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Star

# LIFE

Style

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## A Foodie's

# EID

COOKING WITH PASSION FROM THE  
EXPERTS IN HOMELY KITCHENS **C**

NUTRITION FOR HEALTH FOR THE COVID  
POSITIVE AND NEGATIVE **P10**

FOOD AND FESTIVITIES  
RECIPES FOR EID **P11-12**

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# Dietary tips during COVID and POST COVID condition

Balanced nutrition is vital for maintaining skeletal muscle and avoiding metabolic disturbances and becomes all the more important when patients are spending around two weeks being COVID-19 positive. Respiratory difficulties add an extra layer of complexity, preventing patients from eating effectively. A proportion of the patients require assisted ventilation, making it difficult to provide food and oral supplements. Oral nutrition intake can be inadequate even after extubating. People might not be able to eat enough food to meet their nutritional needs during recovery, contributing to further loss of lean muscle — which could occur in the ICU at the rate of up to 1kg per day.

This means that nutrition has had to become an important part of COVID-19 patients' recovery. Nutritional recommendations will depend on physical activity and disease-related symptoms, and upon other comorbidities. Energy intake can be lowered to approximately 300-600 kcal below the usual energy requirements as long as nutrition remains complete, which needs to be recovered as soon as possible. For these patient groups (with comorbid condition/with other diseases), nutrition is extremely complex. It is difficult to keep these patients in a stable condition, and what makes the difference in this balance is appropriate and timely nutrition support. Muscle wasting is the most common complication of critical

illness, occurring in up to 50 percent of the patients, which can seriously lengthen recovery times, impaired immunity, increase infection risk and cause the development of wounds and pressure ulcers. Even those who didn't need any hospital support, mostly were afflicted with severe weakness even after being COVID negative, due to high catabolic condition during the duration of virus attack.

All this implies an underlying necessity of following dietary rules, such as:

- Energy and protein rich nutrition according to the condition must be supplied. Protein requirements: 1.2 to 2.0 g/kg actual bodyweight.
- Vitamins and minerals: All requirements determined by 100 percent RDA, unless there are indicated deficiencies or increased requirements. For COPD (chronic obstructive pulmonary disorder) patient:
  - Calcium requirement is 1000-1200mg/day. Frequent consumption of corticosteroids as well as immobility contribute to osteoporosis risk.
  - Vitamin D: recommendations/requirements according to public health recommendations are 1000 to 2000 IU per day for adults.
  - Fluid: minimum of 2 to 2.5 litre and any losses, but need to avoid fluid intake at the time of meals to prevent vomiting. Potentially use a short straw when drinking if there is vomiting tendency.
  - Appropriate spreading of nutrition across the day/increase the frequency of meals. It is preferred that

every meal contains 25g of protein. Consume smaller-sized portions to prevent an empty stomach routinely, approximately 6-8 times per day. Resistance can be seen with larger portions.

- Introduce the largest meal of the day at the best moment of the day for the patient and ensure proper rest prior to meal.
- The soft foods and liquid can be less taxing for those that suffer from fatigue.
- Use lightweight cutlery so that eating and drinking takes minimal exertion.
- Eating in a slow and calm manner in the appropriate position.
- If there is uncertainty about achieving adequate energy and protein intake, oral nutritional supplements need to be started.
- Add dried fruits and food to improve the calorie intake.
- Limit strong smells coming from food and drink and extremely hot food.
- Limit the intake of lactose; opt for more sour milk products such as yoghurt instead of sweeter milk products. The taste can be made milder by the addition of a spoonful of yogurt.
- Strengthen the taste by adding herbs and spices. Mustard can be used to bring dishes to desired taste level.
- Stimulate the appetite by serving dish on a nice-looking plate or present dish in an appealing way.
- Variation in colours ensures the meal is appetising; Make use of different temperatures of smell and taste within a meal.

## HEALTH & NUTRITION – LIFESTYLE TALKIES

Recently, we have had an online rendezvous with Chowdhury Tasneem Hasin, chief dietician, United Hospital Dhaka, where we discussed various health related issues and their probable solutions. This meeting was a part of our latest Star Lifestyle multimedia initiative, where we meet experts on a regular basis and talk to them about important subjects of concern.

How can we stay safe from meat contamination and increased spread of virus during Qurbani?

There are quite a few methods; the best is to clean and wash the meat first, and then boil it for few minutes before preserving it in the freezer.

The alarming fact in this case, is that if the raw meat somehow gets contaminated and is put into the freezer alongside other food, it is likely that the contamination will spread. To stop the spread, we must take timely measures.

Overindulgence on red meat is extremely unhealthy. How can we restrain ourselves?

- Trying portion control is one of the best options to stay healthy.
- We can alternate between healthy and spicy food. Example, indulge on red meat during lunch and follow a green diet, later during dinner.
- We can add yoghurt and other gut bacteria friendly food to the menu.
- The preparation can be different, with less stress on traditional cooking methods, i.e. using a splurge of cooking oils and spices.

For more information on the discussion, tune into our Lifestyle Talkies zoom session and hear what our expert has to say about gastrointestinal health, Qurbani meat preparation, cleanliness, COVID-19 and more.

By Mehrin Mubdi Chowdhury

us on  /Sandalina

ঐতিহ্যের আর এক নাম আধুনিকতা  
ঠিক যেমন ঝপচাঁয় আভিজাত্য মানেই

# স্যান্ডালিনা

## সোপ

ঝপচাঁয় আভিজাত্য...



**KOHINOOR CHEMICAL**

READER'S CHIT

# COVID-19 in the air and KC Solutions

International Health authorities, politicians, and experts have been continuously changing and updating information about COVID-19, due to constantly ongoing research and evolution of the virus itself. However, lack of correct information has resulted in immense hardship for millions and thousands of people losing their lives.

When the lockdown started in Bangladesh, I began to worry about what is going to happen to my country. Many friends lost their jobs permanently due to this pandemic. I asked myself what I could do to help others in this situation, even though I'm not a doctor or a scientist. Studying about COVID-19 in details was my first instinct.

I contacted many researchers in America and Europe to discuss and question them about information that I did not understand.

On 27th of May, I realised that I was diagnosed with the Covid infection. My sickness gradually peaked and I had to be hospitalised. After nearly 54 days, I am still recovering, but the moment I came back from the hospital, I restarted my research on Covid.

## How it spreads

After more than 6 months of research, scientists finally started to paint a better picture of how COVID-19 spreads. The emphasis on the coronavirus spreading mainly through surfaces has been misleading. In fact, the emphasis on washing your hands all the time and not explaining why we should be wearing masks has caused more harm than good.

