

# Tharavu Curry - Duck In Spicy Sauce

**D**uck meat takes well to spices and the resulting dish is robust in flavor. DUCK IN SPICY SAUCE can be eaten with rice or Indian bread.

## Ingredients (To serve 4)

- Duck - 1½ lb / 680 gm
- Medium onions - 2
- Ginger - 2-inch / 5-cm piece
- Garlic cloves - 3
- Small green chilies - 4
- Olive oil - 4 tbsp
- Cinnamon stick - 2
- Whole cardamom - 4
- Whole cloves - 6
- Coriander powder - 1 tbsp
- Cumin powder - ½ tsp
- Turmeric powder - ¼ tsp
- Red chili powder - 1 tbsp
- Curry leaves - 6
- Coconut milk - 3.5 fl oz / 100 ml
- Vinegar - 1 tsp
- Pepper - 1 tsp
- Salt - 1 tsp

### Nutrition Information

	(per serving)	%DV
Calories	462	23 %
Carbohydrates	16 gm	5 %
Protein	34 gm	68 %
Fat	30 gm	46 %
Cholesterol	131 mg	44 %
Sodium	746 mg	31 %
Fiber	4 gm	16 %
Calcium	76 mg	8 %
Iron	6 mg	33 %

## Utensils

- Large pan with lid

## Preparation (15 minutes)

1. If using a whole duck, skin, trim the fat, and chop into bite-size pieces. Wash the duck pieces.
2. Peel and mince the onions.
3. Peel and mince the ginger and garlic.
4. Trim the stems off and mince the green chilies.

## Cooking (50 minutes)

1. Heat the oil in the pan over high heat.
2. Add the minced onions to the hot oil and sauté until golden brown.
3. Add the ginger, garlic, and green chilies. Stir-fry for a minute.
4. Add the cinnamon sticks, whole cardamom, and cloves and sauté until the aroma of the spices is released.
5. Add the coriander, cumin, turmeric and red chili powders, and curry leaves. Stir-fry for about 15 seconds.
6. Add the duck pieces and mix well with the onion-spice mixture.
7. Add about ¾ cup of water, or just enough water to immerse the pieces.
8. Reduce the heat to medium, cover and cook for about 45 minutes, stirring occasionally until the duck is cooked (knife cuts easily through the meat when done). Add more water as needed to cook the duck.
9. Add the vinegar and simmer for a few minutes.

10. Reduce the heat to low, and add the coconut milk.
11. Simmer until the gravy thickens.
12. Season with salt and pepper.

**Serve:** Hot.

**Note:** The fatty layer below the duck's skin melts as it cooks, and the oil should be ladled off several times during cooking.

Whole aromatic spices are not eaten.

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