

# INGREDIENTS for Indian Duck Curry with Tamarind Sauce

Yield: 6 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/black-onion-seeds-indian-recipe>

## Ingredients:

- 2 ducks cut into about 12 pieces, discard the tails as they taste awful.
- 5 tablespoons gram flour
- 6 tablespoons vegetable oil
- salt and pepper
- 2 white onions large
- 3 tablespoons coriander seeds
- 2 tablespoons cumin seeds white
- 2 tablespoons sesame seeds
- 1 1/2 cups desiccated coconut
- 6 tablespoons vegetable oil
- 1 handful roasted peanuts
- 3 tablespoons chilli flakes
- 3 tablespoons clarified butter or ghee
- 1 teaspoon black onion seeds
- 1 teaspoon black mustard seeds
- 20 curry fresh or frozen, leaves
- 1 teaspoon turmeric
- 2 liters water
- 1 tablespoon sugar
- 3 tablespoons tamarind paste
- 1 handful coriander chopped, leaves

## Nutrition:

1. Calories: 1610 calories

2. Carbohydrate: 21 grams
3. Cholesterol: 210 milligrams
4. Fat: 155 grams
5. Fiber: 8 grams
6. Protein: 36 grams
7. SaturatedFat: 52 grams
8. Sodium: 360 milligrams
9. Sugar: 7 grams
10. TransFat: 1 grams

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