Before I got infected, I came to understand that the chief culprit was actually air transmission. The fact that Covid can only spread when an individual sneezes has now been proved wrong by scientists.

If an individual is infected (but still unaware), just meeting and talking to another person can get that person infected as well. Scientists call this aerosol transmission. Even when speaking, the virus transmits into the air through the mouth in a cloud-like formation.

This cloud can linger in the air for hours and can also drop onto surfaces. If an individual is in an enclosed space like an office space or restaurant, the virus can spread very easily through air transmission. The virus will spread depending on the location of AC or air ventilation system. It's even riskier at a place with central AC system.

Surface transmission can only take effect immediately. Recently, the WHO has stated that surface transmission is highly possible, but it is not as frequent as they first thought it to be.

## The economy

Staying home and maintaining social distancing is not a long-run solution. Countries like Japan and Vietnam allowed their economies to continue, but took many preventive measures including wearing masks and social distancing.

I am very grateful to our honourable Prime Minister for opening up the Bangladesh economy because the alternative would be people starving to death — especially those who earn on a day to day basis. Unfortunately, a lot of people

are losing jobs and thousands are being forced to leave Dhaka for their villages.

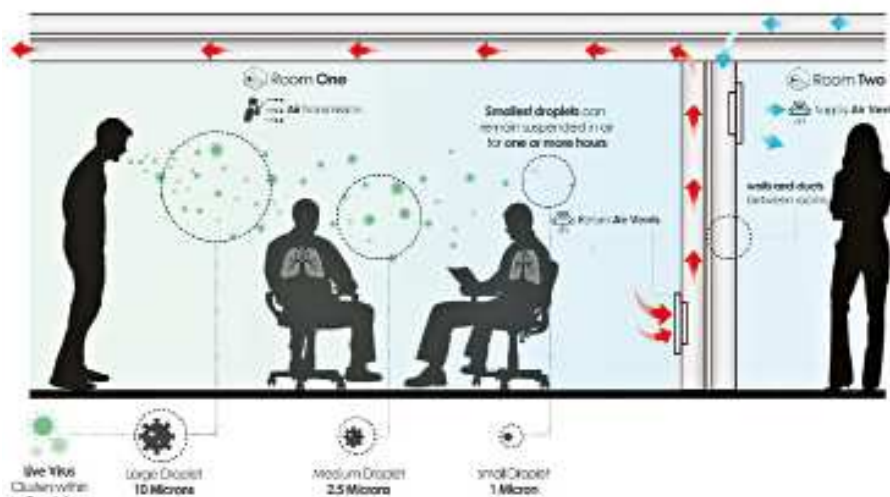
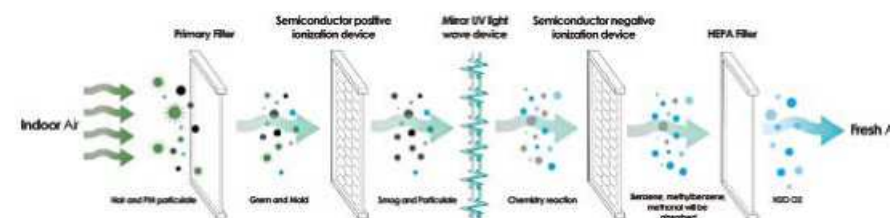
This is happening because people like you and I are worried about keeping up with our daily activities, such as shopping, eating out, etc. This problem is very real, and you are right to worry, but if we keep this up and lose all our businesses, not only will there be a human cost to pay but it will also be devastating to our economy.

Wearing PPE and masks for the rest of our lives every time we go out is not going to be the solution that will take us forward.

## The solutions

Before I was hospitalised, I put together several teams of engineers and scientists to work on different solutions.

1. How to protect ourselves when visiting shops and retail establishments
  2. How to protect our doctors and medical professionals (our heroes)
  3. How to protect our factory workers
- For each of these three problems, we



have devised different solutions. An office building with a central AC system will not be given the same solution as a restaurant. And a factory with thousands of workers cannot be given the same solution as a large market or mall.

I am releasing several more videos which will build on this awareness and explain to you how we will use different types of technologies to destroy Covid germs in different environments.

## The KC solutions

Let me explain how we can protect you when you visit retail establishments such as shops and restaurants, with an example of a sari shop. When you visit a sari shop you normally will go with friends or family. There may be other families visiting as well. Now, in the group who visited before you, there may have been someone who was infected. They have left a cloud of infection in the air and has also contaminated the surfaces of the saris and other things they have touched.

## Air disinfection solution

Firstly, we have to consider the type of space we are working with. As mentioned earlier, Covid spreads through the air and is circulated through AC or the ventilation system. Our team will evaluate the points of airflow coming into and leaving the space. I have sourced highly specialised air disinfection systems which will make sure that the air is completely disinfected in this closed environment.

If the air flow of this shop is dependent on central AC for a mall, then we will install the central AC system technology. There are separate devices for air inflow and outflow.

The central AC system kills germs and bacteria's using a single Photo catalysis system which uses UV technology. We can also use a dual protection system which will include negative ion technology. The central AC system is easy to install and an immediate solution that can be used by any large establishment.



After every group leave, the electrostatic spray technology, together with our FDA approved disinfecting chemicals, is the right answer. It will disinfect all surfaces without inconveniencing other people nearby.

This system also has many benefits over traditional methods.

- 1) There absolutely won't be any gap in coverage because the system works like a magnet on all surfaces including shadowed or hidden areas
- 2) Also because of the cationic charge of particles there will be a wraparound effect around round objects
- 3) The mist will also be dry and very tiny so there will be no wetting of any surfaces. In a sari shop the owner can spray the saris if they want to disinfect them from any viruses left by visitors
- 4) Only FDA APPROVED chemicals are used, making it perfectly safe for humans but deadly for COVID within minutes.

You can spray while there are other people close by.

These are just some of the solutions that are available from KC. The advantages of these technologies are that unlike existing methods that provide periodic disinfection, our solutions will work throughout the day.

We have all learned about the country-wide infection curves. Now let's talk about our "germ build up curve." I am actually talking about the virus and bacteria build-up in an enclosed space. Take the example of the number of people coming in and out of an office over a week. The curve will keep on peaking and spreading when infected guests are coming in and out and will only decrease once the area is periodically disinfected. Now, when you are using the KC disinfection solutions, we won't allow a curve to happen in the first place. Maybe there will be a small bump, but it will be immediately taken care of because our disinfecting systems are constantly working

KC will soon come out with an assurance program. Retail establishments who will use our comprehensive solutions will be recognised on our social media page. We will also encourage you to start visiting these places again, feeling safe and knowing that our Covid busting devices are working behind the scenes.

