

## Roast Duck & Red Cabbage Soup

**Rating**

added by caregrow to the River Cottage Community  
20th January 2009 at 10:43

A delicious, if somewhat unusual soup (purple is not to everyone's taste), best served with organic, crusty bread!

**Prep time**

30 mins

**Cook time**

60 mins

**Servings**

Up to 8 portions

**Ingredients**

- 1 Wild Mallard (roasted) - Any duck will do, I just love Mallard.
- 1/2 Red Cabbage
- 6 Potatoes
- 2 Red Onions
- 1 medium Kohl Rabi
- 8 Brussels Sprouts
- 1 Litre Chicken Stock
- 1 Litre Water
- Pinch of Rock Salt
- Black Pepper (to taste)
- Pinch of Oregano
- Pinch of Rosemary

**Directions**

Place duck carcass in a large pan and add the water. Bring to the boil then simmer for 30 mins. Remove carcass from pan and add the chopped vegetables and the chicken stock. Bring back to the boil, then reduce to a simmer. Remove all meat from the carcass and add to the rest of the ingredients. Now add the salt and pepper, and the two herbs. Allow contents to simmer for a further 30 mins. Remove from heat and blitz in a blender until thick and smooth. Serve with crusty bread. If desired, swirl a little sour cream into the soup just before serving.