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Fashion in a day's work

"CELEBRATING NATURE" P2
A VIRTUAL GROUP ART EXHIBITION

HOMEFRONT STYLING P5-8
DEFYING A PANDEMIC

MOCKTAIL STORIES P9-10
DELIGHTFUL DRINKS FOR SUMMER

PHOTO: SAZZAD IBNE SAYED

MODEL: ADIBA SAFIUS HUSSAIN

WARDROBE: WFH BY HUMAIRA KHAN



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পানির ব্যবহার ছাড়াই

World Health Organization (WHO) এর প্রস্তাবিত ফর্মুলা অনুযায়ী উৎপাদিত।

“Celebrating Nature” — a virtual group art exhibition at Galleri Kaya

Beginning Friday, 26 June 2020 renowned art gallery, Galleri Kaya, at Uttara has started their first virtual art exhibition. Known in the local art world as one of the leading galleries for organising solos and group exhibitions, Kaya's newest initiative comes in the wake of worldwide pandemic.

How does one see art in the time of Covid-19? While it remains as aesthetically pleasing as ever, one can safely say that the art market is going through a crunch.

In the local art scene, the market has witnessed a surge of innovative ideas. There have been virtual auctions, possibly the first of their kind, to generate funds for Covid-19 relief. There have been webinars, and Facebook Live sessions between artists and connoisseurs discussing how art can bring respite to our lives in this crisis period. Yet, one thing is clearly missing — the financial aspect of the trade, where artworks are offered and buyers are seen actively walking through the aisles of a gallery, carefully perusing the catalogue and the prices. This is where Galleri Kaya comes in. In what is their first attempt, they have tried to organise a virtual art experience — an art sale if you may.

“Celebrating Nature” is an offering of



over 100 artworks, done by 19 modern and contemporary artists of Bangladesh, mainly in watercolour, acrylic, oil, ink, charcoal, pastels, pencil, and mixed media. The current health crisis has been a stark

reminder as to how far we have moved away from nature, and the exhibition is a living testament to how artists view nature.

Not all of the artworks are recently finished; some are as old as 1969, which also serves as a point of reference as to how the perception of the natural world around us has changed amongst ourselves.

The catalogue for the exhibition/sale can be found on their Facebook page, www.facebook.com/GalleriKaya, and prices are available on request. For more information, call #+88 01754755246, +88 01752-684900, +88 02 58956902 or send an email to rajengain@gmail.com or gallkaya@gmail.com



Public webinar held on Kidney health and COVID-19 by Mount Elizabeth Hospitals

With concerns mounting for COVID-19 and its impact on other chronic diseases, Mount Elizabeth Hospitals Singapore recently held a webinar, addressing the particular issues of kidney disease.

Dr Angeline Goh, Senior Consultant, Nephrology and Kidney Transplant Physician at Mount Elizabeth Hospital, Singapore, was the Expert Speaker in this webinar that was open to participants who had registered earlier.

Dr Goh started by highlighting the basics of kidney diseases and probable causes. Since the start of the COVID-19 pandemic, there have been growing concerns on how it will affect patients already suffering from chronic diseases. In this regard, Dr Goh shared findings and excerpts from medical studies regarding the impact of COVID-19 on patients with chronic kidney issues, as well as the possibility of the negative impact on the kidneys for someone who has contracted the virus. The webinar also included an interactive Q&A session for the participants to directly get information from Dr Goh.

Vincent Lai, Manager, Singapore Operation Division, Parkway Hospitals Singapore Pte. Ltd gave the welcoming speech as the event began. At the end of the webinar, Zahid Khan, Director, Bangladesh Office, Parkway Hospitals Singapore Pte. Ltd expressed his vote of thanks to Dr Goh, and all the participants for taking time to attend this event.

— LS Desk

us on /Sandalina

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ঠিক যেমন ঝপচাঁয় আড়িজাত্য মানেই

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সোপ

ঝপচাঁয় আড়িজাত্য...

LS EDITOR'S NOTE

An afternoon tea for me

There is something about tea that calms me down. And tea parties are my all-time favourite invites; not only dressing up for the elaborate Victorian ones that socialites were throwing before the pandemic, but also a small cosy tea party surrounded by a few good friends is an instant pick-me-up. What I really love is planning one with children in the late afternoon or if no one else is interested, one just for me.

Sounds a bit off but think about it, the best way to pamper and give yourself some me time is by throwing yourself a tea party. Few chocolate chunk cookies, tiny cucumber sandwiches, or quickly whipping up an orange sponge cake; sitting in the balcony, surrounded by lovely seasonal blooms, enjoying the light summer breeze and sipping the amber gold brew of tea — heaven is right there for you! Nothing stressful on your mind, just listening to the birds chirping their way home... the rustling of the leaves... are these evenings not to die for? Well, for



me, they surely are.

If I were to spend such an evening with my children, arranging a tea party for them would be such a pleasure. I would write small invites and hand them the invitation, and ask them to dress for the occasion. I would arrange the balcony setting for an

intimate gathering, decorate it by hanging up their drawings with clips, bake brownies and make pies, brew an infusion tea for them to have something light, or even treat them to a cup of hot sweet milk tea — if it's too hot then maybe opt for iced tea.

Playing fancy with children would be a great way to bond with them, allowing them to play grownups with you, teaching them how to raise their pinkie while sipping tea, talking about games, movies, and music; it would certainly take their mind off electronic devices, they might grudge but I promise you they will remember the party forever. It is upon mums to devise ways to entertain bored children and such a tea would no doubt be a great idea to try.

