

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.

WHOLE DUCK ROAST

Ingredients

1 whole duck
1 tbsp ginger paste
1 tsp garlic paste
1 tbsp red chilli powder
½ tsp turmeric powder
½ tsp black pepper powder
½ tsp garam masala powder
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 marinade for about 4-5 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 another 20 minutes. When it is done remove the tray and prepare to serve.

DUCK SKEWERS

Ingredients

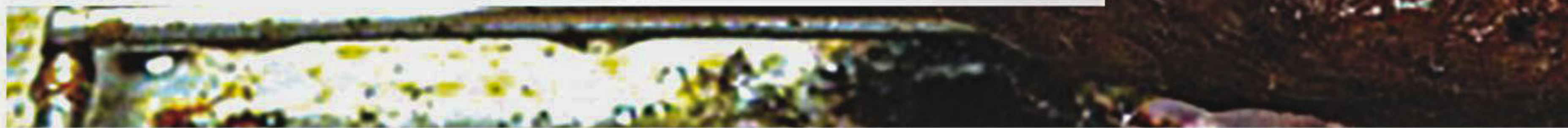
6-8 skinless duck breast fillets
¼ cup oil
2 tbsp garlic minced
1 tbsp ginger minced
2 tbsp oyster sauce
2 tbsp soy sauce
1 tsp lemon juice
2 tbsp Dijon Mustard
1 tbsp freshly ground black pepper
½ tsp salt
Wooden skewers soaked in water for 30 minutes



Method

Slice duck fillets across the grain of the meat into ¾ inch- thick strips. In a bowl, whisk together the remaining ingredients. Add sliced duck to the bowl, toss to coat evenly. Cover and refrigerate for one to four hours, turning occasionally. Remove meat from marinade and drain, but do not pat dry. Place skewers into the meat and grill to desired doneness over a well-oiled, medium-hot grill. For medium-rare, cooking time is approximately 8-10 minutes.

Photo: Collected



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Creative visualisation • Serving suggestion