INDIAN · LUNCH · DINNER

Kerala Duck Roast (Tharavu Roast)

താറാവ് റോസ്റ്റ്

70 min · Serves 5 · 511 kcal a serve · Video 4:45 in Malayalam · Shaan Geo

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

About 23 g protein and 14 g net carbs a serve: duck cooked with onions, shallots, ginger and black pepper in coconut oil, with no flour or sugar.

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Ingredients 17 · SERVES 5

- [ ] 1 kg **duck** pieces (weight after cleaning)
- [ ] ½ tsp **turmeric powder** (¼ tsp for the duck, ¼ tsp for the masala)
- [ ] 3 tbsp **ground coriander** (1 tbsp for the duck, 2 for the masala)
- [ ] ½ tbsp **chilli powder**
- [ ] 2½ tsp **ground black pepper** (1½ tsp for the duck, 1 tsp to finish)
- [ ] 1½ tsp **garam masala** (1 tsp for the duck, ½ tsp for the masala)
- [ ] 2 tsp **salt** (1 tsp for the duck, 1 tsp for the onions)
- [ ] 125 ml **water**
- [ ] ½ tbsp **lime or lemon juice**
- [ ] 3 tbsp **coconut oil**
- [ ] 35 small **shallots**, sliced
- [ ] 2 **onions** (250 g), sliced
- [ ] 5 cm piece **ginger**, crushed
- [ ] 10 **garlic** cloves, crushed
- [ ] 3 **green chillies**, chopped
- [ ] 4 sprigs **curry leaves**
- [ ] 1 **tomato**, chopped

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

Allergens found in the listed ingredients: none. 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. Put the duck in a pressure cooker with ¼ tsp turmeric, 1 tbsp coriander, the chilli powder, 1½ tsp pepper, 1 tsp garam masala, 1 tsp salt, the water and the lime juice, and mix well. 0:20
2. Close the cooker and cook until the duck is tender. 1:36
3. Heat the coconut oil in a wide pan and fry the shallots, onions, ginger, garlic, green chillies, curry leaves and 1 tsp salt until golden brown. 1:56
4. Add the rest of the turmeric, 2 tbsp coriander and ½ tsp garam masala and fry until the raw smell goes. 3:00
5. Add the tomato and cook until soft. 3:20
6. Add the duck with all its cooking liquid and cook uncovered, stirring, until the masala thickens and coats the meat. 3:36
7. Stir in the last teaspoon of pepper. 4:04

> **Tip** Serves 5 (the cook's number). Pressure-cooking time depends on the bird: a farm duck can take twice as long as a young one. In Kerala it is eaten with appam, chapati or rice; it is low in carbs on its own.

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

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
511 kcal 2,140 kJ	23 g 46% of a day	19 g 14 g net · 6.5 g sugars 7% of a day

FIBRE	FAT	SODIUM
5 g 18% of a day	39 g 17 g saturated 50% of a day	1,000 mg 44% of a day

Energy from net carbs 11% · protein 18% · fat 71% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 43% · Vitamin B6 31% · Iron 26% · Zinc 24% · Omega-3 21% · Vitamin C 20%

Source of (10–19%) Potassium 13% · Magnesium 13% · Vitamin B12 13% · Vitamin K 12% · Vitamin A 11% · Vitamin E 10%

Recipe and video: Shaan Geo (@ShaanGeo) on YouTube — youtube.com/watch?v=DN5Zqqh3sB0, published 4 March 2023. 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/kerala-duck-roast-tharavu-roast