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SUN *kissed* beauty

**PENS AND PADS FOR EVERY MOOD
BREAKING DOWN STATIONARIES P3
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PHOTO: SAZZAD IBNE SAYED
MODEL: HRITIKA
MAKE-UP: FARZANA SHAKIL'S
MAKEOVER SALOON
JEWELLERY: PEARL KINGDOM
STYLING: SONIA YEASMIN ISHA
LOCATION: RENAISSANCE DHAKA
GULSHAN HOTEL

**ঘরে থাকুন
মিরাপদে থাকুন**

চিরচেনা রঙিন পৃথিবীটা আজ অনেকটা ধূসর।
জীবন হয়ত খমকে আছে চার দেয়ালের ঘরে।
তবু জিয়াজনদের ঘিরে দৃঢ় বন্ধনে থাকার, নিজে সুস্থ
থেকে অন্যকে সুস্থ রাখার প্রচেষ্টা থেমে নেই।
পরিবর্তিত নিয়মে জীবন চলছে, চলবেই।
ঘরে থেকে ভালো থাকুন, সবাইকে ভালো রাখুন।

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Brewing history out of coffee

For many of us, coffee remains an embedded part of life; a go-to beverage at all times and an aid in running our day-to-day activities. Even during the month of Ramadan, many of us like a cup of hot brewed coffee to seal the day with some raw energy and bring order to our chaotic minds.

Coffee has captured our popular imagination throughout history, and its flavours and tastes have greatly evolved due to its enduring demand over the ages. The demand and daily nature of the coffee habit has given rise to the concept of coffee shops and made them intrinsic to the intersection of many memories, ranging from dates to friendly outings to evening breaks, as well as the entry point for many "firsts" in life.

Coffee, being a global beverage, has evolved continually, and of course, has been commodified and specialised in today's world, according to Jonathan Morris, who chronicles the global history of coffee in his book, "Coffee: A global history."

Before being a major transactional good in the transnational trade routes, which sprung up in the heyday of colonialism



introducing the drink to Europe and the New World, coffee's major producers and consumers were Muslims. The foundational myth of coffee rests in the highlands of Ethiopia, where a young goat herder named Kaldi, in the 9th century, ate red coffee berries after initially seeing his goats become increasingly agitated and animated after eating the same. Kaldi is said to be jolted and energised by the rich rawness of the berries, after which he went to his local imam to seek advice.

This story remained enmeshed in Ethiopian folklore, and later on, in Western literature as cross-pollinations of written

accounts of coffee crossed borders during 1671. While this history is hard to verify, a sustainable coffee economy did exist centred on the Red Sea, making drinking coffee a habit that lingers to this day in the Middle East and Ethiopia itself.

The word coffee is derived from the Turkish word, *kahveh*, itself from the Arabic *Qahwah*, both of which made their place in the lexicons of their respective languages in relation to their gradual association with this fresh stimulant.

As the reach of coffee spread, its aromas and flavours found a new home: the Sufis in Yemen. In this version, in the mid-1400s, a mysterious new plant grows in Ethiopia, which later on finds itself in the dry and arid lands of Yemen. Sufi mystics incorporated the habit of consuming this coffee to help them carry out *dhikr*, night time prayers concentrated on God, in a trance-like state without any worldly interference. The grounds of the coffee cherry leaves would be boiled and passed around as a dark potion to prepare for a night of deep meditative chanting.

Slowly, coffee found itself routing towards the cities of Mecca, Medina,

Istanbul, Cairo, and Damascus amongst many others as its popularity grew. It was this gradual spread that gave birth to a new social institution known as the coffeehouse, which would later leave an imprint on the politics and literature of the whole world.

The first coffeehouse set up in Istanbul became a regular spot where merchants, intellectuals, and the who's who of the Ottoman Empire rubbed shoulders and discussed the heated topics of the day. As time lingered on, these original coffeehouses came to be known as *mektab-i-irfan*, or schools of knowledge. Coffee, as a stimulant, found itself being debated from the pulpit of the mosques to the courts of the royal palaces.

Later on, as more trading routes opened up, coffee went West bound as Venetian merchants took it everywhere, and with each sip, a new method of brewing was invented again, bridging the East and West once again for the love of a drink which has remains an ingrained part of our daily lives still.

By Israr Hasan
Photo: LS Archive/ Sazzad Ibne Sayed

NEWSFLASH

Uber forms Transport Safety Alliance in Bangladesh

To help contain the spread of COVID-19 and to set the highest safety standards in these challenging times, Uber has spearheaded the formation of a Transport Safety Alliance (TSA) in partnership with DBL Pharma, Zantrik, Dettol (Reckitt Benckiser) and Fresh Tissue. The alliance is meant to generate safety awareness amongst consumers, and to equip drivers with necessary health and safety supplies to ensure safer rides.

As a part of the Alliance, Uber and its allies are distributing key safety supplies such as masks, soaps, tissues and sanitisers to its drivers from Zantrik-provided distribution points. Reckitt Benckiser is providing Dettol soap bars free of charge, and Fresh is contributing tissue paper boxes for distribution to drivers.

