

1 tbsp soy sauce
1 tbsp tomato sauce
1 tbsp lemon juice
3 tbsp oil
Sugar to taste
Salt to taste

Method:
Cut and wash one whole duck properly. Prick the duck with a fork. Mix all the ingredients and leave them to marinate for about one hour. Now place the marinated duck on an oven proof tray and bake in a preheated oven at 160 degree Celsius for 20 minutes. Remove the duck from oven, turn the duck and bake the duck for another 20 minutes. When it is done remove the tray and prepare to serve.

Garlic duck

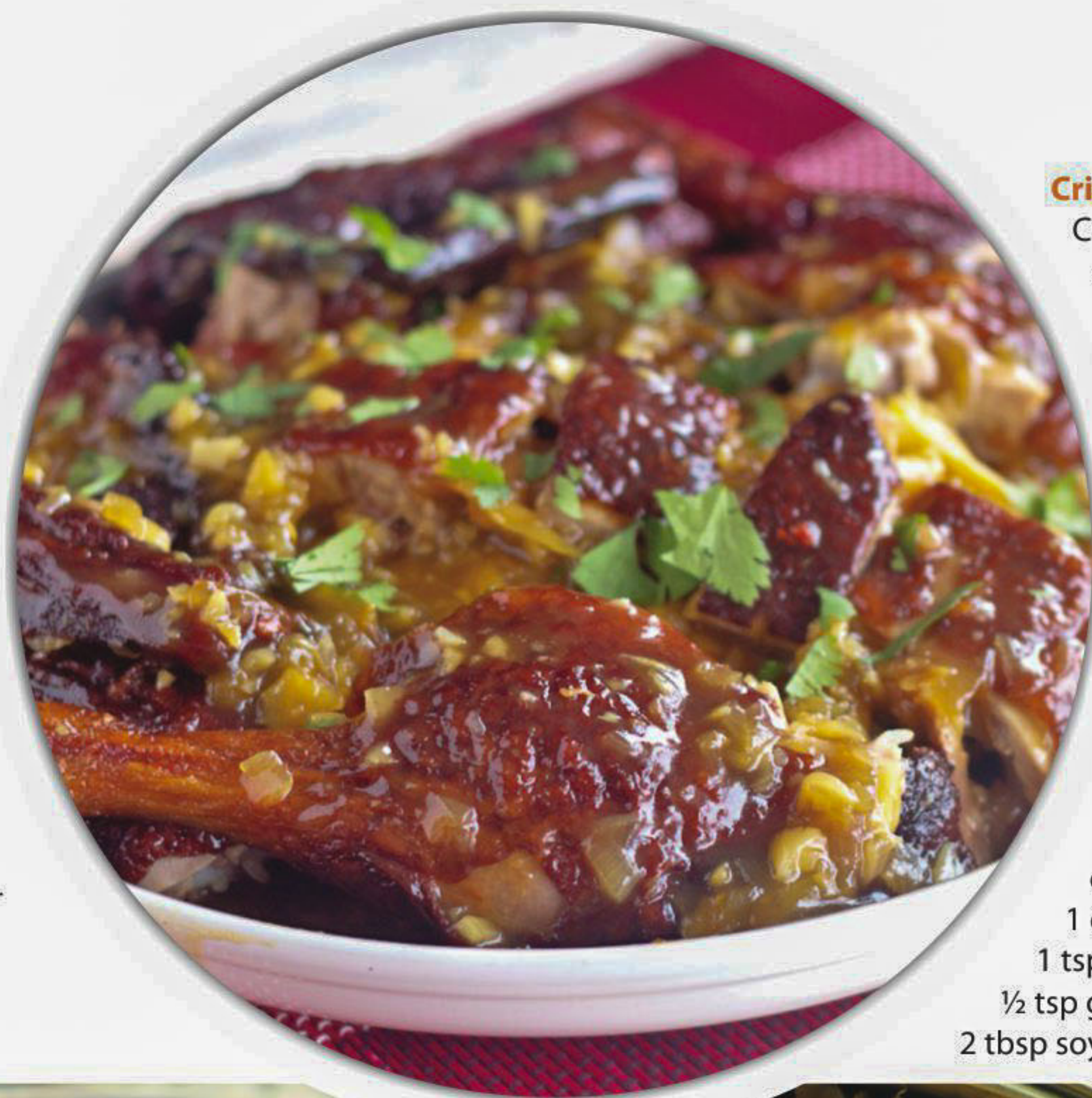
Ingredients:
1 whole duck (cut into pieces)
10 clove garlic

