



DESHI MIX
BY SALINA PARVIN



Duck dishes to warm you up this winter

The cool winter months are perfect for delectable duck dishes. Go on, allow yourself to be seduced by duck in all its glory!

NARIKEL DUDHE HASH (DUCK IN COCONUT MILK)

Ingredients

1 whole duck, cut into medium pieces
2 cup coconut milk
½ cup onion paste
¼ cup ginger paste
1 tbsp garlic paste
½ cup oil
1 tbsp red chilli powder
1 tsp turmeric powder
1 tsp roasted cumin powder
1 tsp coriander and cumin powder each
½ tsp garam masala powder
2 bay leaves
½ cup fried onion (beresta)
4 green chillies
Salt to taste

Method

Wash and cut the duck. Heat oil in a pan. Add onion paste, ginger-garlic paste, cumin and garam masala powder and salt, stirring



continuously. Add a little water to keep the spices from burning. Cook for 2 minutes or until the oil separates from the spices. Add the duck pieces and mix well. Stir and cook on high heat. Now add 1 cup of water and cook it until the oil separates. Gradually stir in the coconut milk. Cover and cook on low heat until tender. Add fried onion and stir well. Add garam masala powder, roasted cumin powder and green chillies. Cover and cook for another 10 minutes on low heat. Turn off the heat, sprinkle the fried onion and serve hot with plain rice, rice flour roti or paratha.

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 excess 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, and 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.

GARLIC DUCK

Ingredients

1 whole duck (cut into small pieces)
10 cloves of garlic
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 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 cloves and oil and keep 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.