

Duck Curry in Clay

Prepping and cooking the Duck for Cooking

Step One; First marinade and searing the skin.

- 2 tbsp turmeric
- Tablespoon of dry toasted fennel
- 2 tbsp coriander
- One Indian Bay leaf dry toasted
- Salt
- Tsp of tea



Grind the spices with mortar and pastel. Rub and pack the seasoning well in to skin. Turn the Hi Broil setting on and broil for 2 minutes per side or nice golden-brown crust develops. keep an eye on, prevent any burning. After about five minutes turn the heat low (low broil) and sear the skin for 10 minutes per side and let some of the fat render out. Save little bit of the rendered duck fat for making the curry.

Step Two; Making the Curry Base.

use whole spices and go from there to get maximum flavor out.

- Cup of toasted coriander
- Half a cup of whole Cumin
- Two Indian Bay leaves toasted
- 4-inch stick of cinnamon
- ¼ cup toasted of fennel seeds
- 2 tbsp warmed up black Cumin
- Tablespoon of cloves
- ¼ cup toasted dry white rice
- ¼ cup of crushed black pepper
- 2 tbsp mustard
- 2 tbsp of turmeric
- Twenty dry whole red peppers toasted

Use a dry heavy bottomed skillet to toast coriander, cumin, black cumin, fennel seeds, dry white rice, whole red peppers, and Indian bay leaves. Grind everything together except for cloves, cardamom, and cinnamon.

Step Three; Making the curry

- Two whole onions caramelized
- Three tablespoons of mung dal fried until brown
- 2 tbsp of duck curry seasoning powder
- 2 tbsp of Spanish paprika
- One inch piece of Ginger minced
- Three cloves of garlic minced
- Curry leaves handful
- Lemongrass
- 2 tbsp rendered duck fat
- Salt to taste
- Two cups of water

Everything ready to go, now it is time to make duck curry in Clay. In a small wok, fry three tablespoon of split mung dal until golden, set aside. Finely dice two medium sized red onions. Caramelize the onions until golden brown. Grind the caramelized onions, fried mung dal, paprika, salt, rendered duck fat ginger, and garlic together.

Add the curry powder blend we made to the seasoning paste and mix well. (Make sure to add at least two whole cardamom pods and two cloves). Coat the pieces of meat well and pack into the clay curry pot. Lay out the lemongrass and curry leaves on top of the meat and add water and cover the pot. Cook on medium low flame for one hour or until meat is cooked thoroughly. Carefully scrape the bottom every 15 minutes to redistribute the sauce. Also most importantly remove the duck fat that separates on the top while cooking. Do not have any worry of removing the flavor by taking the top layer out, because there is going to be plenty of flavor left in the curry. I took out almost 12 oz of wonderfully seasoned duck fat while the curry is cooking up.

This curry is perfect match with Paratha, rice, or with String hoppers (Steamed rice noodles)