



**DESHI MIX**  
BY SALINA PARVIN



# Our favourite bird

## Duck kalia

Duck kalia is a South Asian dish popular in Bangladesh, India and Pakistan. One very important step in this recipe is to soak and make a rough paste of the whole 'garam masala.' It gives a very distinct flavour, as well as taste. If you wish you can use whole garam masala too. Duck skin usually oozes out a lot of its own oil, so do not use too much extra oil.

### Ingredients:

1 whole duck (cut into pieces)  
½ cup onion paste

1 piece onion slice  
1 tbsp ginger paste  
1 clove garlic slice  
1 tsp garlic paste  
2 tbsp red chilli paste  
½ tsp turmeric powder  
1 tsp cumin powder  
1 tsp coriander powder  
¼ tsp black paper paste  
½ tsp garam masala paste  
1 tsp fenugreek seed  
1 tsp curry powder  
½ cup oil

Salt to taste

### Method:

Cut and wash the duck. Mix all ingredients except fenugreek seed, curry powder, garam masala paste, onion and garlic slice. Cook the meat on low heat with the lid on. When the meat is tender add garam masala paste, mix properly, remove the pan and keep aside. In a separate pan heat 2 tbsp oil, add the fenugreek seeds to it. When the spice starts to sizzle put onion and garlic slices, cook for few minutes and then add precooked meat and curry powder in it. Mix

well and cook for another 5 minutes. When oil floats over the curry, remove the pan and serve.

## Whole duck roast

### Ingredients:

1 whole duck  
1 tbsp ginger paste  
1 tsp garlic paste  
1 tsp red chilli powder  
½ tsp turmeric powder  
½ tsp black paper powder  
½ tsp garam masala powder



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