

Share this: [Twitter](#) [Facebook](#) [LinkedIn](#)



Dear Friend,

Who doesn't like potatoes? How about fried in duck fat? Yum! A new fast, fresh (and delicious) Indian restaurant hits midtown Manhattan and we were there.

Why don't you invite your friends [to sign up](#) for the newsletter? My goal is to double the readership, so if everyone reading this can get a friend to sign up...Or you can click the icons above the logo to send to a friend, Twitter, Facebook, or LinkedIn.

Enjoy!

Anne



An Evening at Baluchi's FRESH

Did you know that the staple of India restaurants – chicken tikka masala – isn't even Indian? This was one of the many interesting things the Accidental Locavore learned over a fun tasting dinner at Baluchi's FRESH, a new fast-casual Indian restaurant.

[Baluchi's FRESH:](#)



Duck Fat Smashed Potatoes

One of the joys of doing a slow-roasted (or any kind of) duck, is the added pleasure of all that duck fat! If, like the Accidental Locavore, you happen to have some residing in your fridge, potatoes are wonderful sautéed or fried in duck fat. Added bonus, it's better for you than butter! So sauté away. Serves 4 if you're not too greedy!

[Potatoes:](#)



October Calendar

Plenty of pumpkins ready for carving!

[Download the calendar:](#)

Huffington Post & The Daily Meal

The Accidental Locavore is now part of *Huffington Post*! [Click here](#) to follow on HuffPost. [And here](#) to see what I'm up to on *The Daily Meal*.

PO Box 1289 | Pleasant Valley, NY 12569-1289 US



[Subscribe](#) to our email list