

ACTION+
NUTRITION

PHOTOGRAPH BY ROMAS FOORD



THIS IS THE DAY

This duck kebab is a tasty alternative to the Indian staple. With its low fat content, it's hot but not too heavy

MEAL MAKE-OVER

THIS MONTH: DUCK KEBAB

Having made its name as one of Mumbai's most important seafood restaurants, the job of creating a London version of Trishna fell to 26-year-old chef patron Karam Sethi. In just short of two years, it established itself as not only worthy of the name, but also succeeded in attracting a new dedicated foodie following with Sethi's authentic version of cuisine from the Ratnagiri region of India. For GQ, Sethi created a healthy kebab packed with flavour that will linger in the memory, rather than around your middle.

TRISHNA, 15-17 BLAKESFORD STREET, LONDON W1. TRISHNALONDON.COM



INGREDIENTS

2 DUCK LEGS	3 Tbsp CORIANDER CHUTNEY
1 FINELY CHOPPED GREEN CHILLI	1 PITTA BREAD
10g DICED SHALLOTS	
2 Tbsp BREADCRUMBS	FOR THE SALAD:
5g FINELY DICED GINGER	1 SLICED TOMATO (WITH SEEDS REMOVED)
5g FINELY DICED GARLIC	¼ SLICED RED ONION
5g CHOPPED, FRESH CORIANDER	100g CUCUMBER JULIENNES
½ TSP GARAM MASALA	JUICE OF ONE LEMON
2 Tbsp VEGETABLE OIL	

METHOD

- + Remove the meat from the duck legs and grind to a fine mince in a food processor.
- + Add the chilli, shallots, breadcrumbs, ginger, garlic, coriander and garam masala to the mince.
- + Form 3 cake-shaped patties with the mince. Heat 2 tbsp of oil in a frying pan and cook for 4 minutes on each side until golden.
- + Meanwhile, mix the salad ingredients.
- + For the coriander chutney, grind 200g coriander leaves, 1 green chilli, ½ clove garlic, 100g ginger, 2 tbsp natural yoghurt, 1 tsp of salt and 1 tbsp of lemon juice in a food processor.
- + Toast the pitta bread for 2 minutes. Cut it in half and then spread the coriander chutney on the inside. Finally, add the salad and duck kebabs.
- + Serve with a cold King Cobra lager (double fermented 8 per cent) as a reward for that healthy eating.

THE LAST BITE

GQ nutritionist Anita Bean on why this kebab is a far fitter pitta than the traditional version...

"Duck is a good source of protein and iron, both needed to repair tissue and build cells. It is high in B vitamins (particularly niacin and riboflavin), which combat fatigue and regulate energy metabolism. It's also rich in zinc, good for keeping your immune system healthy, and

selenium, a powerful antioxidant that helps fight cancer and heart disease. Although duck has a reputation as a fatty meat, the saturated-fat content is five times lower when all the skin is removed. In fact, a skinless duck leg is leaner than a skinless chicken leg. The

whole recipe contains just 12g fat (3.3g saturated fat) and 517 calories, which is just one fifth of the fat content of the average kebab and half the calories." anitabean.co.uk

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OF THE AVERAGE
KEBAB

Out for a duck?: Karam Sethi of Trishna restaurant serves up a reduced-fat reinterpretation of the spicy favourite – half the calories, all the flavour