Unfortunately, I cannot always party, but tea time is my favourite part of the day. Exactly at 4 o'clock, I turn on the stove, measure a cup of water and pour it in my small, local steel kettle — like the ones

you find in street side tea stalls. I have the smallest version of those kettles, and I love it. There is a nostalgic feel to it.

While the water is reaching its boiling point, I arrange my 'ghee e bhajha toast' on a plate. Then drop a spoon of loose tea, the local variant that I get from New Market's special tea house, to the water and wait for a few minutes for the leaves to spread its strong aroma and colour.

I like my tea without milk and sugar and dunking my toasts to it. My partner during my afternoon tea ritual is Boo — my pet dog. He loves biscuits like I do, and we both sit in the living space, enjoying ourselves to the fullest!

On that note, you will find some awesome mocktail, iced tea, cold coffee recipes in today's issue of Star Lifestyle to beat the humid stifling monsoon heat. Try them out and happy partying!

— RBR
Photo: Collected

LS PICK

A glass full of bliss

If there is one thing that does not go with the soothing rains of the season, it's the stifling humid heat that comes before or after it. For caffeine lovers, it is a moral dilemma to forego a steaming mug of high-octane work elixir. It's times like these that kicking back with a glass of cold coffee or iced tea seems like a slice of paradise on Earth.

This season also happens to bring one of those unfortunate bouts of lack of appetite. Gulping down soups or heavy broths just do not sit right for the stomach. To answer all these little troubles, smoothies may as well be godsend for a late morning or early evening snack you can drink, or a drink you can have as a meal! Seasonal fruits and all the fresh ingredients you can get your hands on for the perfect glass — there is very little that can compare to this.

To get you started, here are some recipes for you to try, and don't forget to get creative!



MOCHA COCONUT ICED COFFEE

Ingredients

- 1 cup coffee, brewed and chilled
- ½ cup coconut milk
- 3 tbsp chocolate syrup
- 1 tsp vanilla extract
- 1 can full-fat coconut milk, chilled
- 2 tbsp sugar
- 2 tbsp toasted coconut slivers
- Whipped cream

Method

Add the sugar and chilled coconut milk to bowl and beat with a mixer until peaks form. Pour 1-2 tablespoons of chocolate syrup to the bottom of a glass, add ice cubes then pour the coffee in. Next, add the coconut milk and sugar and stir. Top with whipped cream

to taste along with a sprinkle of toasted coconut.

SUMMER GARDEN TEA PUNCH

Ingredients

- 1 cup water
- ½ cup sugar
- 1½ tbsp fresh mint, snipped
- ½ cup orange juice
- ¼ cup lemon juice
- 1 cup tea, brewed and chilled
- 1½ bottle club soda, chilled
- Fresh mint leaves or rose petals, for optional garnishing



Method

In a large stainless-steel or nonreactive saucepan, combine the water, sugar, and mint. Bring to a boil, remove the saucepan

from heat, and let steep for 20 minutes. Strain mixture through a sieve to discard any solids.

Add the brewed tea, orange juice, and lemon juice to the mixture, stir continuously to mix. Cover and chill for at least 2 hours or up to 24 hours. Just before serving, slowly pour the chilled club soda into mixture, stir gently. If desired, sprinkle with mint leaves. Serve punch with ice cubes.

MANGO AND STRAWBERRY SMOOTHIE

Ingredients

- 1 cup strawberries
- 1 cup mango puree
- ½ cup plain or vanilla yoghurt
- 4-5 ice cubes

Method

In a blender, blend all the ingredients until mixture is smooth and frothy. Optionally, slice some mangoes and strawberries and freeze them overnight. These can be used as a substitute for the ice cubes.

CINNAMON, HONEY AND GREEN TEA SMOOTHIE

Ingredients

- 1 cup green tea, brewed and chilled
- ½ cup milk
- 1 tsp cinnamon powder
- 1 tbsp honey
- ½ banana

Method

The green tea can be brewed beforehand as preferred, and be kept chilled until ready to use and serve. To make the smoothie, add one to two scoops of ice to blender along with all the ingredients. Blend until smooth. Serve immediately with a few slices of banana and a drizzle of honey on top.

Compiled by Iris Farina
Photo: Sazzad Ibne Sayed

HOBBY

When passion meets fashion

All of us carry fond excerpts from our childhood in our golden pot of memories. For some, it is reminiscing the carefree days, whereas some think back to those rustic kitchen adventures, while for others, it is a recollection of time spent creating amazing craft paraphernalia.

Farjana Elahi Kumu, a creative craftsperson, is someone who excels at the task of crafting amazing artwork, a hobby she developed while growing up. Speaking of her childhood, she fondly recalls the hours she had spent seeing her mum design fine thread work on fabric. "I was utterly fascinated with the beauty of this work. It was only a matter of time before I myself developed an unfaltering passion



of artistry.

Moving forward in her journey, she was granted the opportunity to work in Dressy Dale. For her, it was not only a workplace, but a learning institute that can be best defined as a creative factory. "Albeit, I could not perceive formal education on my desired subject, Dressy Dale was my learning institute. Through constant mentorship and guidance, I was exposed to a myriad of craftwork that enabled me to hone my skills," said Farjana.

Among the various forms of handicraft, she is skilled in creating abstract paintings using trimmings and cuttings, devising stunning jewellery boxes, crafting beautiful floral jewellery, and designing dresses, she specifically shines in

making handmade jewellery. Using simple knick-knacks such as beads, glass pieces, sequins, and fabric, she creates jewellery that is stunning and exquisite.

Although the components devising the final product are simple, the thought process behind envisioning it is not. According to her, planning a piece of jewellery and coming up with an original and unique idea require more time and effort than giving it form and shape. The entire process depicts true labour of love.