Commenting on the formation of this alliance, Ratul Ghosh, Head of East

India and Bangladesh, said, "In these challenging times, the one thing that hasn't changed is Uber's commitment towards the economy, safety of our communities, and to #MoveWhatMatters. We formed this alliance with the single objective of joining forces with reputed organisations and brands to provide the highest safety standards. I am thankful to all our partners for their valuable

contributions."

Uber is committed to supporting its communities in these incredibly challenging times. Working collaboratively with other organisations increases the possibility of containing the spread of the virus and puts communities on the path to recovery.

For more information, visit www.uber.com/en-BD/newsroom/news

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ঐতিহ্যের আর এক নাম আধুনিকতা
ঠিক যেনন রূপচর্চায় আভিজাত্য মানেই

স্যান্ডালিনা
সোপ

রূপচর্চায় আভিজাত্য...

KOHINOOR CHEMICAL

LS PICK

For the love of stationery hoarding

It may be a digital age where, instead of paper, notes are taken on a scribble pad app on our smartphones, but a true stationery-nerd knows to keep a pen and notepad in their bags. Taking notes is never the sole purpose, it is the satisfaction and thrill of buying a new notebook and matching set of pens to go with that which gives us the thrill we seek. If you get an unmatched satisfaction after finally finding a mechanical pen that lasts a whole year, or get excited about school starting because you get to create an entirely new hoard of stationery, or love holding onto cards instead of actually sending them out, because let's be honest, some are just too pretty to be scribbled on — congratulations, you too are one of us!

THE SCHOOL LOVING NERD

If you are headed back to school, college or university and are in need (or simply want to because why not) of bulk stationery purchases, Nilkhet and New Market stationery shops are the ones to hit. While these are the traditional places, they hold all kinds of pens, bags, files, pencil cases and washi tapes you could want, and more. You just have to dig deep.

The secret to Nilkhet — the more you go in, the more affordable it gets. If you



want something cute and funky that children will love, Notebored (<https://www.facebook.com/notebored.bd.ac/>) is an online store with lots of bright and colourful goodies, fun paperclips, cute eraser sets and a lot of pencil cases.

Although every superstore has a stationery section, the ones at Lavender and Unimart are worth mentioning for their great collection of some of the brightest, most colourful and unique items.



THE MINIMALIST NERD

You like stationery, but nothing too crazy. You like to hoard, but only the simple stuff. Lots of stores now have varieties of the standard stationery. From sketched notebook covers to matte wrapping papers to black scrapbooks, and even gold and silver pens to go on them, and Talisman (<https://www.facebook.com/talisman.bd/>) is a store that can provide you with these simple but unique stationery items.

THE CLASSY NERD

You have graduated university and are moving into a cubicle instead of a bench and the funky multi-coloured sticky notes and markers and just do not feel right anymore. Fret not, for improvisation is what being a stationery lover is all about.

to your fandom merch needs with their creative bookmarks. From magnetic bookmarks depicting your favourite shows to cut out Hogwarts House bookmarks to help your showcase where you belong; it is a hub for bookmark lovers and collectors.

THE ARTISTIC NERD

If you love stationery and art, you know the struggle is double for there are too many cool things to buy. But the plus side — you get to collect and express your love of art all through the same stationery sets. Also, you might actually get some use out of the 50 notebooks instead of leaving them blank. Luminous crafts and stuff (<https://www.facebook.com/luminouscraftbd/>) is an online store which carries loads of art supplies as well as stationery which will help you meet both your artist and stationery hoarder needs in one place. From calligraphy tools to black notebooks to paint markers, you will find it all. Modern Stationery at new Market is another old gem of a store if you want a one-stop shop for everything art and stationery.

THE NOTEBOOK NERD

We all know a person who hoards notebooks of all kinds and shapes and sizes. Over time, because of the fun and interesting designs, notebooks have become a sort of collectible. They allow us to express ourselves through the fun covers portraying our favourite shows, characters, quotes, or art pieces and is simply lovely to carry around.

Tapestry (<https://www.facebook.com/tapestrybd.net/>) is an online store that holds numerous designs that cover a lot of our favourite TV shows such as Friends, Joker, The Justice league, Spirited Away or a classic Van Gogh art piece. They also carry some unique bookmarks in tassels



First and foremost, stick to a colour family. This could be black, white and gold, mixtures of pastels, or even shades of green. For times you cannot find goodies in your colour family, grab a can of spray paint to coat your pens, pencils, paperclips and everything else that needs recolouring. For organisation, instead of hitting stationery stores, hit a home organisation store instead where you can get small ceramic trays and bowls to hold onto your pens and paperclips, acrylic desk organisers, and maybe even some file/magazine holders in textured fabric instead of the plain paper prints. Made with Love (<https://www.facebook.com/MadewithLoveBD/>) is a brilliant online store that holds a lot of calendars, planners, notebooks and more that will appeal to you if the prior styles did.

THE FANDOM FANATIC NERD

A true fandom fanatic is one who loves to express their love through their clothes, accessories, and yes, stationery! While it was hard to get our hands-on fandom goodies when we were kids, thanks to the Internet and online stores, it is easier than ever today to showcase what our fandoms mean to us. Kraftz (<https://www.facebook.com/Kraftzbd/>) is a store that will cater

and metal that make your notebook stand out from the rest.

