bowl
11. beat flour and sugar into cream until smooth. Beat in duck blood gradually. Add 1/2 cup hot soup stock to blood mixture
12. blending thoroughly. Pour mixture slowly back into stock pot
13. stirring constantly until soup comes to a boil. Season to taste with salt
14. pepper
15. lemon juice and vinegar.