Her love for tradition, heritage, and culture of the country reflects in her designs. They mostly feature bright colours such as emerald green, dark violet, crimson red, and sunset orange, combined together with eccentric beads and eye-catching thread work. The addition of a sparkling bead here or a glass there embellishes the ornament entirely.

These thoughtfully crafted ornaments are best suited with our very own deshi saris. Be it Rajshahi silk, elegant Benarashi, pure Muslin, or Jamdani, these exclusive ornaments perfectly complement deshi garments glamorising their splendour.

"Attire and jewellery go hand-in-hand and pairing them wisely is crucial," noted Farjana.

Many of us lose touch from the hobbies and practices we developed during the phases of our childhood and adolescence. However, no matter which profession we later pursue in life, making some time to practice our own specialties amidst a busy schedule surely adds zeal to our hectic lives.

By Fariha Amber
Photo Courtesy: Farjana Elahi Kumu



as her mother turned mundane pieces of fabric into something artsy. Since then, she conjoined herself to the world of art and craft. Her adolescent years passed by participating in various art competitions, learning craftwork, and creating modish accoutrements from scratch.

She does not shy away from admitting that this has always been her priority over books and lectures. With the support of her parents, especially her father, she was able to polish her capabilities and fuel her passion. From creating handmade jewellery to jewellery boxes for storage, her adroitness encompasses several forms

towards it," recalled Farjana.

Her journey with everything artful started during childhood, watching in

◆ HOROSCOPE ◆



ARIES
(MAR. 21-APR. 20)

Don't agree to anything carelessly. Get involved in groups. Work may affect personal life. Your lucky day this week will be Tuesday.



TAURUS
(APR. 21-MAY 21)

Uncertainties about your personal life are probable. Try not to judge too quickly. Don't cut people out. Your lucky day this week will be Tuesday.



GEMINI
(MAY 22-JUN. 21)

Romance is likely in social events. Maintain professionalism at all times. Catch up with loved ones. Your lucky day this week will be Sunday.



CANCER
(JUN. 22-JUL. 22)

Avoid any family feuds. Think about starting your own business. Be diplomatic but stem. Your lucky day this week will be Saturday.



LEO
(JUL. 23-AUG. 22)

Your practicality will help at work. Arguments could prevail. Clear up any pending work. Your lucky day this week will be Sunday.



VIRGO
(AUG. 23-SEP. 23)

Financial investments will be beneficial this week. Find ways to make extra cash. Romantic tensions will be high. Your lucky day this week will be Friday.



LIBRA
(SEP. 24-OCT. 23)

Make changes to your appearance. Watch your eating habits. Make plans to travel. Your lucky day this week will be Saturday.



SCORPIO
(OCT. 24-NOV. 21)

Rethink your motives. Don't spend unnecessarily. Friends will appreciate your attention. Your lucky day this week will be Wednesday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Your irritability could cause issues with your partner. Make plans for a vacation. Avoid major delays. Your lucky day this week will be Sunday.



CAPRICORN
(DEC. 22-JAN. 20)

Your interests can cause unwanted distraction. Plan out your next move. Your partner may not understand you. Your lucky day this week will be Sunday.



AQUARIUS
(JAN. 21-FEB. 19)

Invest your money wisely. Communication will sort out any issues. Avoid getting involved with married individuals. Your lucky day this week will be Saturday.



PISCES
(FEB. 20-MAR. 20)

Romance is likely if you take trips with friends. Social activities will lead to meaningful connections. Don't jump to conclusions. Your lucky day this week will be Monday.

COVER STORY

ADAPTABILITY: An optimist's approach to surviving the pandemic



We have heard their stories quite a few times already, and maybe it's essential to hear a few more, to be able to comprehend the grim reality that is existent today because of COVID-19. The circumstances have been unkind, especially to the artisan community of our country. They have had to put up with pangs of hunger, grieving dependants and the constant fear of outbreak and disease, all the while witnessing lost jobs, diminished savings and a bleak anticipation to future earnings. Skilled as they may be, there seems to be no end to the troubles of the artisan community and the once-thriving boutique industry of Bangladesh.

And yet, there are few, who deny submitting to the wills of the pandemic, even when pushed to the brinks of perplexity. Those who keep on fighting, since it's the only way to survival!

And this is one such story...

FLIP TO CENTRE AND PG 8 FOR MORE

Adapt *to* THRIVE



On March 26, the Government of Bangladesh announced countrywide general holiday, an equivalent to a mass lockdown, throughout the country. This is when Humaira Khan, proprietor and head designer at Anokhi and Anikini, was not expecting too much trouble. She thought things would improve 'in no time at all,' as long as she complied with all lockdown protocols.



Few weeks into the pandemic, Khan realised her assumptions were a little premature because the virulent disease turned out to be like no other, devastating the world and stalling it for what felt like forever!

When the situation never improved, Khan faced the usual complications of running a business; piling-up of rent-expenses, utilities, employees' wages, and investments stuck as raw material.

"It was never about me, but about the many people who work for me — my company, the artisans who weave beautiful collections, the tailors who piece them together, and service girls who make every purchase a worthy experience," said the designer.

When things were not getting any better, Khan witnessed in dismay as multitudes of well-known, high-end boutique houses closed down one after the other, unable to survive amidst the rising costs and thinning revenues.

"I saw many known faces asking for zakat and charitable donations from well-wishers, to help support their workers through the pandemic. I have seen others lay-off their employees in huge numbers, unable to pay salaries. I didn't want any part in that. I didn't want any sort of donations; neither did I want to lay-off anyone. So I needed an immediate plan to help my business wade through the murky waters," stated Khan.

