



DESHI MIX
BY SALINA PARVIN

SMOKIN' DUCK

BARBECUE DUCK BREAST

Ingredients:

6 duck breasts, skin left on
75g runny honey
2 tsp chopped, fresh root ginger
1 tsp chopped garlic
25ml soy sauce
½ tsp Chinese five-spice powder
½ tsp mild curry powder
1 tbsp sesame oil
Salt and pepper to taste

Method:

Using a sharp knife, score the skins of the duck breasts, season well and keep aside. To make the marinade, place all of the remaining ingredients into a liquidiser, blitz well and pour into a bowl. Place the duck breasts onto a pre-heated BBQ skin-side down and continuously baste/brush the breasts with the honey marinade throughout the cooking time, while moving the breasts around to avoid sticking. The duck breasts should take around 15 minutes to cook. Alternatively cut the duck breasts into strips for a quicker cooking time. When it is done serve hot.

CHINESE ROAST DUCK

Ingredients:



1 duck
140g castor sugar
3 star anise seeds
Large piece ginger, sliced
3 garlic clove, sliced
Small bunch spring onions, roughly chopped
2 tbsp malt syrup or maltose
1 tsp Chinese spice powder
2 tbsp red vinegar
Salt to taste

Method:

The day before cooking, soak wooden skewers in water for 20 minutes. Wash the duck inside and out with cold water, drain and pat dry with kitchen paper. Mix together sugar, star anise, ginger, garlic, spring onions and a

few good pinches of salt, then use this to fill the cavities. Close the cavities with wooden skewers and set aside.

In a small bowl, mix the maltose and 1 tbsp of vinegar. Add the remaining vinegar to a jug of boiling water and pour over the duck. Smear the maltose mixture over the duck, then place it in a large plastic container and put in the fridge overnight, uncovered.

Now to cook, heat oven to 200 C/220 C fan. Put a little water in the bottom of a large roasting tin, place the ducks on a rack over the top and cover with foil. Roast for about 45 minutes. Take off the foil and roast for another 45 minutes. Take the duck out of the oven and let it rest for a good 20 minutes before carving.

DUCK WITH FENUGREEK LEAVES

Ingredients:

1kg duck, washed and cut into medium sized pieces
1 cup fresh fenugreek leaves, roughly chopped
2 large onion, finely chopped
2 medium sized tomatoes, grind to a smooth paste



1-4 cup cooking oil
½ tsp fenugreek seeds
1 tsp turmeric powder
2 tsp ginger, garlic paste
1 tsp cumin paste
1 tsp coriander powder
3 tsp red chilli powder
2 tbsp yoghurt
1 tsp garam masala powder
2 bay leaves
1 cup water
Salt to taste

Method:

In a wide bottomed vessel, heat oil. On low heat, add fenugreek seed and fry for few seconds. Add bay leaves, toss them and then add chopped onions, salt and turmeric.



Increase the flame to medium and fry till the onions turn golden brown.

Add ginger, garlic paste and fry for 1-2 minutes till the raw smell disappears. Add duck, cumin powder, coriander powder, mix well, cover and cook for 4-5 minutes. Add tomato paste, water and bring it to boil on high flame. When the gravy starts boiling reduce the flame, add whisked yoghurt, gently mix, add fenugreek leaves, mix well. Lower the flame and cook uncovered for 5 minutes, just before turning off the heat, add garam masala powder, mix well adjust salt if required. Serve hot with steamed rice, rotis or nan.

JAHANGIRI KEBAB WITH DUCK BREAST

Ingredients:

For first marinade -
500g duck breast
Salt to taste
1 tbsp garlic paste
1 tbsp ginger paste
1 tbsp papaya paste

For second marinade -

150g sour yoghurt
1 tsp green cardamom powder
½ tsp garam masala powder
100g green chilli paste
3 onions, chopped
200g fresh cream
2 chicken cubes
1 tbsp lemon juice
For basting -
200g ghee
For garnish -
4 lemons
2 beetroot, juliennes
2 white radishes, juliennes

Method:

Wash the breast and cut it into thin slices. Marinate it with salt, ginger paste, garlic

paste and papaya paste. For the second marinade, add all the remaining spices, green chilli paste, chopped onions, fresh cream, crushed chicken cubes and lemon juice to the sour yoghurt and put the slices of breast in it. Marinate for 10 minutes. Then put it on charcoal skewers and grill. Use ghee for basting. Garnish with lemon slices, beetroot and white radishes.

CRISPY DUCK SKIN

Ingredients:

500g duck skin, cut into ¼ inch strips
Vegetable oil for frying
1 egg
2 tbsp barbecue sauce
1 cup milk
2 cup all-purpose flour
1 tbsp garlic powder
1 tsp ground black pepper
Salt to taste
Oil for deep fry

Method:

Place the duck skin into a large pot, and cover with a lot of water. Bring to a boil over high heat, cook until tender. Drain, then rinse well with cold water. Drain in a colander, squeezing out the access water. Heat oil in a deep-fryer. Mix together egg, barbecue sauce, and milk in a mixing bowl. Stir in flour, mix well until no lumps remain, season with garlic powder, pepper and salt. Dip the pieces of duck skin into the egg batter, and allow the excess to drip off. Deep fry the duck skin in the hot oil until golden brown. Allow the skin to drain on a paper towel lined plate before serving.