Caderno Bangladesh (<https://www.facebook.com/cadernobd/>) is another such store with lots of notebook designs covering Game of Thrones, PUBG, KPop, Football, Marvels and many more. They also carry pocket pads in just as cool designs for you to quickly grab when on the run.

No matter which category of stationery nerd you fall under, or wish to fall under, the numerous options of online and offline stores make it super easy for us to own all these fantastic stationeries today.

By Anisha Hassan
Photo: LS Archive/ Sazzad Ibne Sayed

Nature-bathing

The crux of our being, which is a deeply powerful matter, tends to get worn-out at times, and the only way to refresh the tired soul is to be as close to natural surroundings as possible. The lushness of nature is like a soothing balm for our inner depths. And I can safely vouch that the luxuriance of mother earth has healing powers that act as a catalyst to enliven both our mind and body.

There are times when I am overworked or stressed, and for a relief, I picture myself on the sandy beach of Teknaf, waves crashing in and out, tickling my feet, or walking along the abandoned rail line in Lawachara National Park; just visualising nature brings a sense of calm and quietness in me — it's something indescribably serene, and



encourages a deep sigh in me and gives me a feeling of instant relaxation.

Walking barefooted on dewy grass, passing your hands over the blooming jasmine bough or stopping to smell the mild whiff of the frangipani scent in the air, or simply feeling the warmth of the sun beating down on your body, the smell of rain in the air, the claps of thunder; all these satiate our senses, making us feel alive.

This is all quite intuitive to most human beings; we crave nature. Being stuck at home and maintaining social distancing can be tiresome and irksome, this is exactly the time when we need to be as close to nature as possible and engage in eco-therapy or nature-therapy.

Societal stress associated with living outside of a natural environment most often make people long to go to the green villages on the outskirts of Dhaka, to spend



weekends in green resorts, or just spend time walking in nature. These breaks from city life drudgery leave a profound impact of calmness in our physiologic functions and mental health associated stressfulness. It also helps us to heal our weakened immune systems.

Ramna park, Gulshan park, Baridhara park, Uttara sectoral parks are lovely spaces for brisk walks. If you are lazy like me and do not

go for regular walks, at least try once or twice a week to take walks in public parks near your home, for as little time as 15 minutes. People watching is fun too, collecting dry flowers, cones and leaves are great for any Do it Yourself projects.

Go to the nearest national parks or open spaces like Satarkul, 100 feet, 300 feet, Poddoo



Beel, Zinda Park and arrange a fun weekend outing there.

My pet peeve is to walk through nurseries; the mixing of the soil with compost or manure, the tiny sapling heads peeking out of the soil, the earthworm helping the soil to aerate, happy plants smiling up to the sun, the gardeners repotting or mixing fertilisers; I love all these activities. It fills my soul with hope and happiness. Just decorate your house with more plants, surrounding yourself with green is a great way to stay happy and is a form of proven nature therapy!

During the pandemic, if you cannot go out, then bring the outside inside your home and enjoy. Eco-therapy, nature therapy and nature-bathing are the mantra of these hard times and key to keeping sane.

— RBR

Photo: LS Archive/ Sazzad Ibne Sayed

HOROSCOPE



ARIES
(MAR. 21-APR. 20)

Social events will be successful. Look into exercise programmes. Decide what needs to be done. Your lucky day this week will be Wednesday.



TAURUS
(APR. 21-MAY 21)

Be prepared for rewards from past good deeds. Lend an ear to a friend. Re-evaluate your motives. Your lucky day this week will be Wednesday.



GEMINI
(MAY 22-JUN. 21)

Do things with family. Your emotional requirements can be unrealistic. Consider volunteer work. Your lucky day this week will be Tuesday.



CANCER
(JUN. 22-JUL. 22)

Take care of issues at hand. Avoid overloading your plate. Physical activity will help with frustration. Your lucky day this week will be Tuesday.



LEO
(JUL. 23-AUG. 22)

Look into long-term investments. Eliminate disadvantageous situations. Don't be harsh with your partner. Your lucky day this week will be Sunday.



VIRGO
(AUG. 23-SEP. 23)

Get your point across delicately. Work diligently this week. Find ways to make more money. Your lucky day this week will be Monday.



LIBRA
(SEP. 24-OCT. 23)

Deal with financial limitations gracefully. Find solutions through communication. Expect changes in your home. Your lucky day this week will be Wednesday.



SCORPIO
(OCT. 24-NOV. 21)

Colleagues can undermine you. Don't get depressed. Put in a little extra time. Your lucky day this week will be Monday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Work will go smoothly this week. Compromise is the name of the game. Shopping can lift your spirits. Your lucky day this week will be Thursday.



CAPRICORN
(DEC. 22-JAN. 20)

Avoid confusion when communicating with others. Accomplish what you want this week. Residential changes will lift your spirits. Your lucky day this week will be Thursday.



AQUARIUS
(JAN. 21-FEB. 19)

Discipline will help with bad habits. Sudden changes of heart can cause heartache. Don't borrow money this week. Your lucky day this week will be Tuesday.