Apart from the apparel industry, for which Bangladesh is quite well-known all over the world, many also complement the boutique industry that clothes the citizens within the borders of the nation, especially during a few of the important occasions of the year — Pahela Baishakh, Eid-ul-Fitr, Eid-ul-Azha, Durga Puja etc.

"Bangladesh has a thriving boutique culture. Thanks to these small and medium sized boutique businesses, we are able to wear the choicest of clothing today, all throughout the year and especially during the major occasions.

"This is an industry that allows

thousands of workers their daily bread and butter. However, COVID-19 seems to have ground their lives to a halt. While we, as a business entity, have been lucky to plan a survival route—not everyone has been in the same position to be able to pull through," said the designer.

Hence, Khan's struggle was a bit different; while many in the industry were looking out for a stimulus package from the government, or help and donations from near and dear ones, she was solely looking towards self-sustenance, adaptability, and reliance on her employees' efforts to get back on track.

"I realised at once that adaptation was the key to survival. And the process began by going online — afresh and innovative medium to help customers gain a worthy shopping experience," said Khan.

She took all the preventive measures and welcomed her patrons to visit her flagship outlet, located at a posh locality in Gulshan. For those who were extra cautious, she took her label to cyberspace. She even went to the extreme effort of promoting her latest collection on all her personal social media accounts, only to be able to get everyone's attention.

"If they couldn't come to us, we had to go to them. I never did such massive, personal promotions of my business before; this time, it was different—it was about survival and the lives of my countless employees and the artisan community that I worked with," affirmed Khan.

The main idea was to keep on surviving. While she was efficient in promoting her products, Humaira Khan also noticed that her clients were getting disinterested over time, especially towards high-end, intricate clothing wear. "This is so natural during lockdowns, when we are solely meant to stay at home, work from home, and do household chores. We have no desire to wear gorgeous outfits or anything out-of-the-ordinary. Then it popped into my mind that the best

attire to don during the lockdown as we work from home would be affordable, light-weight, simple, cotton wear in basic colours that helped make us feel fresh, stylish and comfortable during these unusual days and hence, the WFH (Work From Home) collection was initiated," the designer revealed.

The new collection, appropriate for the time-period, became a local favourite. Adiba Safius Hussain, one of Anikini's regular clients and a business lady herself, was delighted to discover the new collection.

"This is absolutely necessary for the time being. I always believe that a fresh set of clothes makes a person feel better about themselves. This super comfortable cotton wear is certainly a positive outset amidst all the negatives existent today!" said Hussain.

Humaira Khan promises to be more adaptive to the situation.

"My business has to survive no matter what. My employees need to be paid their salaries, come what may. If for that I have to sell upholstery and trendy fabric for interior decoration, then I will. If my clients want it, I will make it for them. At the end of the day—it's all about survival and keeping customers happy," assured Khan.

CONTINUED ON PAGE 8





COVER STORY

Concluding Words



FROM CENTRE

During the pandemic, when businesses were closing down in a rampant outrage, few kept on their struggle to survival, not for their own sake, but for the many artisans and employees working for them. When businesses were looking for external help, Khan was looking towards adaptation and internal sustenance to survive, and maybe that's how she proves to the world once again that for a long-term solution there's no alternative to hard-work, resilience and reliance on adaptability — a major hauler to success.

By Mehrin Mubdi Chowdhury
Photo: Sazzad Ibne Sayed
Model: Adiba Safius Hussain, Rohini Parihar
Wardrobe: WFH by Humaira Khan



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by
Nity

Pinky Promise by Nity

 
pinkypromisebd



RECIPE

Mocktail mania

HONEY MELON MOCKTAIL

The local muskmelons that are available here may vary in taste and appearance from its foreign counterparts, but they are delicious nevertheless. Unfortunately, many people tend to dislike the taste of local melons. This mocktail is made using a combination of fruit juices that does not disappoint in enhancing the taste of this underrated fruit.

Ingredients

- 2 cups cubed muskmelon
- 1 cup orange segment
- 1 cup coconut water
- 1 tbsp honey
- 1 tsp orange zest

Method

Peel a melon, remove the inner seeds, and cut it into chunks. Try to use sweet melon because the sweeter the melon, the better the taste. Measure 2 cups of melon cubes from here and freeze them. To prepare the orange, remove the skin and take out the inner segments by cutting in carefully with a knife. 1 cup of orange segments will require about two oranges.

Grate the peel of the orange with a zester to attain 1 teaspoon of orange zest. Be careful not to include any white bit as they are bitter to taste.

In a blender, add the frozen muskmelon and orange segments at first. Blend this for a minute until it becomes a smooth and thick paste. Then pour in coconut water, honey, and orange zest. Blend all of these well on high speed to get a thick mixture, which is similar to a slush.

The end product will be your luscious honey lemon mocktail that is refreshing enough to calm you from the summer heat. If you want a thinner consistency, add more coconut water or plain water accordingly. However, this may also require extra helping of honey.

VIRGIN FRUIT SANGRIA

While traditional sangria is made using alcohol, here is a completely non-alcoholic version that is concocted using only fresh fruit juices, which is on many levels healthier and better than the original kind.

Ingredients

- 2 cups soda water
- 1 cup guava juice
- 1 cup pomegranate juice
- ½ cup orange juice
- ¼ cup pomegranate arils
- ¼ cup sliced red apples
- ¼ cup grapes
- For the orange infused simple syrup —
- ¼ cup water
- ¼ cup sugar
- Orange rind

Method

Start by preparing the fruits for the sangria. Cut the apples into thin slices without removing the skin, then cut them further to get small triangular segments. Red apples will work best given their sweeter taste. Remove the arils from a bright red pomegranate to get the required number of jewels and cut your desired colour of grapes in halves of quarters. You can also use a combination of red, green, and black grapes.