To experience the products first hand, visit the KC gallery and we will give you a demonstration of some of our disinfecting systems. Remember it's safe to visit us.

By **Kawsar Chowdhury**

Photo courtesy: **Kawsar Chowdhury**

For more details visit [kc.design](http://kc.design) or write to [kc@kc.design](mailto:kc@kc.design)

If the building owner is not interested in our central AC system, then we can provide specialised and individual protection for the shop or floor owners. Coming back to the sari shop example, it may be the case that this shop does not have central air conditioning and is a standalone shop.

For places like these, our mobile type units are best suited to serve the purpose of air disinfection. The mobile units should be carefully placed between groups to make sure that any stale or infected air from one group does not reach groups that are close by. It is even more important to make sure there is no build-up of germs in that location which could result in a super spreading event. Mobile units can be equipped with triple layer disinfecting features by adding a hepa filter.

## Surface disinfection solutions

Now let's talk about surface disinfection in the said saree shop. Visitors will be coming in and out throughout the day.



LS EDITOR'S NOTE

# Personal grooming and safe services

I haven't been in a grooming mood for a while, although deep inside, I do crave for a relaxing hair oil massage. However, recently I saw posts that most of our salons are opening with full safety measures.

Farzana Shakil's Makeover Salon is Star Lifestyle's most trusted makeup partner since the early noughties. They have done 90 percent of all our photoshoot makeup and hairstyling. Recently, Shakil opened up her salon's newly relocated Dhanmondi branch at Concord Royal Court on Road 27, and has brought us some state-of-the-art grooming facilities.

Shakil, a Beauty Expert, an Image Consultant and Managing Director of Farzana Shakil's Makeover Salon, is a makeup artist par excellence. Recently, I had the opportunity to have a long discussion with her, and thought I would like to get some grooming suggestions from her; sort of a joy list for self-indulgence that perk us up in loneliness during this pandemic.

The way we perceive ourselves is not how others see us. We might think we are prim, proper, and well-groomed but that might not be the perception of others. There is more to being well-groomed than just makeup and hairstyle. Impeccably groomed is someone who is neat, tidy, with a pleasing appearance. "We groom because it's a perfect way to celebrate ourselves and pay attention to our needs and image. Small routine things like styling your hair, exfoliating once in a while, getting haircuts every couple of months, staying hydrated, are very basic grooming rituals that we must do," Shakil emphasizes, adding a beauty tip of using glycerin and mist to keep the skin young, supple and dewy.

Besides, a red-hot manicure, a relaxing hair oil massage, or a fresh and crisp hair-cut never fails to cheer us up. For example, if the eyebrows are shaped properly, it lifts up a person's appearance almost instantly, as eyebrows are said to frame the face. Thus, this

Eid, get a hydrating facial, or 10-minute clean up facial done, as well as some basic grooming, to keep up the spirits of the festival high.

Personal appearance is important because it creates the first impression, and shows respect towards the self, and embodies etiquette and good manners.

Recently, we have had an online rendezvous with Farzana Shakil, where we discussed various fashion and style related issues and their probable solutions amidst the pandemic. Be sure to watch the video, which was a part of our latest Star Lifestyle multimedia initiative, where we meet experts on a regular basis and talk to them about important subjects.

— RBR

## Preview of the new branch

Farzana Shakil's new premises for the Dhanmondi branch of her eponymous salon is just a couple of buildings away from the

previous one, at House no. 40 on Road 27. Having opened recently, and keeping in mind the very real risk of COVID transmission, all sorts of precautions are being taken.

Masks and other protection gear are worn by all the staff, and all patrons are checked for temperature anomalies, and provided sanitisation upon entry. Moreover, a detailed account of each visitor is kept. Also, services at the sparkling new premises have been adapted to reduce chances of transmission, e.g. manicure stations have a barrier between the patron and the service provider, and face masks are worn by the service providers at all times. One can also opt to have their eyebrows waxed.

Feeling couped up at home? You can safely visit Farzana Shakil's Makeover Salon for some much-needed pampering.

— LS Desk  
Photo Courtesy: FSMS

## HOROSCOPE



### ARIES (MAR. 21-APR. 20)

Do things as you see fits. Friends may deceive you. Make time for travel. Your lucky day this week will be Saturday.



### TAURUS (APR. 21-MAY 21)

Things can get rough colleagues. Get involved in groups. You need a change of pace. Your lucky day this week will be Tuesday.



### GEMINI (MAY 22-JUN. 21)

Emotional situations could bring out your stubborn nature. Social events can bring romantic encounters. Use your energy wisely. Your lucky day this week will be Tuesday.



### CANCER (JUN. 22-JUL. 22)

Try to accommodate others. Put safety first. Be careful when dealing with investments. Your lucky day this week will be Sunday.



### LEO (JUL. 23-AUG. 22)

Get your papers in order. Uncertainty regarding your partner may emerge. Social events will be favorable. Your lucky day this week will be Thursday.



### VIRGO (AUG. 23-SEP. 23)

Avoid any petty ego confrontations. Don't be too sensitive. Make changes to your domestic scene. Your lucky day this week will be Sunday.



### LIBRA (SEP. 24-OCT. 23)

Take care of your family. Loss is evident if you aren't careful. Clear up any pending work. Your lucky day this week will be Sunday.



### SCORPIO (OCT. 24-NOV. 21)

Get into self-improvement projects. Clear out uncertainties. Pay your partner some attention. Your lucky day this week will be Saturday.



### SAGITTARIUS (NOV. 22-DEC. 21)

Your dedication will enhance your reputation. Find ways to boost your income. A little rest will do wonders. Your lucky day this week will be Thursday.



### CAPRICORN (DEC. 22-JAN. 20)

Group involvements may not go as planned. Pamper yourself. Don't invest too much of your own money. Your lucky day this week will be Monday.



### AQUARIUS (JAN. 21-FEB. 19)

Someone from your past may come back. Rely on your quick wit. Try to keep a secret. Your lucky day this week will be Sunday.



### PISCES (FEB. 20-MAR. 20)

Partnerships may be plentiful. Make changes to your living quarters. Don't emotionally blackmail your partner. Your lucky day this week will be Saturday.



**DESHI MIX**  
BY SALINA PARVIN



# Eid-Ul-Azha Recipes

Eid is just around the corner, and there is only one thing on everyone's mind right now; what is going to be on the table for the big day. If you are currently in this dilemma yourself, try out these delicious recipes yourself and really bring out a one-of-a-kind table spread.

