

Rainbow Trout Soup

Ingredients

- 3 Rainbow Trouts (rinsed, cut into 3 pieces)
- 3 Chicken Drumsticks (skinless)
- 1 Ginger (2-inch piece, peeled and sliced)
- 2 Onions (peeled, cut into wedges)
- 5 clv Garlic (peeled and smashed)
- 2 1/2 T Kosher Salt

Instructions

1. In an 8 quart stock pot add trout, drumsticks, ginger, garlic, and onions. Fill the pot with water until almost full.
2. Place the pot on the stove and turn the heat to high. Wait until the pot is boiling then turn the heat down to a simmer. Place the lid on the pot and let it simmer for 1 hour.
3. Once the time is up add salt and stir well. Bring the pot to a simmer again and then simmer for an additional 15 minutes uncovered. Taste the soup and make adjustments as needed.
4. Skim the fat from the soup then strain the soup and serve immediately.