



**RECIPE**

# Delectable Baishakh treats straight from the kitchen

**WATERMELON JUICE WITH ICE CREAM**

**Ingredients**

500g watermelon  
100g ice cream

**Method**

Scoop the watermelon with an ice cream scooper. Put it in a food processor and grind it. Strain the juice. Keep the juice in the freezer for 4/5 hours. Take a long-shaped glass. Put one scoop of vanilla ice cream in a glass. Pour the juice on top of the ice cream. Put another small scoop of ice cream on top of the juice. It is now ready for serving.

**BEL/WOOD APPLE LASSI**

**Ingredients**

500g pulp of bel/wood apple  
500g sweet yoghurt  
Sugar (optional)

**Method**

Take the pulp of the bel and put it in a food processor. Mix water and grind it for a while. Put the sweet yoghurt in the food processor and grind it again for 2/3 minutes. You may add extra sugar if you want. Put it in the freezer for 4/5 hours and serve it when it is chilled.

**NARKEL ER NARU**

**Ingredients**

2 cups fine coconut flakes  
1 cup sugar  
1 tbsp water  
1 tsp cardamom powder  
1 cup milk powder

**Method**

Put the coconut flakes on a pan on the oven. Roast it for five minutes with low heat. Pour the sugar and 1 tablespoon of water in a pan and heat it. Allow the sugar to melt but avoid it from getting caramelised or turning brown.

When the sugar turns into a sticky syrup, mix the roasted coconut flex. Keep stirring constantly while it is on low heat. Pour the powdered milk and cardamom powder in the pan and keep stirring until it becomes sticky and compressed. Put it in a bowl and keep it covered.

Start making the small balls with it while it is still hot. Let the small coconut balls cool

for a while and serve.

**GUR ER PAYESH**

**Ingredients**

2L milk  
¼ cup chinigura rice  
1 cup khejur er gur  
100g raisins  
50g chopped walnuts

**Method**

Heat the milk in a pan and let it condense. Soak the rice in water for about an hour and strain it.

In a pan, put the rice in the milk in medium heat and let it simmer slowly. Stir it often with a wooden spoon until the rice becomes soft and make sure it does not get burned at the bottom.



Pour the gur in the pan. Add the raisins. Keep it on the medium heat for another 5 to 10 minutes. When the rice is soft and condensed, pour the payesh on a nice dish. Put it the freezer for 2 to 3 hours and let it cool down.

Garnish with chopped walnuts, and serve.

**CHIRA ER POLAO**

**Ingredients**

1½ cup chira  
1 tbsp ghee  
50g potato



1 tbsp peanut  
5 pieces cinnamon  
2 sticks cardamom  
1 tbsp salt  
1 tbsp chopped onion  
2 tbsp coconut milk  
Green chilli

**Method**

Wash the chira and strain it for a while. Cut the potato in small cubes and boil it for a while. Put the ghee on a pan. Put the chopped onions, peanuts, cinnamons, cardamoms, boiled potato, Coconut milk and salt on the pan. Fry these ingredients for 5 minutes until the potatoes are well cooked. Mix the washed chira on the pan and stir it for a while. Serve it on a dish and garnish with green chilli.

**ILISH POLAO**

**Ingredients**

*For the fish —*  
8 pieces Ilish  
½ cup cooking oil  
1½ cup ghee  
1½ cup onion, chopped  
1 tbsp onion paste  
½ tsp cumin seed paste  
1 tbsp salt  
½ cup sweet yoghurt  
½ cup coconut milk  
*For the polau —*  
1 kg chinigura rice  
1 tbsp ginger paste  
2 sticks cardamom  
2 or 3 pieces of bay leaves  
2 tbsp salt  
4/5 pieces green chilli  
8 cups hot water

**Method**

*For the fish —*  
Wash the fish pieces well and strain the water. Heat a pan on the oven and pour ½ cup of oil and ½ cup of ghee. Put the chopped onion and fry it until it is almost brown. Put the onion paste, cumin seed paste, salt and 1/3 cup of water. Cook it for a while. Put the pieces of fish in the pan and after 5 minutes, pour the sweet yoghurt, coconut milk and ½ cup of water. Cook for 10 to 15 minutes. Once the fish is cooked, separate the fish from the gravy.

*For the polau —*

Wash the rice well and strain it. Heat up a saucepan and pour 1 cup of ghee. Once the ghee is heated, put in the onion and ginger paste. Pour the rice, cardamom, salt, cinnamon and bay leaves. Keep stirring the rice for 7/8 minutes in medium heat. Pour the hot water in the rice. After 5 minutes, bring the temperature down to low and mix the gravy. Spread the fish over the rice and keep it covered on the oven for half an hour. Serve it on a nice dish and garnish it with caramelised onion and green chilli.

**Photo: Sazzad Ibne Sayed**  
**Food and recipe: Shamiun Ahmed**