To make the orange infused simple syrup, pour in equal parts of water and sugar in a saucepan on medium heat. Remove it from the heat once the sugar dissolves completely and it comes to a simmer. Take the rind of an orange and immediately add this to the hot simple syrup. As the syrup cools down, the orange flavour will infuse in it.

In a large pitcher, drop the sliced apples and grapes, and pomegranate arils at the bottom. Then, add guava juice, pomegranate juice, orange juice, and the prepared flavoured simple syrup to sweeten it up. Give it a light stir before adding in the soda water. Give it another stir and leave this to chill in the fridge before serving.

VIRGIN MANGO ORANGE MOJITO

This unique virgin mojito is made with everyone's favourite summer fruit — mangoes! It tastes fizzy, fruity, sweet, and tart all at once, making your taste buds tingle with deliciousness. Now is the best time of the year to make this virgin mango orange mojito when mangoes are at the peak of their glory, available in several varieties.

Ingredients

- 1 cup orange juice
- 1½ cup lemon soda
- ½ cup mango puree
- 1 tbsp lime juice
- 1 tsp lime zest
- 1 tsp orange zest
- 1 tbsp sugar
- Bunch of mint leaves
- 5-6 ice cubes

Method

Peel off the skin from one large mango and finely puree its cheeks to get ½ cup of mango puree. Slightly muddle a handful of mint leaves with a tablespoon of sugar to attain a deep mint flavour. Be careful not to overdo it as this will extract the bitterness from the mint leaves. Grate the skin of one lime and one orange with a micro-plane grater to extricate their zest.

In a blender, blend the mango puree along with freshly squeezed orange juice and lime juice. Then, pour in lemon soda and sprinkle orange and lime zest and mix them together properly with a spoon. Drop a few ice cubes to your serving glass and add the muddled mint leaves first. Pour in the mango orange mojito mixture and garnish with slices of lime, orange, and mint leaves.

TRILAYER PINK MOCKTAIL

This three layered peachy pink mocktail is not only a treat to your taste buds but to your eyes as well. Concocted with a dash of this and a sprig of that, this gorgeous mocktail is the absolute summer treat. The

addition of mint leaves, combined with the fruit juices of pineapple and strawberry gives this impressive drink a fresh and zesty taste.

Ingredients

- 1 cup pineapple chunks
- 1¾ cups coconut water
- ½ cup strawberry puree
- 1 tbsp lime juice
- 1 tbsp rose syrup
- 1 tsp lime zest
- Few mint sprigs

Method

Start by removing the leaves and tops from about a dozen strawberries and cut the individual pieces in half. Drop them in a blender and squeeze in the juice of a lime, along with its zest. Blitz this to get a fine strawberry puree and stir in the rose syrup. Mix everything well and keep the mixture aside.

Next, prepare a pineapple by removing the skin, head, and bottom of it. Then core it and cut the fruit into chunks. Finely chop some mint leaves to get a tablespoon of freshly chopped mint leaves. Put the fresh pineapple chunks into a blender accompanied with coconut water and mint leaves. Give these a whiz to get a homogenous mixture.

In your serving glass, pour in the strawberry mixture first, followed by steadily adding the pineapple juice. Within a couple of minutes, the layers will separate on their own to represent three layers. The bottom two layers will look like ombre shades of pink, one being clear and thin, while the other slightly deeper and thicker. The topmost layer should be a frothy white one.

Garnish this stunning mocktail with mint on the top, or pineapple chunks on the rim of your glass. You can also add a fun straw to add a nice pop of colour.

By Fariha Amber
Food and Photo: Fariha Amber

RECIPE

Go nuts for coconuts!

Bangladeshi summers are unmatched with any other — the blazing sun and scorching heat, and the constant humidity. Having a tropical monsoon climate, we are lucky enough to be bestowed with an abundance of coconuts.

Coconut is not only a resourceful fruit, with its flesh and water, it comes packed with a lot of nutritional and health benefits too. They consist of protein, carbohydrate, and fat that are used to produce energy. Coconut also has copious amounts of fibre, which aids bowel health. Coconut also holds some vital minerals and nutrients such as manganese, zinc, potassium, iron, and copper, which aid in bone formation, enzyme function, and fat metabolism. They also comprise of powerful antioxidants that protect cells from potential damage.

Coconut juices are the perfect summer treat to quench the summer thirst. Thus, here are four soul replenishing drinks made using coconuts for you to enjoy during summer!

STRAWBERRY COCONUT MILKSHAKE

This thick milkshake combines the tart flavour of local strawberries with the sweetness of coconut milk, giving it a delectable taste. It is also quick and easy to make with minimal ingredients. The sweet pink colour of this milkshake is soothing to the eyes as well.

Ingredients

- 1 cup strawberries
- 1½ cups coconut milk
- 2 tbsp white sugar
- 1 scoop vanilla ice cream
- 1 scoop strawberry ice cream
- 1 tsp strawberry essence

Method

Wash and clean about 12-15 strawberries properly and remove their tips and leaves. Chop each strawberry into halves or quarters to attain 1 cup of chopped strawberries. Sprinkle sugar over the chopped strawberries and let them rest for approximately 10-15 minutes. This will bring out all the natural juices from the strawberries, enhancing their flavour.

After 15 minutes, add the chopped strawberries along with 1 scoop of vanilla ice cream and a scoop of strawberry ice cream. Drop in the strawberry essence as well. Blitz this well until the strawberries are pureed and mixed entirely with ice cream,

creating a thick and creamy strawberry mixture.

