



Vietnamese Duck Breast Noodle Soup

- 6oz dried rice stick noodles
- 1 cup sliced shallots (3 large)
- 3 (1/8 inch thick) slices of fresh peeled ginger
- 1 tsp minced fresh Serrano chili (including seeds)
- 1 tsp canola oil
- 3 1/2 cups of beef broth (fresh or canned)
- 1 3/4 cups of water
- 1 star anise
- 1 cinnamon stick
- 1/2 lb or 2 8oz duck breasts thinly sliced
- 6 oz of fresh bean sprouts
- 1/4 cup fresh cilantro leaves
- 1/4 cup fresh basil leaves (fresh or canned)
- 1/4 cup fresh mint leaves
- 1 tbsp fish sauce
- 1 tbsp fresh lime juice

Cook noodles in boiling water for 4 minutes, drain and rinse under cold water. Cook shallots, star anise, cinnamon stick, ginger and chile in canola oil over med heat until shallot are browned. Add broth, water and simmer for 10min. While broth is simmering, divide noodles, duck, bean sprouts and herbs among 4 bowls. Discard ginger, star anise and cinnamon stick from broth and stir in fish sauce and lime juice. Ladle broth among the 4 bowls and serve.

This recipe courtesy Executive Chef Steve Driver and Sous Chef Rusty Penno from Boffins.

Boffins offers cooking classes to its members on a monthly basis. Classes range from themes such as Asian cuisine, East Indian cuisine and summer BBQing to bread making, soups and stews. Guests are taken through the process of preparing items from scratch with hands-on training.

Classes are both entertaining and informative, with on- and off-topic discussions featuring a wealth of knowledge and kitchen lore shared by both chefs and managers. The finale of the class comes when everyone is seated at a large table together and returns to the kitchen with plate in hand to sample the foods that have been prepared.

For schedules and costs contact Ray Dulos at 249-5344.