## MUTTON TIKKA BIRIYANI

### Ingredients

*For mutton tikka —*

- 1 kg mutton
- ½ cup oil
- 2 tbsp lemon juice
- 2 tbsp ginger-garlic paste
- 1 tbsp papaya paste
- 1 cup yoghurt
- 2 tbsp red chilli powder
- ½ tsp carom seeds
- 1 tbsp chilli flakes
- 1 tbsp cumin powder
- 1 tsp garam masala powder
- 1 tsp coriander powder
- ½ tsp yellow food colour
- Salt to taste

*For rice —*

- 800g rice, boiled
- ½ cup oil
- 1 tbsp ginger-garlic paste
- Salt to taste
- ½ cup yoghurt
- 4-5 green chillies
- 1 tsp garam masala powder
- ½ tsp cumin powder
- ½ tsp coriander powder
- 1 tsp red chilli powder
- 1 tsp chilli flakes

*For layer —*

- 2 tomato cubes
- 2 tsp ginger julienne
- 2 tbsp chopped mint
- 2 lemon slices
- 2 tbsp fried onions
- 3 green chillies

### Method

*For mutton tikka*

In a bowl, mix oil, yoghurt, ginger-garlic paste, papaya paste, salt, carom seeds, garam masala powder, cumin powder, coriander powder, turmeric powder, red chilli powder, chilli flakes and food colour. Marinate mutton in it for 4-5 hours or overnight. Take skewers and thread mutton pieces on it. Cook on charcoal until fully tender.

*For rice*

In a pan, heat oil, add ginger-garlic paste, cumin seeds, green chillies and cook until light brown. Add cooked mutton tikka and mix well. Then add salt, red chilli powder, chilli flakes, coriander powder, garam masala powder, yoghurt and cook for 5 minutes. In another pan, layer rice, mutton, sprinkle fried onion, ginger julienne, lemon slices, mint leaves, and green chillies. Repeat. At last, drizzle ghee and food colour on top. Add ½ cup of milk and let it simmer for 10-15 minutes on low heat. Turn off the flame and leave it for 10 minutes. Tikka biryani is ready to serve.

## KARAHI KEBAB

### Ingredients

- ½ kg beef mince
- 2 chopped onions
- 5-6 green chillies
- ½ cup fresh coriander
- ½ cup mint leaves
- 1 egg
- 1 tbsp cumin powder
- 1 tbsp roasted and crushed coriander
- 1 tsp red chilli powder
- 1 tsp garam masala powder
- 1 tbsp ginger garlic paste
- Salt to taste

*For gravy —*

- 1 chopped onion
- 2-3 tomatoes, puréed
- 1 tsp cumin powder
- ½ tbsp ginger-garlic paste
- ½ tsp red chilli powder
- ½ tsp turmeric powder



½ tsp garam masala powder  
Salt to taste

### Method

In a blender, add green chillies, onions, coriander, and mint; grind them well. Take beef mince in a bowl, add green

chillies mixture to it and mix. Now add egg, crushed and roasted coriander, red chilli powder, ginger garlic paste, garam masala and salt. Mix well until completely combined. Shape kebabs out of this mixture and fry for 3-4 minutes. For gravy, heat oil in a pan. Add onions, ginger-garlic paste, tomato purée, red chilli powder, turmeric powder, garam masala powder, salt and mix well. Add water to the pan and bring it to boil. Add fried kebabs to this gravy and let it cook for 10-15 minutes. Lastly, add green chillies and simmer for a minute or two. Remove from heat and serve.

## GRILLED MUTTON CHOPS

### Ingredients

- 6 large mutton chops
- 2 tbsp ginger paste
- 1 tbsp garlic paste
- 1 tbsp raw papaya paste
- 1 tbsp lemon juice
- 3 tbsp yoghurt
- 1 tsp dry red chilli, crushed
- 1 tsp red chilli powder
- 1 tsp garam masala powder
- 1 tsp coriander powder
- 1 tsp cumin powder
- 1 tbsp mustard oil
- 1 tsp mustard paste
- Salt to taste

### Method

In a bowl, mix together all the ingredients for the marinade. Marinate the mutton chops in the mixture for 5-6 hours or overnight. Heat oil in a pan, discard the extra marinade and fry the mutton chops on both sides for 2 minutes each. Fry on high heat so that the juices get sealed. Remove from heat. Preheat the oven at 200° C. Place the rack near the top flame. Transfer the chops to a baking dish and bake in oven for 10 minutes. Turn the chops on the other side and bake for another 10 minutes. Serve hot.

CONTINUED ON PAGE 11



COVER STORY

# Fortune™ – The Daily Star RECIPE COMPETITION 2020

### Living In My Kitchen

The pandemic has taken a toll on all of us. During our individual battles against the virulent disease, some of us also made sure that our mental health remains well-balanced, just as well as our physical wellbeing.

Most of us have developed our personal way of coping with the immense anxiety during the seemingly endless days of lockdown. While some of us may have chosen writing or painting as an essential element to stay busy, there are many others who have chosen cooking as their go-to relief element. The lockdown has essentially helped people realise the extent of their potential and explore the field of creativity, including cooking almost like an expert, creating amazing dishes on a daily basis.

We, at Star Lifestyle, love to call them Quarantine Chefs— who are “Living in their Kitchen,” and thriving, their way through the pandemic.

This issue is all about celebrating that creativity and recognising the exceptional chefs who have discovered their calling and shared with us their favourite lockdown recipes, and hence, a part of their personal journeys.

The response to the competition was immense, and we have thoroughly enjoyed selecting the winners, especially their

beautiful food photography and scrumptious recipes.

The basic criteria for the competition was to provide a recipe for Qurbani Eid, something that was authentic and prepared at home. Based on that criteria, we recognise **NAFISA AHMED SONALIAS OUR WINNER**. Joining her on the podium are **SUMAIYA RAHMAN, the 1st RUNNER UP** and **SYEDA KANIZ FATEMA KHAN, the 2nd RUNNER UP**.

We loved Sonali's recipe, because it deals with substitute ingredients — both lean meat and red meat as a basic ingredient. With Qurbani Eid coming up and our usual overindulgence on red meat, a lean meat alternative to recipes is always a healthy option.

So, here's to wishing our WINNER and RUNNER UPS a brilliant future in their new-found calling.

**By Mehri Mubdi Chowdhury**  
**Photo: Sazzad Ibne Sayed**  
**Food and Styling: RBR**



## Arabian Kabsa

Our 1st Runner up is Sumaiya Rahman, with her mouth-watering Middle Eastern recipes, an amazing treat to serve friends and family coming Qurbani Eid.

