

SHORSHE HASHER MANGSHO

#Game4Spice

This recipe is derived from one by Keith Floyd in the West Bengal episode of his TV series, "Floyd's India", and translates literally as "mustard duck meat". Over the many years I have made this dish my recipe has evolved and here, in its most recent incarnation, it's a suggestion for a curry using mallard breast. Mustard, being one of the characteristic flavours in Bengali cuisine is introduced through the use of mustard oil. If mustard oil is not to hand, just add mustard to the powdered masala in the recipe.

INGREDIENTS (SERVES 2)

- ❖ 2 mallard (or other duck) breasts, skinned and cut into 1cm slices
- ❖ 3 tbsp mustard or sunflower oil
- ❖ 2 dried red chillies
- ❖ 1 smallish red onion, finely sliced
- ❖ 2 garlic cloves, crushed to a paste
- ❖ 1" piece of ginger, grated
- ❖ 1 tbsp white wine vinegar
- ❖ 120ml water
- ❖ Julienne ginger **strips** to garnish

- ❖ *Whole Garam Masala:*
6 cloves, 6 cardamoms, 1 large cassia leaf or 2 bay leaves, 2-3" cassia or cinnamon stick, broken

- ❖ *Powdered masala:*
1 tsp Kashmiri chilli powder*, 1½ tsp ground coriander, ½ tsp turmeric powder, ½ tsp salt, (1 tsp mustard powder *if not using mustard oil*)

DIRECTIONS

1. Heat the oil in a sauté pan until quite hot and put in the *whole Garam Masala* and the dried red chillies. When the spices start to splutter add in the sliced onions and sweat over a medium heat until they just start to caramelize, then add the garlic, ginger and the *powdered masala* and cook for 1 minute.

2. Add the strips of mallard (or duck) to the pan and cook for 1-2 minutes stirring continuously so that the spices coat the meat as it starts to brown.
3. Add the vinegar and allow it to bubble then add the water. Reduce the heat a little to allow the curry to simmer gently

for 10-15 minutes by which time the meat will be cooked and the gravy will have reduced. If the gravy reduces a bit too much just add a little more water. Garnish with the julienned ginger strips and serve.



Shorshe Hasher Mangsho, Sakh Bhaji, Basmati Rice, Plain Raita

SEASONAL SIDE

SAKH BHAJI BRUSSELS SPROUTS "PANCH PHORAN"

Heat 1 tbsp sunflower oil in a wok or similar pan and fry a good pinch of asafoetida. Then add a broken up dried red chilli and 1 tsp Panch Phoran (equal quantities of cumin, black mustard, fenugreek, nigella and fennel seeds). Just as the seeds sizzle add 1 or 2 deseeded and shredded green chillies and fry for a few seconds. Then put in 175g Brussels sprouts which have been peeled and sliced along with ¼ tsp mustard powder and a pinch of turmeric. Stir everything well then add 50ml water and approx. ½ tsp salt. Allow to cook over a medium high heat for 3-5 minutes until the sprouts have softened and the moisture has largely evaporated.