PISCES
(FEB. 20-MAR. 20)

Residential moves will be favourable. Pick your fights carefully. Think before making a move. Your lucky day this week will be Tuesday.

STYLE COUNCIL

When East meets West

Halter necks, spaghetti straps or a lovely sheath dress — any one of these words can conjure a vivid image of a fun night-out with that special someone. Coco Chanel iconised the little black dress, while Christian Dior mainstreamed leopard prints and silk chiffons. There are simply no alternatives to these fantastic western outfits, especially for a romantic night out.

But what if you were 'still' tired and wanted something different? A bit of experimentation with the 'already fantastic!'

If you consider yourself a fashion enthusiast, you'd know by now that there's no messing with the stilettos because that would only make things look disproportionate. And no, mismatched is not cute at all! No matter how much the online fashion pages stress on it.

This conundrum leaves us no choice, except for experimenting with the rest of the accessories like jewellery and bags. Dare to be different? Here's where the game lies.

You'll be amazed at how a little alteration in styling can bring about a significant change to the entire look. Try donning a baby-doll dress, paired off with a traditional Indian nose ring (*nath*) or the elaborate bell-shaped earrings (*jhumkas*). These will definitely get you noticed, especially with your special someone. Thank us later!

You want more experiments? Try the elaborate gemstone neckpieces particularly the (*navaratna*) to help shine your way through the night.

Worried that you might make a mess out of everything and look tacky instead?

There's always a simple solution to every problem. For this one, make sure to keep the makeup simple, preferably in the nude, so that your jewellery, personality and that little black dress is highlighted.

Another trick is to keep the hair simple and plain; rather than going for high definition curls or intricate braids, just churn up a messy bun, or a pony tail. This will make sure the extravagant jewellery does most of the talking through the night.

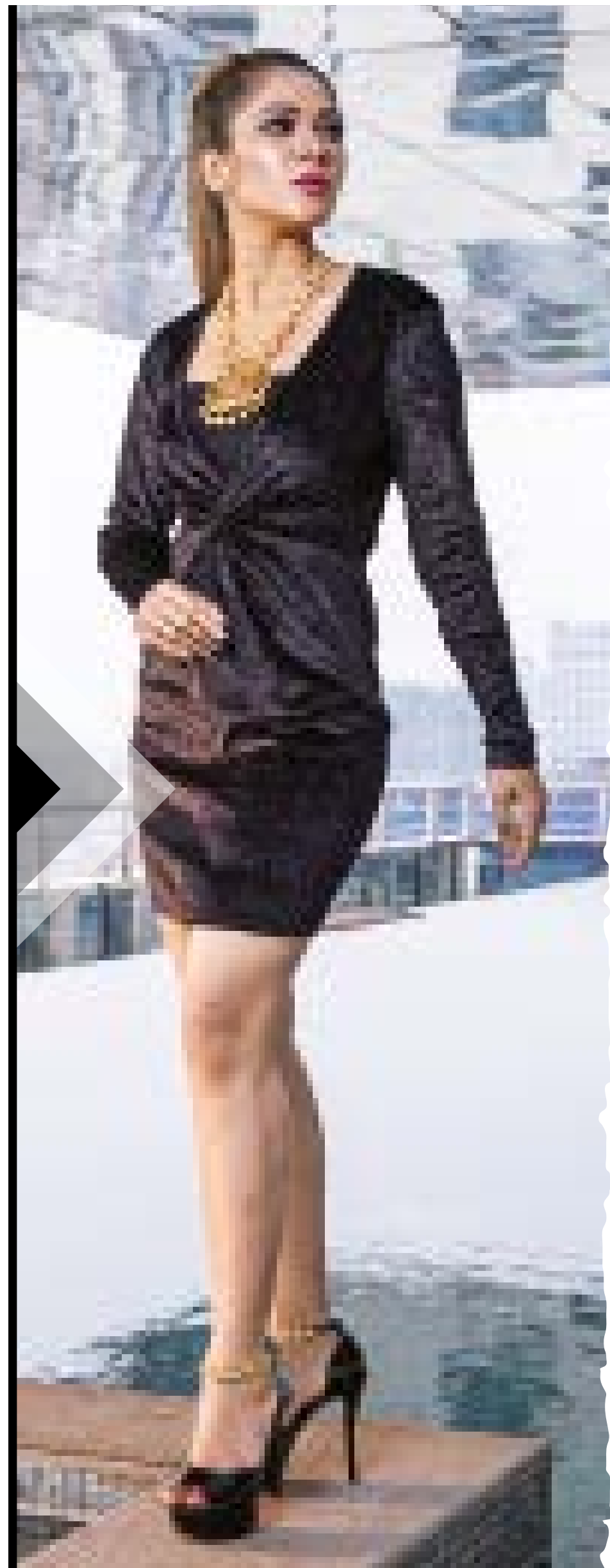
Since we are discussing Indian jewellery, an important point to note is that it CANNOT be a duplicate. Because an imitation would most definitely lack the appropriate radiance to grip anyone's attention!