Shake the can of coconut milk well before opening, as the fat and liquid tend to separate while in storage. If you are unable to shake it, just mix the inner contents of the can with a spoon after opening. Pour the coconut milk into the jug and blend it for one last time. This coconut strawberry milkshake tastes best when served cold.

If you are opting for a prettier presentation, take one strawberry and remove its leaf. Cut it in half lengthwise so that you have two long halves of the strawberry. Cut it again from the centre but not entirely, leaving half of it uncut. Attach this on the rim of your serving glass to give it a fancy look.



COCONUT LYCHEE JUICE

This is the ultimate coconut drink for summer, where every sip will leave you craving for more. Made with a combination of coconut and lychee — one of the most awaited fruits of the season, this drink enhances the flavours of both, giving it an incredible taste. The pearly white colour provides it with an invigorating outlook, making it look like something out of Narnia.

Ingredients

- 1 cup lychee pulp
- 2 cups coconut water
- ½ cup water
- 2-4 tbsp white sugar
- ½ cup desiccated coconut

Method

Peel about 20-25 lychees and remove their



seeds carefully. This should leave you with 1 cup of pure lychee pulp. Wash the pulp in order to get rid of any dirt or debris left from the seeds and peel.

In a blender, drop the lychee pulp along with sugar and water. Blend this for a couple of minutes to get a thick paste. Once in that stage, add in fresh coconut water. Depending on your preference of thickness, add about 1½ to 2 cups. Give it a churn for another couple of minutes until the juice becomes a homogenous mixture.

Once the mixture comes to your desired thickness, taste for sugar and add accordingly. The quantity of sugar will depend upon the sweetness of lychees, thus taste as you proceed and adjust as needed. Once ready, strain the juice through a fine mesh sieve to get rid of the harder bits of the lychee pulp.

If you are willing to go that extra mile for better presentation, wet the rim of your serving glass to about half-an-inch with

your prepared juice. In a shallow bowl, spread a thick layer of desiccated coconut and dunk the moistened rim in it. Rotate it a few times until the rim is fully covered with desiccated coconut. Pour the juice without distorting the coconut ring and chill in the fridge before serving.

COCONUT MANGO LASSI

This fruity version of lassi beats the traditional thick drink by a big margin. Made with everyone's favourite summer fruit, the combination of mango and coconut make up for a blissful summer drink that is hard to forget.

Ingredients

- 1 cup ripe mangoes
- 1 cup curd
- 1/3 cup shredded coconut
- 1 cup lukewarm water
- 2 tbsp sugar
- 1 tsp mango essence
- 5-6 ice cubes
- Pinch of saffron

Method

Start by preparing the mangoes — carefully remove the skin from a couple of medium sized mangoes or one large one in order to attain a cup of cubed ripe fruits. Choose mangoes that are sweet and orange in colour to make the best tasting lassi.

To make coconut milk from scratch, add the shredded coconut and lukewarm water in a blender and blitz well until it turns into a cloudy mixture. Strain this mixture through a cheesecloth to separate the coconut remains from the milk. You can repeat this process a couple more times to retrieve maximum coconut milk.

Drop a pinch of saffron into the stated amount of coconut milk and let it infuse for 10 minutes approximately. Meanwhile, drop the diced mangoes along with sugar and mango essence in a blender and blend them well to get a fine mango puree.

Once the coconut milk is infused with saffron and the milk takes on a yellow hue, pour this in the blender along with curd and ice cubes. Blend this again for a couple of minutes to get a thick mango lassi texture. If you want a thinner consistency, add more coconut milk from the fresh reserve and add as required until you achieve the desired thickness.



By Fariha Amber

Food and Photo: Fariha Amber

FYI

The quintessential summer drink

The “sharbat” or “sherbet” is commonplace on everyone’s table during this time of stifling heat of the monsoon season. The sherbet acts as a cool drink composed of fruits and herbs serving as a stimulant and energiser at the same time.

Sherbet is not limited to South Asia only and is drank with relish in the Middle East, Central Asia, Indonesia and diasporic deshi communities. It is derived from the Arabic word “shariba” which translates to drink. Fruity and floral at the same time, the sherbet has been a popular drink throughout millennia with a multitude of different names and cultural traditions associated with it. In many ways, it is considered the world’s first soft drink.

The sherbet has been a favourite of

numerous fictional and non-fictional personalities alike, from Lord Byron who wrote a short couplet on it to the gullible King Shahryar in *A Thousand and One Nights*. Both today and historically, sherbet is perhaps the most widespread drink in the Muslim world.

The Moors introduced both the word and drink to Europe around 1,000 years ago but the drink holds special significance here in South Asia, and it was us who popularised the beverage elsewhere as diasporic communities sprung up in the West. The sherbet has since undergone multiple modifications in its tastes, flavours, packaging, and gradual commodification.

Sherbet became popular in the Indian subcontinent during the rule of emperor

Babur who started the Mughal Dynasty that held swathes of land under its rule for a long period. Sherbet was a favourite drink of Babur, as stated in his autobiography, and he would have people sent to the Himalayas to fetch ice in order to make this refreshing drink to quench his thirst in hot and humid climates in which he was ruling. During the Mughal period, sherbets were held in high esteem and were available to all. The reason for sherbet’s wide popularity was simply that, until the early 20th century, there were few means of preserving and transporting fresh fruit.