### INGREDIENTS

- 1½ kg whole chicken
- ½ kg basmati rice (soaked in water for 20 mins)
- 1 tomato, chopped
- 4 tomatoes, blended
- 1 large onion, chopped
- 8-10 garlic, chopped
- 5 cardamoms
- 2 sticks cinnamon
- 4 cloves
- 1½ tsp salt
- ½ tsp black pepper powder
- 3 tbsp butter
- 4 tbsp oil
- ½ tsp zeera powder
- ½ tsp dhania powder

### METHOD

In a pan, add butter and oil. When it becomes hot, add onion and garlic and sauté it until it becomes translucent. Then add all the whole spices. When the flavour

of spices comes out, add the chicken.

When the chicken changes its colour, add chopped and blended tomato. Now add salt and black pepper powder and cook it until all the tomatoes melt and become gravy. Then, cover it for 10 minutes. After that, when the chicken is fully cooked, take it out from the pan and keep aside.

In the same pan, add grated carrot and sauté it for 1 minute. Then add ½ teaspoon zeera powder, ½ teaspoon dhania powder and ½ teaspoon black pepper powder and sauté for few seconds. Then add 3 cups of water and cover it. When the water starts boiling, add the soaked basmati rice. Then, set the flame to medium low and cover until it turns into pilaf, and simmer it on low flame. When the rice is completely done, remove from the flame.

Now, in a different pan, add 2 tablespoons of butter, when it becomes warm, add the chicken pieces. Stir fry the

chicken until it becomes light golden. Now take out the chicken from the pan.

In the same pan, add some cashew nuts and some raisins. Sauté these until it become light golden. Now take out from the flame.

### For Kabsa Sauce

In a pan, add 1 tablespoon of oil and 1 tablespoon of butter. Then add 4 peeled tomatoes. Cook until all the tomatoes melt down and make a gravy. Then add 1 teaspoon of tomato paste, ½ teaspoon of salt and ½ teaspoon of black pepper powder. Mix it well and remove from the flame.

Assembling: On a serving dish, serve the rice, then place the chicken over the rice. Now garnish the rice with some nuts and raisins. Now, place the kabsa sauce on a sauce bowl. The Kabsa is now ready to be served.

**Photo credit: Sumaiya Rahman**

## The Winner

Sonali is a super busy stay-at-home mom, looking after her two daughters, one an infant, and the other a toddler. She rarely gets any time for herself, but whenever she does, she tries to indulge into cooking up something that is unique and attractive.

“I run wild with my imagination. I try everything from arts and crafts to cooking. These activities help me express my creativity and helps me relax and subdue my anxiety related to the pandemic,” said Sonali. Without further ado, here is Sonali's recipe, her quarantine love, which she shared with us.

### SCRUMPTIOUS SCHNITZEL

Most countries throughout the whole world have their own version of fried meat. Dipped in batter, breaded, or coated in flour, deep fried meat is a steady crowd favourite. Japan has tonkatsu, America has chicken fried steak, we have our chicken or beef chaap, and Germany has Schnitzel.

Schnitzel, simply put, is a flat piece of meat, breaded and fried. It's that simple, yet so delicious. The ingredients are so simple that all of them can be found in any kitchen at all times. Pair it up with green vegetables, root vegetables or a salad, and you have a meal that will leave everyone full and satisfied.

The schnitzel is a complete hearty meal, a comfort food, and suitable for any weather. Serve it with fresh salad, coleslaw and a glass of iced tea in summer, with steamed vegetables, warm dinner rolls and a bowl of piping hot tomato soup in winter. The crunchy fried meat, drenched in rich warm gravy, is always a winner.

Potatoes are a must. The crispy exterior and fluffy interior of pan roasted potatoes or thick cut potato chips, drizzled with gravy are simply irresistible. Then there's the classic

mashed potato. Creamy, smooth, buttery mash, laced with gravy and a crunchy piece of schnitzel is a mouthful of heaven.

The most beautiful part of this recipe is that you can make it ahead of time and freeze it. Schnitzel freezes so well that when fried and served, you will never know the difference. Make a batch, pop it in the freezer, and when you're having a lazy day



or a surprise guest comes over, just take it out, directly fry the frozen schnitzel in oil, and serve it with a side you can whip up in a short time.

Sides that you can serve with schnitzel and gravy include: steamed vegetables, green beans, French beans or long beans sautéed in butter and garlic, garlic mushrooms, honey ginger carrots, coleslaw, pan fried or baked potatoes, mashed potatoes, thick potato wedges, French fries, sautéed mixed vegetables like beans, carrots

and broccoli.

With Eid just around the corner, and so much chicken and beef stocked up in the fridge, why not give this recipe a try? Make it once and you will find yourself making it often.

Happy cooking everyone!

### CHICKEN SCHNITZEL

**Serves: 2**

### INGREDIENTS

- 2 pieces boneless chicken breasts, butter fried and cut in half
- ½ tsp salt
- ½ tsp freshly ground pepper
- 1 egg, beaten
- 1 tbsp milk
- 1 cup flour, or as required
- 1 cup bread crumbs, or as required
- Oil for frying

### METHOD

Cover the chicken pieces, one at a time, in cling film (saran wrap or plastic wrap). Flatten the chicken using a mallet, rolling pin or the back of a heavy knife or cleaver.

This is to tenderise the meat, but be careful not to tear or make any

holes in it. Sprinkle sufficient amount of salt and pepper on both sides of each piece of meat. In a bowl or plate, beat the egg with 1 tablespoon of milk and a pinch of salt. And in two other separate plates, spread plain flour and bread crumbs. Coat each piece of chicken in flour, egg, and breadcrumbs. Heat oil in a fry pan, enough to deep fry the chickens. Fry the chicken 2-3 minutes on one side, flip, and fry 1-2 minutes for the other side. Since it's a flattened piece of meat, it should not take long. Place the chickens on a kitchen towel to drain the excess oil and serve immediately.



## A Subtle Dining Affair - Kebabs

Our 2nd Runner Up is Syeda Kaniz Fatema Khan with her amazing steak recipe, with a twist of course. Kebabs are a must-have during Qurbani Eid, but what if you could enjoy both a kebab and a steak at the same time. Curious? Here's how.

### INGREDIENTS

- For Asian steak kebab —**
- ½ kg boneless beef mince
  - ½ tbsp ginger garlic paste
  - 1 tbsp tandoori masala
  - ½ tsp garam masala
  - ½ tsp salt
  - ½ tsp crushed red pepper
  - 1 tbsp hoisin sauce
  - ½ tsp black pepper
  - ¼ tsp oregano
  - ¼ tsp thyme powder
  - 1 tbsp coriander leaves

- 1 tsp crushed green chilli
  - 2 tbsp chopped capsicum
  - 1 egg
  - 1 bread slice
  - 2 tbsp oil
- For vegetables —**
- 1 carrot
  - 1 capsicum
  - 1 onion
  - 1 cup beans
- For sauce —**
- 2 tbsp oil
  - 1 tsp crushed garlic



CHECK IT OUT

## Better food storage solution from Hitachi

It is next to impossible to think of a functional kitchen without a refrigerator full of ready-to-go items, and a stocked freezer. But times have changed and simply 'storing' the eggs and veggies along with a few bottles of chilled water and carbonated drinks is not enough. And just stuffing the freezer with raw food waiting to be stored for the long haul is way past. Fridges as we commonly see and know have transformed drastically over the decades, and all for the better.