Your best bet is to wear an antique. Maybe an heirloom piece that belonged to your grandmother?

We promise, the rest of the night will flow smoothly with magical conversations of the past and the present, and itself become a night to remember, certainly.



By Fashion Police
Photo: Sazzad Ibne Sayed
Model: Hritika
Make-up: Farzana Shakil's Makeover Saloon
Jewellery: Pearl Kingdom
Styling: Sonia Yeasmin Isha
Location: Renaissance Dhaka Gulshan Hotel



COVER STORY

Summer in the city leaves one hot under the collar, especially in Dhaka, where temperatures keep rising without rhyme or reason. The unbearable humidity just adds to the difficulties for Dhakaites! No matter the state of the mercury, one must never suffer sartorially, even if it is summer. Short styles are the order of the day when it's sweltering outside to keep you cool, both fashion-wise as well as comfort-wise.

Be in a mood in a mini!

It is a no-brainer that short dresses look chic and stylish. An absolute summer staple, it leaves its wearer unruffled and happy. The right one can even take you from day to night and effortlessly so. They are back with a bang, and one is truly spoilt for choice when it comes to choosing!

Firstly, the length matters. Dresses that rise above the knee are categorised as minis and they are all the rage right now. Next, there are many different styles. A chiffon dress in a floral print with ruffles and long sleeves is perfect for the day. From brunches with girlfriends to attending classes, this style is perfect for daily wear.

Another style is the shirt-style, which is basically a slightly longer shirt. It can be worn on its own or cinched in the waist with a cool belt. This is a classic style designed for women on the move. Solid colours, stripes and gingham checks are the best options for this one.

The next contender is the baby doll style that is cute and super-girly. Feminine colours and prints like little flowers and polka dots look great in this style. Another is the stretchy, body-con mini in materials like jersey. Super-soft and comfortable, this one hugs your curves and sits at the right places. Ideal for casual wear, it looks great in black, grey, olive and also camouflage. Made famous by Kylie Jenner, this style is very popular with cool young things these days!

For those velvety summer nights, minis look extremely stylish. A simple little shift in black is always

sophisticated, and every fashionista worth her stiletto should own one. It's wise to invest in a great little black dress, preferably from a well-known designer, made with great material and with a super-flattering fit. It will last in your wardrobe for decades, if chosen wisely. From dawn to dusk, it will keep you looking chic and fabulous.

While black is a popular choice for the night, one can always try something different. Think white satin mini with thin, barely-there straps à la Stephanie Seymour in Calvin Klein from the '90s. White-hot and iconic, this will truly set you apart in a party. Lace mini dresses are another great option that look stylish. Think of unusual colours like nude, peach, navy and olive. Sequined mini dresses are very trendy right now. A long-sleeved, sequined mini in metallic unusual shades like 21st century gold, burnt copper and fuchsia will look super-sexy and stunning.

Animal prints are in vogue too; they look hot. Try it in a different colour like teal, red, silver and green as opposed to the usual gold, brown palette. Think out of the box, put on your mini and show the world how it's done!

By Sabrina N Bhuiyan
Photo: Sazzad Ibne Sayed
Model: Hritika
Make-up: Farzana Shakil's Makeover Saloon
Jewellery: Pearl Kingdom
Styling: Sonia Yeasmin Isha
Location: Renaissance Dhaka Gulshan Hotel





DESHI MIX
BY SALINA PARVIN



For those special occasions



KAJU PULAO (CASHEW PULAO)

Ingredients

2 tbsp oil
1 tsp ghee
500g aromatic rice, soaked and drained
200g cashews
1 cup chopped onions
1 bay leaf
2 green cardamom
2 cloves
2-inch cinnamon sticks
5 green chillies
1 tsp ginger-garlic paste
3 tbsp finely chopped coriander leaves
Salt to taste

Method

In a pan, heat oil. Fry cashews until golden brown. Remove from heat and keep aside. In the same pan, add chopped onions and fry until crisp and golden brown. Remove them and set aside. In the same pan, add 1 teaspoon of ghee and add bay leaf, cardamom, cloves, cinnamon, and ginger-garlic paste. Fry until the raw smell is gone. Add water and let this come to a boil. Add soaked and drained rice and green chilli. Mix well. Cook covered on medium heat for 10 minutes. Stir and cook on very low heat for 5 minutes. Remove from heat and set aside for 5 minutes. Sprinkle fried onions, fried cashews and finely chopped coriander leaves on top. Serve hot.

MUTTON TIKKA

Ingredients

1 kg mutton meat (boneless cut into chunks)
2 large onions, chopped
5 green chillies, chopped
 $\frac{3}{4}$ cup vinegar
1 cup tsp salt
1 tsp garlic paste
2 tsp ginger paste
3 tbsp oil
1 large tomato, chopped
 $\frac{1}{4}$ tsp black pepper
 $\frac{1}{4}$ tsp chaat masala
 $\frac{1}{2}$ tsp lemon juice

Method

Chop onions and green chillies. Soak them in the vinegar for 10 minutes. Then remove and set aside. In the vinegar, add meat, salt, ginger and garlic paste. Allow it to marinate for 2 hours in the fridge. Put the meat and vinegar mixture in a small pot and bring to a boil. Cover and decrease to a simmer and cook on a low flame until the vinegar has evaporated and the meat is cooked through, approximately 1-2 hours. Heat 2 tablespoons of oil in a frying pan over medium low heat. Add onion and stir for few seconds, add tomato and meat and fry until the tomatoes starts to break down. Add soaked green chilli mixture and

continue frying. Season with black pepper, chat masala and lemon juice. Test and adjust seasonings if desired. Serve with lemon wedges and chat masala.

