



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