For a truly upscale, premium storage solution, many households are choosing the French Style units. These refrigerators are easily distinguished with the freezing units being placed at the bottom, instead of the top, like traditional refrigerators. With a variety of functionalities and space options, a French style refrigerator is easily a considerable addition to a home looking to boost up its food storage solutions.

Keeping this in sight, Hitachi, the Japanese company well known for their quality products, has introduced a range of refrigerators to answer the needs of the modern homes. Transcom Digital, which is the authorised dealer of Hitachi refrigerators along with a number of world-renowned brands in Bangladesh, has a particular

model from the brand that offers a premium storage solution. The model in question would be Hitachi's 4 Door French Bottom Freezer, a refrigerator unit that not only boasts a hefty capacity of 584 litres, but also a nifty number of features that makes a stand out model for food storage in modern homes.

### VACUUM PRESERVATION

This particular model comes with a separate vacuum compartment to keep food fresh. The technology is one of Japan's finest in food preservation and incorporates a vacuum pump that reduces oxygen level in the food compartment and ensures further freshness of stored food. The pump extracts air and ensures an atmospheric pressure of 0.8, which is lower than the

outside pressure. The patented design averts the flow of direct cool air into the vacuum compartment. Meat, fish, and dairy product stored in this compartment remain free of oxidation and dehydration, keeping them ready to cook without any need for defrosting. By effectively retaining freshness, the vacuum compartment offers an option of storing food without freezing them and prevents loss of flavour and texture.

### UNCOMPROMISED OPTIMAL STORAGE

For such a large capacity refrigerator, a usual drawback would often be the fixed nature of storage compartments that can only keep certain products due to their temperature restrictions. This is certainly not the case for Hitachi's model. Flexible

storage is the order of the day here with the Selectable Zone feature, which allows the user to customise mode settings based on storage and lifestyle needs. This feature allows the freezer compartment to be used optimally. Drinks and such can be kept in the freezer section by selecting a temperature of Celsius. With the Soft Freeze option at -3 degree Celsius, the meat and fish can be stored and cooked without the need for defrosting. It also gives the option to take portions as needed with ease instead of the typical waiting around for the entire chunk of frozen meat or fish to thaw. And of course, for typical frozen items and ice creams, there is the usual option of choosing the temperature range between -18 degree to -20 degree Celsius.

As for fresh vegetables and such, the upper section of the unit has separate Vegetable Compartments. For long-lasting freshness, each of the cases maintains the moisture of the food at the optimum level of approximately 90 percent with indirect cooling.

The completely separate compartments are always filled with clean air with no transferred odour thanks to the Triple Power Filter feature. This filter not only deodorises, but also works on removing 99 percent of bacteria. There is also a dedicated compartment which can be used to store dry food or vegetables as needed.

**CUTTING EDGE COOLING TECHNOLOGY**  
Instead of a single fan as seen in typical units, optimum cooling in both refrigerator and freezer sections is ensured with the use of an inverter and Dual Fan Cooling. Each compartment has its dedicated fan for powerful cooling. This is further supported by the Two Eco Thermo-Sensors placed in the freezer and the refrigerator. The sensor works in such a way that any temperature change is immediately detected and corrected so that the ideal temperature is maintained at all times. The inverter itself is microcomputer controlled and ensures maximum energy efficiency. The typical shortcoming like voltage fluctuations and long-term power outages too have been tackled. The refrigerator can operate within wide fluctuations of 130-300 volts without a special voltage stabiliser. As for power cuts and such, the stored food can be expected to keep fresh up to 15 hours of no power.



**UTILITY MEETS DESIGN**

The premium finish of this refrigerator is designed with luxury in mind. The unit boasts of sleek, refined flat doors with recess handles that seamlessly blend into the home décor. With most used refrigerator compartment put on top, it is easier than ever

to have everything at eye level. As for the various setting and selections, a conveniently positioned touch screen controller is used to change the setting at the simplest swipe. The tempered glass surface also offers a hassle free clean up with just a gentle wipe.  
For offers on this particular model, visit

[www.facebook.com/transcomdigital/videos/621545748775661/](http://www.facebook.com/transcomdigital/videos/621545748775661/)

For online shopping and more information, visit [www.transcomdigital.com](http://www.transcomdigital.com)

— LS Desk

Photo courtesy: Transcom Digital

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# A Subtle Dining Affair - Kebabs

1 tsp brown sugar  
 ½ tsp salt  
 1 tbsp soya sauce  
 ¼ tsp black pepper  
 1 tbsp BBQ sauce  
 1 tbsp vinegar

## METHOD

*For Asian Steak Kebab—*

Add minced beef, ginger, garlic paste, tandoori masala, garam masala, salt, crushed red pepper, Hoisin sauce, black pepper, oregano, thyme powder, coriander leaves, crushed green chilli, chopped capsicum, egg and bread slice in a blender and blend them together. Leave them to rest for an hour in the refrigerator.

Once marinated, take the mixture out and shape them however you wish; you can flatten them into the shape of a regular steak, shape them into cubes or into meatballs.

Next, shift the patty to a grill pan, add oil to fry it and sear both ends for 3 minutes (to be served medium rare). Once cooked, smoke the steak kebab to give it a delicious smoky flavour.

*For the vegetables—*

Mix carrot, capsicum, onion, beans and oil and sear them together. Sear them together until they are crunchy on the outside (make sure you don't burn them)!

*For the sauce—*

Add oil on a frying pan. Add crushed garlic to the frying pan and fry it for a couple of minutes. Next, add the rest of the ingredients (brown sugar, salt, soya sauce, black pepper, BBQ sauce, vinegar) and keep searing them together until the mixture starts to boil. That means your sauce is ready!

Plate the steak, along with the Asian steak kebab, vegetables and sauce and serve! You can have it with rice, vegetable or even naan; the choice is yours.

Such a delicious dish calls for a creamy, sugary blast of dessert in the form of a strawberry custard.