BEEF KUNNA

Ingredients

$\frac{1}{2}$ cup oil
1 kg beef shank, chops (50-60g each piece)
1 large onion, chopped
1 tbsp ginger paste
1 tbsp garlic paste
 $1\frac{1}{2}$ tbsp chilli powder
1 tsp turmeric powder

1 tbsp coriander powder
1 tbsp roasted cumin seeds powder
 $\frac{1}{2}$ tsp garam masala powder
 $\frac{1}{2}$ cup wheat flower mixed water
Salt to taste

Method

Heat oil in a clay cooking pan and cook the meat for a few minutes on high heat till it changes colour. Turn the heat to medium and add onion, chilli powder, turmeric powder, ginger-garlic paste, coriander powder and salt. Mix well and cook for 5-6 minutes or till the oil separates. Add 5-6 cups of water and cook for 1 hour with the lid on. When the meat is tender, add the wheat flower mixed water and roasted cumin seeds powder. Mix well and cook for another 15 minutes on low heat. Turn off the heat. Leave for 4-5 minutes and serve hot.

BAKED GARLIC CHICKEN

Ingredients

6 skinless, boneless chicken breast halves
2 tbsp olive oil
2 clove garlic, minced
1 cup dry bread crumbs
 $\frac{2}{3}$ cup grated cheese
1 tsp dried basil leaves
 $\frac{1}{2}$ tsp ground black pepper
Salt to taste



Method

Preheat oven to 350° F (180° C). Lightly grease a baking dish. In a bowl, blend the olive oil, salt and garlic. In a separate bowl, mix the bread crumbs, cheese, basil, and pepper. Dip each chicken breast in the oil mixture, then add in the bread crumbs mixture. Arrange the coated chicken breasts in the prepared baking dish, and top with any remaining bread crumbs mixture. Bake 30 minutes in the preheated oven, or until chicken is tender. Remove from oven and serve.

VEGETABLE JALFRAIZE

Ingredients

- ¼ cup chopped carrots
- ¼ cup chopped cauliflower
- ¼ cup chopped tomatoes
- ¼ cup chopped capsicum
- ¼ cup green beans
- ¼ cup chopped onion
- 2 chopped green chillies
- 1 tbsp lemon juice

- 50g butter
- ½ tsp cumin seeds
- 2 tsp red chilli powder
- ½ tsp black pepper powder
- 1 tsp ginger paste
- 1 tsp garlic paste
- 1 handful chopped coriander leaves for garnishing

Method

Heat butter in a pan over medium flame. Add ginger and garlic paste along with cumin seeds, and fry for 20 seconds. Once they are cooked, add the chopped vegetables and mix them well. After 30 seconds, add the lemon juice, red chilli powder, cumin powder, salt, pepper powder in the vegetables. Stir to mix well and cook for another 6-8 minutes, or till all the vegetables are cooked. Remove from heat and garnish with coriander leaves. Serve it hot with roti, paratha or rice.

KASARI PHIRNI

Ingredients

- 3 tbsp aromatic rice

- 1 pinch saffron
- 4 cups milk
- 6 tbsp sugar
- ½ tbsp cardamom powder

Method

Soak aromatic rice for 30 minutes. Then drain water. In a mixer jar, add soaked rice, then pour 3 tablespoons of milk; coarsely grind. Heat milk in a pan and let it boil. Add saffron and ground rice mixture. Stir and mix well. Add sugar, cardamom powder, mix well and stir continuously till the mixture thickens and remove from heat. Sprinkle grated pistachios, serve hot or chilled.

UMM ALI

Ingredients

- 1 package puff pastry sheets
- ½ cup chopped walnut
- ½ cup chopped hazelnuts
- ½ cup chopped pistachios
- ½ cup raisins
- 1 cup flaked coconut
- 1¼ cups sugar, divided

- 4 cups milk
- ½ cup heavy cream

Method

Preheat oven to 175° C. Butter a baking dish. Place the pastry sheets in the baking dish and place the dish in the oven. When the top layer turns crunchy and golden, remove it from the oven. Continue until all the sheets are cooked. In a mixing bowl, combine all the nuts, raisins, coconut and ¼ cup of sugar. Break the cooked pastry sheets into pieces and stir into the mixture. Spread mixture evenly in baking dish. Bring milk and ½ cup sugar to a boil in a medium saucepan over medium heat. Pour over nut mixture. Beat the heavy cream with the remaining ½ cup sugar until stiff peaks form. Spread evenly over nut mixture in dish. Place dessert in oven. Bake for about 10 minutes or until top is golden brown. Serve hot.

