BANGLADESHI · LUNCH · DINNER

Haser Mangsho Bhuna (Bangladeshi Spicy Duck Curry)

হাঁসের মাংস ভুনা

110 min · Serves 6 · 747 kcal a serve · Video 7:59 in Bengali · Aysha Siddika

Gluten-free ingredients · No dairy listed · No nuts listed

Duck slow-cooked in its own juices with freshly ground spices, with no sugar or flour: about 32 g protein and 5 g net carbs a serve, and over a third of a day's iron.

Diet notes: Keto (5.5 g net carbs a serve); Paleo with a swap: avocado oil instead of the mustard oil.

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Ingredients 19 · SERVES 6

- [ ] 1 whole **duck** (4 lb) with skin, fat and liver, cut in medium pieces
- [ ] ½ cup **mustard oil**
- [ ] 2 pieces **cinnamon**
- [ ] 2 **dried red chillies**
- [ ] 3 small **bay leaves**
- [ ] 6 **cardamom pods** (5 green, 1 black)
- [ ] 5–6 **cloves**
- [ ] 1½ cups chopped **onion**
- [ ] 2 tbsp **dried-chilli paste** (dried red chillies soaked and ground)
- [ ] 2 tbsp **ginger paste**
- [ ] 1 tbsp **garlic paste**
- [ ] 1 tsp **turmeric paste** (ground turmeric soaked in water)
- [ ] 1 tbsp **cumin paste**
- [ ] 1 tbsp **coriander paste**
- [ ] **salt** to taste
- [ ] 1½–2 cups **hot water**
- [ ] 1 tbsp **garam masala powder**
- [ ] ½ tbsp **roasted cumin powder**
- [ ] 8–10 **green chillies**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Singe the duck skin over a flame to remove small feathers, then wash and cut the duck into medium pieces, keeping the skin and fat on. Keep the liver aside. 0:55
2. Heat the mustard oil, fry the cinnamon, dried chillies, bay leaves, cardamoms and cloves briefly, then add the onion and fry until golden. 1:20
3. Add the chilli paste with a splash of water and fry until dry. Add the ginger and garlic pastes, then the turmeric, cumin and coriander pastes and a little salt; fry, sprinkling in water, until the oil separates. 2:20
4. Add the duck and stir-fry 3–4 minutes. Cover and cook on medium for 15 minutes to draw out its juices, then on low, covered, for 15–20 minutes more, stirring now and then. 3:53
5. Pour in the hot water; when it boils add the liver, cover and cook on low about 20 minutes until the duck is tender. 5:45
6. Stir in the garam masala, roasted cumin and green chillies, cover, turn off the heat and leave 15 minutes before serving. 6:20

> **Tip** Serves 6 (our estimate for a 4 lb duck). In Bangladesh it is a winter dish eaten with chitoi pitha or rice rotis; cauliflower rice keeps it lower in carbs. Skim off some of the fat that rises if you like.

The method is a summary in our words, in English — the video (in Bengali) shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
747 kcal 3,130 kJ	**32 g** 64% of a day	**8.3 g** 5.5 g net · 1.8 g sugars 3% of a day
FIBRE	**FAT**	**SODIUM**
2.8 g 10% of a day	**65 g** 18 g saturated 83% of a day	**490 mg** 21% of a day

Energy from net carbs 3% · protein 17% · fat 80% — fits keto: 5.5 g net carbs, 80% of the energy from fat

High in (20%+ of a day) Omega-3 99% · Selenium 61% · Iron 36% · Zinc 31% · Vitamin B6 27% · Vitamin B12 20%

Source of (10–19%) Vitamin A 14% · Magnesium 12% · Vitamin C 12% · Vitamin E 12% · Potassium 11% · Vitamin K 10%

Recipe and video: Aysha Siddika (@ayshasrecipe) on YouTube — youtube.com/watch?v=BhKe3ksiqac, published 28 November 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/haser-mangsho-bhuna-duck