Today, the sherbet has undergone changes and can be called an iced dessert and palate cleanser in addition to a drink. The sherbet common to our palates is the

esteemed Rooh Afza, which for generations has been around as our favourite drink during iftar. A syrup with a good and solid concentration of sweetness in it, it acts not only as a thirst quencher but also as a beautiful topping for desserts. A perfect complement to subcontinental iftars, it is indeed a refreshing and medical drink, packing in ingredients from fruits and herbs of Unani medicine.

Sherbet has journeyed across faraway lands, all of which have added different coloured and storied layers to its vibrancy. A witness to the testament of history, synthesis of cultures, and our taste palates.

By Israr Hasan



CHECK IT OUT

Do you have a night time ritual?

Bangladesh has been an emerging sector for comfortable designer pyjama suits (PJs), but there has not been a single clothing line that solely caters to this.

‘Pinky Promise by Nity’ started its journey in mid-October 2019, with a vision of sharing Tazrian Binte Ishaque’s dreams

of putting PJs into daily lifestyles for women.

With a great support from her friends and family, especially her husband M Azmat Hossain, Tazrian, along with her constant help, Emarah Siddiqui, has been able to introduce designer sleep wear in Bangladesh.

These are not only sumptuous silks, but also lyrical linen and cotton fabrics, which are lightweight and breathable in texture and in countless variants.

Tazrian Binte Ishaque Nity has thought of the name, Pinky Promise, as to promise to everyone that the PJs she designs would be the comfiest and most reasonable, yet stylish and available anyone in Bangladesh.

Tazrian has been able to deal with the difficulties to make these PJs right here in the country. Yet, she has launched three seasons that had about twenty-one variants of beautiful designer pyjama suits through a successful online store where it has been feasible for all the women to get their hands on one of these suits.

She says, “No matter what silver lining I try to see, it is always scary. Being an entrepreneur has been difficult and an eye opener for me, but not impossible, which I thought it was. I am overwhelmed by the responses for the pyjama suits. If you do enjoy the first experience, order one for every day of the week. You’ll love them!”

MUSING

So old-fashioned!

I couldn't reach the pedals. The first time steering the wheel around bends only to recover on a straight as I sat on the driver's lap was so much fun that I instantly decided to displace the driver one day. Then, the first day behind the steering wheel — all by myself — was a blast, because another operation thrilled me even more. It was the manual shifting of gears with quick release of the clutch. Control was with me, not with the car.

The noise of every shifted gear was awesome. On a zigzagging upslope, playing catch-up to keep the car from rolling back with the perfect mix of clutch and accelerator wasn't easy. Hey, I could do things my way! Fast forward: the smooth ride in my new car has so much computing power behind it. The engine, way more powerful, just zips ahead at the slightest caress of the accelerator, but I can barely hear the roar of the engine. The power it packs now allows me to sit back, relax, and think of something else, cushioned by thick windows and efficient computers. Sure, it is comfortable, but my thrill has diminished.

You are perhaps scrawled on the bed as you read this, texting in between to some of your buddies, or a loved one. But have you really spoken to anyone today? These days, you laugh out loud without being heard, grieve over a friend's tribulations with a teary icon without even shedding a real tear drop, and express love with a red rose without having to hold a real one. If only you could add the smell of a real rose on the screen! Wouldn't that be wonderful?

At a party, I caught a glimpse of an army of middle-schoolers happily clicking away to buddies outside while being blithely oblivious to the very person sitting next to them, engaging only in occasional chats. Most of them knew one another. But one girl seemed an outlier, slouching, when a careful second look revealed that she did not have a device. Bummer! How could she have forgotten a basic necessity? Her entire party was ruined. And that bespectacled

sleek-looking boy who could pass for a debate prodigy? He seemed to be on a killing spree on his mini game console. Many popular games now teach the art of killing.

Smartphones are such beautiful toys that we absolutely adore them. Even when I don't have anyone to talk to, I never get bored. Back when you would go to a place where you didn't know anyone, you'd feel so awkward that you'd stare at the floor or survey the ceiling, eager to flee. Not anymore! Nowadays, you are empowered. It's often super easy to pretend to be busy when you are not supposed to hear something, and be able to quickly debunk a friend's theory in just a few clicks. You may be sometimes unwanted by some people, but never by your device. This is mind blowing.

The party host didn't quite know how many guests were invited for dinner at his house, and seemed to be getting surprised at the door upon seeing some, he thought, were not on their guest list. What a pleasant surprise!

He managed to smile at everyone, as if he was expecting all of them. His ability to cope with the unknown was a testament to his immense social skills. He would always pick up the phone and invite someone after a small talk. Such an old-fashioned person, I thought to myself. He didn't realise that his wife had invited everyone through Facebook in minutes. Yes, you heard me

and bustle. The tactile memories of my first book and first pair of shoes would lure me to buy more. I'd smell the new books, turn the shoes upside down and try them on.

I still pop into Barnes and Noble for the smell of the books. These days, visuals are so strong and intense that you don't need to perceive most things by touch and smell. Once you step into a virtual world, you can swim among the dolphins, or scale a mountain. Books, devoid of any smell, appear on online devices by the hundreds. Missing a salient feature of a product is impossible with loads of reviews and pictures from different angles. Comparisons are so thorough that you often go crazy. Your simple deduction from your own inspection is now lost to a slew of other people's reviews. It's amazing to be able to get to know and order something with a few clicks. Doing things in your pyjamas has never been better.

Your smartphone apps for relaxation ask you to imagine doing nothing, not even stepping out to the chirping of the birds. Would you not rather relax under a tree canopy, being drummed on by incessant rain than in an app?