Photo: Collected

THOUGHT CRAFTBY NASRIN SOBHAN
Freelance Writer

Diary of a Homemaker

There is little to do these days. The virus has struck fear into the stoutest hearts, and most of us have changed our lifestyles to suit the times.

Nature, unaware of our concerns, continues her work of the seasons. I wake each morning to another glorious day, the room filled with sunshine and the trees outside my window glowing with health and beauty. I go up to admire the pots on my roof. The flowers are dazzling in the morning light. The lilies and hydrangea, red roses and petunias, and myriad other beautiful plants blossom on, ever constant in their beauty.

I cut lilies of different colours for my vases, although we get no visitors nowadays. The green chillies are so abundant that I return to the kitchen each

day with my little basket laden with them, along with sprigs of basil for the pesto, rosemary for the lamb, and mint for my tea and lemonade.

I have a pile of books on every table in the house; a book to suit every mood. Murder, politics, history, and occasionally, romance. Romance in particular, seems hard to relate to at a time when people are fighting to survive.

There is much time for introspection now. I wonder, fruitlessly, why the world is so beset with disasters. Everyone has brilliant theories: Malthus, Darwin, Jared Diamond, and conspiracy theorists. In "Silent Spring" by Rachel Carson, we were warned, many years ago, that this world would not survive the ravages wrought upon it by humanity.

For some, the bounty of this world is meaningless; their only priority being how to exploit nature, its trees and its resources, oil, minerals, and water for money. For others, the same bounty is ignored, lost as they are in dreams of the Paradise to come. For me personally, this world is a gift; the reward of the Almighty to us, if only we can appreciate it, and to live and work in a spirit of gratitude and sincere intentions, accepting what each day brings.

Illness, poverty, hardship, and death are random, not selective. We have been given something of inestimable value, the gift of life, but everything comes with a price.

Sitting in my home as a homemaker, I observe the antics of powerful people all over the world, people who can change

things for the better, but are not inclined to for their own gains. I see each day how many of them compromise common moral standards in order to gain wealth, and yet more wealth, even in the face of this virus that threatens death, worldwide recession, and other tragedies; most of the burden of which will be suffered by the poor, the innocent, and the powerless.

In the end, six yards of cloth will be all people can take with them: not the profits from the stock market, nor the riches from their hotels and golf courses, nor the pleasure of seats in important governing bodies.

God's gifts to us were intelligence and free will. What we do with these gifts will be our responsibility and only ours.

READER'S CHIT

Love for a father, a national hero

May 28, 2020 – the longest, darkest, scariest night of my life! My beloved father M Ishaque Bhuiyan, lost his life in an excruciating final battle against the cruel COVID-19 virus. Abba was like a steadfast tree to the family, while the rest of us were his branches, all under the wings of his care. The saddest part of this story is that I was unable to tend to his final days, being stuck in the U.K. for my PhD.

I couldn't visit! Yes! I couldn't even...

All the comfort I can give myself at the moment is that it was the ultimate will of a Higher Power (Allah SWT) and no matter what we tried; this was destined for our family.

So, I have calmed my mind, assuming he is definitely in a better place, one where there are no vices and no pandemics to fight against.

Abba, a freedom fighter and a key commander in the Mujib Bahini, was also a 1973 BCS graduate, dedicating the majority of his life to government services. With various work stints like being the District Commissioner of Natore (1996-99), to holding a key role in the Election Commission Committee (Sylhet), to tirelessly volunteering for 15 years in Special Olympics of Bangladesh (SOBD) and holding a special position in the committee, to being the director of Bangladesh Development Bank Ltd (BDBL), he was a truly dedicated patriot, completing his work life gloriously as a reputable Joint Secretary of the Bangladesh Government.

Yes, all of us who have been associated to him are proud. We are proud that he taught us to ceaselessly love our country and no matter what, to always dedicate our lives for the betterment of the nation.

Here's the saddest part. When I joined Dhaka University as a faculty back in 2009, he was the proudest and often asked



me to publish write-ups in the leading newspapers of the nation. Having time constraints, I always found an excuse to avoid publishing. My best excuse till date was not being a good writer. Still, abba kept on pursuing me.

Today, after so many years, when abba has already left us, I have taken up the pen to scribble a few words to him.

Alas, abba – such is life! – I am really sorry.

This write-up is a token of love and

appreciation from a doting daughter to a father.

Wherever you are today, you are missed by many, including friends, family, and hundreds from your birth place Talshahar, Brahmanbaria. You left us all in deep mourning. We salute you for being a steadfast supporter of our beloved Bangladesh.

We love you back for being the warm human being that you were. Your blessings are showering down upon us from heaven.

I hope you will still help me walk the path you had etched for me. You have always been my inspiration and you will continue to be for years to come. I have always loved you, my hero, and always will.

Your beloved daughter,
Nusrat Jahan (Rojoni)

Associate professor, Department of
Tourism and Hospitality Management
University of Dhaka

Photo courtesy: Nusrat Jahan (Rojoni)

CHECK IT OUT

All about FASHIONOVATION

COVID-19 has introduced a new world order. From frequently disinfecting our surroundings to holding virtual meetings instead of the age-old board room conferences, a lot has changed in these two months.