## STRAWBERRY CUSTARD

### INGREDIENTS

½ cup sugar  
 1 tbsp water  
 250g strawberries  
 1L milk  
 4 tbsp strawberry custard powder  
 ½ cup fried cashew nuts  
 1 packet cream  
 ½ cup raisins  
 4 bananas  
 2 cup biscuit crumbs

### METHOD

First, we have to make the caramel by



mixing  
 ½ cup of sugar with 1 tablespoon of water. Put it on medium heat and move the sauce pan occasionally until the caramel is golden brown in colour. Instantly pour 1 litre of milk in that caramel. Mix it until the caramel dissolves into the milk properly (until you get no feeling of caramel sticking to the

bottom of the sauce pan). Let it cool to room temperature.

Once the mixture cools down, mix 4 tablespoon of strawberry custard powder. Stir the mixture in medium heat, and stir it occasionally until it's thick enough to stick on the spatula and the mixture coats the back of the spoon. Dip the spoon in it, run your finger along the back of the spoon and the indentation should remain. That indentation will not stay if the liquid is too thin.

Finally, let the mixture cool down again. After cooling, add fruits (banana, raisins and fresh strawberries).

While plating, add a layer of crushed biscuit mixed with melted butter at the base of the bowl (the process is similar to layering the base of a New York style cheesecake). Then pour the thick delicious strawberry custard onto the bowl and let it set in the refrigerator for at least 2 hours, or overnight. The longer the time to set the better.

**Photo credit: Syeda Kaniz Fatema Khan**

# Sides to go with Schintzel

## MASHED POTATOES

### INGREDIENTS

4 large potatoes  
 3 tbsp butter  
 1 cup milk, warm  
 Salt and pepper, to taste

### METHOD

Boil potatoes until soft. While the potatoes are hot, peel them and finely mash them with a potato ricer or fork. Add milk and butter in portions. You should have a very smooth, soft, fluffy mash. If you add too much milk, the potatoes will be runny. If you add too little, it will be stiff and dry. So, add the milk and butter gradually, tasting as you go. Add salt and pepper according to your taste.

If you want, you can add other ingredients to flavour your potatoes; for example, grated Parmesan, herbs, garlic, sour cream and so on.

## MUSHROOM GRAVY

### INGREDIENTS

8-10 pieces canned or fresh button mushrooms, sliced  
 3 tbsp butter  
 2 tbsp all-purpose flour  
 2 chicken cubes  
 2 cups hot water  
 1 cup milk, warm  
 Salt and pepper, to taste.  
 ½ tsp thyme

### METHOD

Heat butter in a pan and sauté the sliced mushrooms till lightly golden. Don't



overcrowd mushrooms, or else they will release too much moisture and not colour well. Add flour, stir and cook till it becomes brown and fragrant. If it's too dry, you can add more butter or a bit of oil. Once ready, the raw floury smell will be gone and there should be a roasted, nutty, buttery aroma. Dissolve the chicken or beef stock cubes in hot water one at a time. Taste it and if you find the taste too subtle or bland, then add half or the entire second one. Add half the hot liquid stock in the pan and stir well. Adding the rest of the liquid soon after. Add

dried thyme crushed between your fingers and thumb. Season with salt and freshly ground pepper. Simmer till gravy slightly thickens. If you find the gravy has become too thick, add a splash of water.

## CLASSIC COLESLAW

### INGREDIENTS

1 cup cabbage, finely shredded  
 ¾ cup carrots, julienned  
 3 tbsp mayonnaise  
 1 tbsp lemon juice  
 1 tbsp mustard  
 1 tsp sugar

Salt and Pepper, to taste  
 1 small onion, sliced (I prefer onions to my coleslaw, you can if you wish)

### METHOD

Cut cabbage and carrots and set aside. Prepare dressing by adding the rest of the ingredients in a bowl and mix well. Mix the mayonnaise dressing to cabbage and carrots right before serving.

### Tips:

If you're freezing your schnitzels, place them in clean, dry, airtight containers. Give the schnitzels enough space to be placed flat and evenly with butter paper or cling film between the layers. Or you can freeze them on shallow trays in single layers and once the schnitzels are completely frozen, you can place them in plastic or zip lock bags to save space.

Gravy can be made ahead and refrigerated. You can also freeze gravy and store it for weeks. Heat up a batch before serving, stirring occasionally as gravy forms a skin on the surface when it cools down.

You can store leftover mash in the fridge in an airtight container. If the potatoes become a bit dry, add a splash of milk and a dollop of butter the next time you heat it up.

You can adjust the ratio of cabbage and carrots to your preference. You can add other ingredients like apple for a bit more sweetness or purple cabbage for an extra pop of colour.

**Recipe by Nafisa Ahmed Sonali**

FROM PAGE 5

# Eid-Ul-Azha Recipes

## CHUTNEY GOSHT

### Ingredients

1 kg mutton  
½ bunch coriander leaves  
½ bunch mint leaves  
2-inch piece ginger  
6-7 clove garlic  
4 onions, chopped  
15 green chillies  
½ cup yoghurt  
2 tbsp lemon juice  
1 tsp allspice  
½ cup oil  
Salt to taste

### Method

Make chutney by grinding together coriander leaves, mint leaves, ginger, garlic, onion, green chillies, yoghurt and salt. Marinate mutton with the prepared chutney for 2 hours. Heat oil in a pan over medium heat. Add onion and fry until golden brown. Add marinated mutton and mix well. Add 1 cup water and stir. Cover the pan and cook on low flame for 45 minutes or until mutton is tender. Sprinkle lemon juice and allspice powder over it. Remove from heat and serve.

## TAWA KALEJI

### Ingredients

1 kg beef or mutton liver  
1 tbsp garlic paste  
2 tsp garlic paste  
1 tbsp red chilli powder  
1 tsp turmeric powder  
1 tsp cumin, toasted and crushed  
1 tsp coriander, toasted and crushed  
½ tsp garam masala powder  
½ cup onion, finely chopped  
4 green chillies, thinly chopped  
2 tbsp fresh chopped coriander leaves  
250g chopped tomatoes  
1 tbsp lemon juice  
½ cup oil  
Salt to taste

### Method

Cut liver into small cubes. Wash properly. In a bowl, marinate liver with ginger-garlic paste, red chilli powder, turmeric powder, crushed cumin, crushed coriander seeds, garam masala powder, lemon juice and salt. Cover it and leave it for 2 hours. Heat oil in a griddle or frying pan. Add onion and fry for few

minutes. Put the marinated liver and stir. Stir fry till the liver is cooked and the spices are well combined. Sprinkle chopped green chilli and coriander leaves on top. Now serve hot tawa kaleji with naan, chapatti or paratha.