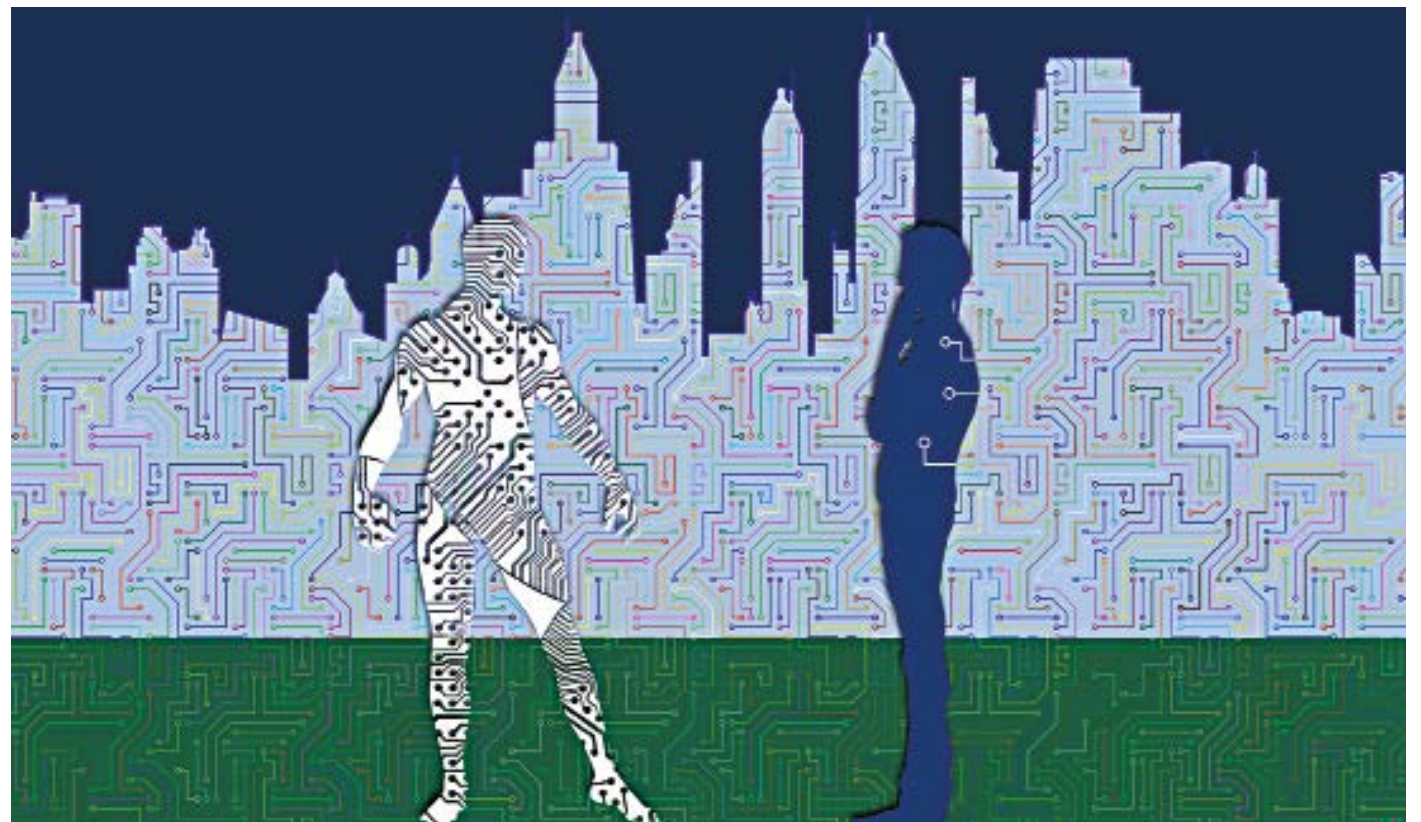
Before you ask me to move over, get this: I love magic. I had a hard time ending a virtual session that took me hang-gliding over the dazzling lights of Manhattan. What a feeling! Could I ever have mustered enough courage to jump from a skyscraper? I can't tell you how I got saved

once there, I admired your selfless fundraising for the distressed. You like almost every aspect of your friend's life, even if the post is as mundane as combing hair. I get it. But I neither figured out why you liked your Facebook friend's loss, nor your insistence that we debate on Facebook rather than face-to-face, even though we see each other often.

The thrill of shifting gears is long gone. As you anxiously await the advent of the driverless car, I cringe. Yes, that first love has stayed on with me. Steering around a bend, while pushing the pedal to the metal, and shifting gears is the reason I hop in the car. While I always ask my car or Alexa, I enjoy talking to you a lot more because it is not I who asks all the questions. Your open-ended questions extract more from me, and I love it. Texts? You often text, wishing to say no more than you write, and your rich collection of emojis get you by comfortably.

I am as hooked on technology as you are, but my new-found magic may have quashed something precious. A robot waiter immaculately serves me, but draws a blank when I ask why I made his day. He looks the same every day.

I am slowly giving away more of my natural self to someone who's stripping out my inconsequential emotions, keeping only my valued intelligence to make decisions for me. Airplanes override lowly pilots at times. It is artificial, but way more powerful.



right. All the friends roaming on Facebook could be found at one place, and the RSVPs were prompt. Not that he was technically-challenged. What I love about technology is that no one can stake an absolute claim to omniscience.

Strolling inside a mall, I relish the hustle

by my smartphone where I couldn't have imagined any other option during my travel. Oh, that icon? I have laughed out loud many a time without distracting a book-reading you.

I wonder if I had really known what you stood for until your Facebook post, but

Could this intelligence one day render me worthless?

Oops! my watch is asking me to breathe again. Sorry, I must go now.

By Arif Shahjahan
Photo: Arif Shahjahan