Every industry faced its own levels of turmoil and one of the worst-hit has been the fashion industry. In a declining economy where people's disposable income is continuously crumbling, most do not feel the need to buy another fashion item — that was not a basic necessity.

It must also be mentioned that the fashion industry does not only include the apparel manufacturers and retailers, but everyone from photographers, designers, models, choreographers, makeup artists to even the light boys, all connected to each other like a wheel to the axle. While most fashion outlets were seeking an online solution to their problems, the modelling industry was not left behind.

Azra Mahmood, renowned model and



AZRA MAHMOOD
Ideation and initiation

NUZHAT KHAN
Executive Editor, CANVAS



FASHIONOVATION

choreographer of Bangladesh, initiated the lead to set the industry back in motion through a concept she termed as 'Fashionovation.'

"I was sitting at home and staying safe when I realised there is no immediate solution to the pandemic. That's when I made a pressing decision to save the almost dying industry and take innovative approaches to continue with our livelihoods. I discussed this idea with Nuzhat Khan, Executive Editor, Canvas. Together, we worked in the first online photoshoot for Canvas Magazine, which was well received by the masses," said Azra.

Nuzhat Khan voiced a similar opinion, saying, "The pandemic and the concept of social distancing prevented us from going to print anytime soon. An immediate solution was necessary to keep business in motion

and Azra Mahmood came with a timely solution. We gathered a few like-minded models, stylists and photographers together over a virtual meeting and discussed the possibilities of a virtual shoot. Everyone was excited, and we materialised the photoshoot within days. Easily downloadable apps like Google Duo and Zoom were used at the beginning to hold the shoots. Then we moved on to remote access functions found on smartphones and cameras to work with 'finer' prints. The shoots were amazing and everyone enjoyed working as a team, like always."

Sonia Yeasmin Isha, model and fashion director shared her views on Fashionovation as well, saying, "We were all cooped up in our houses after the pandemic hit. None of us were willing to work outside until a worthy solution was found to tackle the

problem. That's when Azra Mahmood and Nuzhat Khan approached a few of us, to take part in virtual shoots. I was a bit apprehensive at first, but after seeing the results, I feel quite encouraged to take on more work. This is surely the way going forwards."

To sum up Fashionovation and its future prospects, Azra Mahmood's ideas sound appropriate — "This is the time to completely dedicate our efforts to Bangladesh – on both a collective and individual basis, because she needs us. So, for my future photoshoots, I have decided to include local designers and their collections to portray to the masses. I hope this helps to keep the entire industry alive and thriving."

By Mehrin Mubdi Chowdhury
Photo courtesy: Azra Mahmood

LS SUGGESTS

4 fashion styling tricks to bring down from the runway

Fashion shows and runways are always bursting with fashion inspiration — the good, the bad, the ugly and sometimes, even the crazy (remember models carrying their own heads?). But no doubt, if you are looking for something fresh, new, and exciting in the world of fashion, runways are the place to check out.

HEAD TO TOE BEIGE

This used to be big a few years ago, but is now back for 2020 couture. Brands like Chloé and Balmain showcased some in the form of dresses, pant suits, flowy skirts, but whichever form you choose, make sure to pay close attention to the material.

Beige in itself is a beautiful neutral colour that suits every occasion, but when done in the wrong fabric, it can become dull pretty quick. Opt for linens, georgette, silk that will hold form while being easy on hot summer days. Do not be afraid to mix in some light prints and patterns amongst the beige background and add on some matte gold accessories to match.



GRAPHIC SUITS

Stepping out of the typical dull shades that usually come with suits, this year welcomes lots of graphic and bold suits. Brands like Alexander McQueen showcased their shiny maroon power suits, while guests were seen in Persian blue, tangerine and emerald green, looking just as powerful and bright, proving it looks just as good off the runway as well. This is easy to incorporate for corporate events where you want to come off as fun and formal, while holding stature.



OVERFLOWING SEQUINS

If not anything else, sequins were one of the most repeated styles on the runway at Fashion Week 2020. From Valentino, with numerous takes on the sequined top, to Dior, with dresses overflowing in glistening sequins, to Balenciaga, Louis Vuitton and Off-White to name a few, each brand had their own take and so can you.

When sporting something like all-sequin, it is important to tone down every other piece so all attention can be focused at one place. A full-blown sequined top or dress is very easy to incorporate into our lives when it comes to night outs or events like bridal showers or birthday parties.



REGAL SHOULDERS

Balmain is known for their uber expensive clothes, but another thing that comes to mind with the brand name are their structured silhouettes and strong shoulders. Most of their designs incorporate a wide and proud shoulder, and so did the ones at Fashion Week 2020, where we saw a softer version of it, something more regular people can sport on a daily occasion. So be it a shirt or a dress, a strict shoulder, lightly padded and nicely put can make us feel tall and proud.

While a lot of new styles and pieces caught our eye, we have listed the ones that we can feasibly style and incorporate in our everyday lives to help us get that extra oomph we seek from our outfits. Enjoy.

By Anisha Hassan
 Photo: LS Archive/ Sazzad Ibne Sayed