## MATKA GOSHT

### Ingredients

1 kg beef or mutton  
½ cup yoghurt  
2 tsp red chilli powder



1 tsp turmeric powder  
1 tsp allspice powder  
1 tsp crushed black cumin  
2 tsp coriander powder  
2 tsp ginger-garlic paste  
½ cup sliced onion  
3 bay leaves  
2 glass warm water  
½ cup oil  
Salt to taste  
Wheat flour, as required  
1 tsp chopped ginger  
4 chopped green chillies  
2 tbsp green coriander

### Method

Heat oil in a clay pot. Fry onion till light brown. Add mutton, ginger-garlic paste, yoghurt, salt, turmeric, container powder, red chilli powder and bay leaf. Stir fry and add in 2 glasses of warm water and cover. Make a hard dough by adding water to flour. Seal the pan by flour and cook on very low flame for 1 hour. After an hour open the cover. Add black cumin, allspice powder and turn the flame off. Cover and leave it for 10 minutes. Garnish with fresh chopped ginger, chopped green chillies and fresh

coriander. Serve hot in clay pot.

## DEEP FRIED BEEF BRAIN

### Ingredients

500g brain  
½ tsp garlic-ginger paste  
½ tsp red chilli powder  
¼ tsp turmeric powder  
¼ tsp black pepper powder  
¼ tsp garam masala powder  
1 tsp lemon juice  
1 cup all-purpose flour  
2 eggs  
1 cup milk  
1 cup bread crumbs  
Oil for deep frying  
Salt to taste

### Method

Pick the blood vessels of the brain and soak in cold water for 1-2 hour. In a pan, separate the lobes into 2-inch chunks. In a bowl, mix brain, ginger-garlic paste, red chilli powder, turmeric powder, garam masala powder, lemon juice and salt. Keep aside for 30 minutes. Meanwhile, prepare 3 bowls with



the flour, the egg whisked with milk, and the breadcrumbs. Heat enough oil in a pan. Roll each brain segment in flour, then coat it in the egg mix, then coat it in the bread crumbs, and release into hot oil. Deep fry the brain until they turn golden brown and crispy. Drain on paper towels and serve immediately.

## RABRI MALAI ROLL

### Ingredients

10 bread slices  
2 litres milk for rabri  
1 cup milk powder  
1 cup milk for mawa  
1 tbsp ghee

½ tsp cardamom powder  
2 tbsp pistachio, chopped  
2 tbsp sugar  
Pinch of saffron

### Method

Boil milk in a heavy bottom pan until milk gets thick in consistency and collect malai and stick it to the inner side of the pan. Now add sugar and saffron, and cook till sugar dissolves in milk and switch off the flame. Rabri is ready, allow it to cool.

Now cut all sides of breads and flatten it by using a roller and keep aside. Heat ghee in a pan. Add one cup of milk and milk powder. Stir continuously and add 1 spoon sugar. Cook until the mixture gets thick. Remove from heat and keep a side to cool. Take the mixture in portions and make rolls out of them. Now take a bread and put that mawa roll on it and roll the bread while stuffing the mawa roll inside. Heat again ghee or oil in a pan. Fry the stuffed bread roll until golden brown. In a serving plate, arrange the fried rolls and put rabri on top of it. Sprinkle chopped pistachio and serve.

## KUNAFI/CREAM SHEMAI

### Ingredients

200g lachcha shemai  
1 tbsp ghee, ¼ cup sugar  
¼ cup powdered milk  
For the cream base —  
2 cups whole milk  
1 cup powdered milk  
½ cup condensed milk  
3 tbsp corn-flour  
¼ cup cream

### Method

In a pan, roast the shemai with ghee. Add in sugar and powdered milk gradually, stir often and set aside. In another pan, pour whole milk, add powdered milk, condensed milk and corn-flour. Now put the pan on stove and mix properly with a hand whisk to remove any lumps. Add the cream and continue stirring. Place the crispy shemai mixture on the bottom of your dish, pour the cream base. Form as many layers as you want, refrigerate for 2 hours and enjoy!

**Photo: Sazzad Ibne Sayed**  
**Food: Selina Parvin**  
**Styling: RBR**

CHECK IT OUT

# Relishing the delights of the Deli

The Gulshan Baking Company (GBC) had its inauguration on 18 December, 2019, when the Renaissance Dhaka Gulshan Hotel, a part of the esteemed Marriott International portfolio, made its grand debut in Bangladesh. Situated in the pleasant and posh commercial suburbs of Gulshan, the hotel brings excellent hospitality springing from depths of warmth and caring that many in the world have already been witness to. A global lifestyle brand, the Renaissance Hotels brings you the best from the world of culinary pleasures and hospitality.

The Renaissance Hotel hosts the finest culinary services through Gulshan Baking Company, a coffee deli offering a plethora of delectable dishes from a rich, layered selection of coffees to a savoury collection of patties and tasty pastries to even light lunch or snack food items such as soups, salads, pizzas, and burgers — all of which will tune up your taste buds for a ride of full-on enjoyment. There is something for everyone's palate that will offer something refreshing and splendid. Not to mention, the taste will make you harken for more. The deli welcomes and offers us all something unique to experience.

The deli is open every day from 11AM – 11PM offering dining and take away services. Finely tuned with a rich variety of mouth-watering and relaxing dishes at reasonable



prices, the deli offers a portal to a calm and more serene experience where you can enjoy yourself or with family/friends, away from the daily workload, that too in one of Dhaka's busiest junctions. Spacious, friendly, and along with good food, the deli helps to eke out a sense of belonging and relaxation at any time of the day.

Be it in the afternoon sipping their much sought-after afternoon tea with a slice of their varied assortment of delicious cakes and pastries, this experience will calm your nerves. In the hectic work schedule of our fellow inhabitants in the concrete jungle where everything is noisy and over congested, the deli is an oasis of comfort as family and friends can enjoy some much-needed time to themselves in a comfortable and friendly space with good food and

service. On weekends such as Friday, the Chairman's Burger is offered, which is a feast in itself, making it an enjoyable treat to eat not only by yourself but also with your loved ones. After all, what else can make a weekend more enjoyable than enjoying a meal with your family in perhaps one of the most spacious and comfortable delis in Dhaka.

In a time of the pandemic where everyone is obligated to take proper precautions, the deli itself have adhered



to international guidelines set by Marriott. There is the mandatory social distancing rule of everyone maintaining a 3-feet from each other, with cleanliness maintained to the highest degree in all spheres. Distancing is advised when sharing a table while having a meal. Everything remains sanitised and cleaned after every check in and check out so that the deli offers you the maximum comfort and reliance when dining. Actively monitored to ensure the best service is provided in terms of taste, comfort, and hygiene, this deli surely deserves a visit.

For more information, call +880 1704112644

By Israr Hasan  
 Photo courtesy: Renaissance Dhaka Gulshan Hotel

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