aside. Heat oil in a pan and add bay leaves. When they start to crackle, put sliced onions and fry till golden brown. Now add marinated duck and stir fry on high heat for 3 minutes. Add water and cook with the lid on till the meat is tender. Now put the garlic clove to it and cook it in low heat for 5 minutes. When the gravy is medium thick in consistency remove the pan. Serve with rice, polao or roti.

Duck bhuna

This is a classic dish in rural Bengal, as well as in cities. When I was in my teens, we often used to go to my aunt's place in winter. The moment we arrived, she would quickly cook us a delicious 'hasher bhuna'. Duck bhuna is also cooked when the newlywed daughter and her husband arrives.

Ingredients:
1 whole duck (cut into pieces)



Crispy Duck Fry

Crispy duck fry is one of those irresistible Chinese delicacies. You will find it at almost every Chinese restaurant. You will be surprised how easy it is to make at home.

Ingredients:
1 piece whole duck (cut into pieces with skin on)
1 cup butter milk
1 tsp ginger paste
½ tsp garlic paste
2 tbsp soy sauce



½ tsp garlic paste
1 tbsp ginger paste
½ cup onion slice
½ tsp cumin powder
2 tsp red chilli powder
1 tsp turmeric powder
2 piece bay leaves
½ tsp garam masala powder
½ cup oil
Salt to taste

Method:
Cut and wash the duck with skin on. In a bowl mix duck with all ingredients except onion slice, garlic clove and oil, and keep

1 cup onion slice
2 tbsp ginger paste
10 clove garlic paste
2 tsp pieces chilli powder
½ tsp turmeric powder
½ tsp cumin seed
2 pieces cinnamon
2 pieces cardamom
4 pieces clove
3 pieces bay leaves
¼ cup curd
½ tsp garam masala powder
1/3 cup Oil
Salt to taste

Method:
Cut and wash the duck. In a bowl mix meat with curd and a little salt, and keep aside. Now add all the ingredients to it except onion, cinnamon, cardamom, clove and oil. Heat oil in a pan, put cinnamon, cardamom, clove, and onion slice, and cook until brown. Now add the marinated meat and cook the mixture on high heat for about 10 minutes. Add water and remaining salt, cook with the lid on till the meat is tender. When the gravy is reduced and oil floats over, remove the pan. Prepare to serve.

1 tbsp chilli sauce
¼ tsp black pepper powder
2 pieces egg
2 cup flour
Salt to taste
Oil for deep fry
Method:
Cut and wash the duck. Mix all the ingredients except egg, flour and oil. Leave them for one hour to marinate. Beat the egg and keep aside. Now take a piece of duck at a time dip into egg and then coat with flour, repeat this method twice. Heat oil in a pan, fry the coated duck pieces until brown and crisp.

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Weekend rhythm and colours!

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Rang on Valentine's Day

R ANG is celebrating Valentine's Day this year with their special "Colours of Love" event. Take part in it by sending your photographs to Rang's Facebook page where the top 3 will be selected. The winners will be awarded packages presented by Nokhotro Bari. The winner will receive accommodation in 'Water Bangla Cottage'; second place will receive a deluxe room and third place will receive a hotel room free for one night. The deadline for the offer is on 6 February 2015. Simply send a message with your picture to www.facebook.com/rangfanclub or email it to contactrang@gmail.com. Rang is also offering new clothes in celebration of Valentines Day. This includes panjabi, saree, salwar kameez, fatua, shirt, shawls in bright colours.