

VOLUME 20, ISSUE 15, TUESDAY, OCTOBER 13, 2020
ASHWIN 28, 1427 BS

Star LIFE Style


E-mail: lifestyleds@yahoo.com
64-65 Kazi Nazrul Islam Avenue, Dhaka-1215. A publication of The Daily Star

A Casual PUJA

DRESS TO IMPRESS
ZURHEM TURNS FIVE **P3**
A GLIMPSE OF THE DIVINE
ATTAINING THE PERFECT PUJA LOOKS **PC**
CHITTAGONIAN COOKING AT YOUR DOORSTEP
THE DELIGHTS OF DOMACCHA **P12**



PHOTO: SAZZAD IBNE SAYED ● MODEL: RABBI ● STYLING: SONIA YEASMIN ISHA ● WARDROBE: SPARK GEAR



BERGER EXPERIENCE ZONE

Berger Home Décor is now Berger Experience Zone.
Now you can avail our **ONE-STOP PAINTING SOLUTIONS** nationwide.

FREE CALL 24/7
২৪ সফলতা থেকেই সমাধানে
08000-123456

OUR SERVICES

- Illusions Painting
- Trained Painter Selection
- Complete Painting Supervision
- Color Scheme Selection
- Solution to Damp or Crack on the Wall
- Complete Wood Coating Solution

New publicity curators in town

Turn Up PR, a spanking new public relations firm, run by two extraordinary ladies, was launched a month ago, on 5 September, 2020.

A PR firm with a focus on authentic collaborations and creative brand stories highlights voices that need to be heard. They believe that every partnership is much more than just a project.

"Every interaction at Turn Up PR is close to our hearts. Our eyes light up when we discuss project plans," said Umaila Akhter, one of the co-founders at the firm.

"At Turn Up, we are not confined by the traditional means of PR Coverage. We are smack at the centre of transformation, and socially conscious at our core. We are a team of go-getters, willing to break barriers of every kind to reach our partners' goals."

"I have always been an extrovert, and enjoyed conversations of every kind, treating every discussion as a learning opportunity. I love small talks, long conversations, and everything in between. Hence, Turn Up is my true calling!" added Akhter.

Naina Hussain, the co-founder at Turn Up PR, believes that everybody has a powerful story to tell, and needs that extra push to unleash their true potential. "It is important to garner organic conversations within our social communities. This helps in opening up avenues to building brand new relationships with the right people, for the right reasons," relayed Hussain.

Further conversation with the duo conveyed that Turn Up PR is an all-encompassing publicity curating firm that believes that every person's work is a reflection of who they are, and with the right avenue, every brand can get the recognition it deserves.

Even though the public relations firm is fresh off the boat, it has already made a significant mark in the PR biosphere. With valuable experience in the field of marketing and publicity, every project is still a learning



opportunity for the dynamic duo.

"The true courage and resilience of people during these trying times is what inspired us to take the leap of faith, and start this journey that has been both our dreams for a long time," conveyed Akhter.

Our conversations concluded with both the entrepreneurs in uplifted spirits. "We hope to etch a permanent mark with our PR capabilities and you'll surely hear of us often and soon," said both the leads at Turn Up, ecstatically.

We are also waiting eagerly to listen to the worthy duo make some noise!

By Mehrin Mubdi Chowdhury

Photo Courtesy: Turn Up PR

Essentials —

To catch up on more of Turn Up PR and their work, click on the following links.

Facebook - www.facebook.com/turnuppr

Instagram - www.instagram.com/turnuppr

LinkedIn - www.linkedin.com/company/turnuppr

Fashion oriented online marketplace

Grande Boulevard online is Bangladesh's one of a kind e-commerce platform that houses retail luxury brands, offering a range of products such as women's dress, kids' clothing, home décor items, and skin care products. Back in November 2019, Grande Boulevard held an exclusive fashion event at The Westin, Dhaka, organised by its founding team along with the immense support of sponsors and brand owners.

This event successfully managed to make a significant mark in the fashion industry by grabbing the attention of prominent brands and connoisseurs. That momentum helped founders to bring in

the online marketplace called 'Grande Boulevard Online'.

During times of COVID-19, when fashion is moving to online platforms rather than the brick and mortar stores, it was the perfect move from the team. With efficient delivery system throughout Bangladesh and an efficient band of backend employees, this online marketplace company has set themselves as important players in the country's e-commerce.

Follow them on social media, and log into their website to do some online shopping — <https://grandeboulevardonline.com>

Tecno Spark 6 Air launched in BD

Transsion Bangladesh Limited has launched the latest addition of the Spark series from the Hong Kong-based mobile phone maker, Techno Spark 6 Air, in the country's market. With a 6000mAh battery, the new phone is available in two trendy colours — ocean blue and cloud white.

The bigger battery enables users to operate the phone for four days on a single charge and standby time of about 35 days. It allows to work, study, or entertain yourself for a longer period of time, no matter where you go and not worry about finding a charging point. If you are eyeing a great budget smartphone that comes with a large battery, the Tecno Spark 6 Air would be one of the best choices for you.

Powered by an octa-core processor, the Spark 6 Air is also equipped with 3GB RAM+64GB of storage space that will meet all your requirements to store limitless images, videos, and apps directly on your smartphone and to run your favourite mobile apps and games and other features.

Spark 6 Air also comes in another variant of 2GB RAM+32GB ROM with a quad-core processor.

bKash payment option in Uber

Ridesharing companies are working relentlessly to help people move forward in this new normal and launched several new features to ensure the highest level of safety.

It has become the safest mode of travel especially after the coronavirus, when social distancing and wearing masks are mandatory. To make the services more convenient, many ridesharing companies

like Uber has added bKash as one of the cashless payment option.

In order for the app to accept user's request, their bKash wallet needs to have a minimum balance that varies for different services of Uber. For Moto or Moto Delivery the amount is Tk 200, for UberX or Uber Premier Tk 400, for UberXL Tk 700, for Uber Hire Tk 1000 and for Uber InterCity the amount is Tk 1500.

us on [f /Sandalina](https://www.facebook.com/Sandalina)

ঐতিহ্যের আর এক নাম আধুনিকতা
ঠিক যেমন ঝপচাঁয় আভিজাত্য মানেই

স্যান্ডালিনা
সোপ

ঝপচাঁয় আভিজাত্য...

KOHINOOR CHEMICAL

#PRESS RELEASE

Kay Kraft's ode to goddess Durga: Puja Collection 2020

With a goal to colour lives of their esteemed clients, their new collection for puja has already hit Kay Kraft stores and online shop, kaykraft.com. They are hopeful that their effort in bringing out the best will satisfy clients.

The new collection offers dresses in cotton, kota, linen, georgette etc. with mythological, floral, and other contemporary motifs executed by means of screen print, block print, hand embroidery, karchupi, etc.



Durga Puja with Sadakalo

Like every other year, Sadakalo has brought their new Puja Collection. The collection comprises of saris, panjabis, dhootis, kamiz, and tops for him, her, and children.

Being true to their moto of designing only in black and white, their minimalist attires are embellished with screen prints, hand block prints, embroidery etc.

The Durga Puja Collection of Sadakalo is available at all their outlets and also their website, www.sadakalo.net.



Spark Gear's Durga Puja ensemble

The auspicious season of Durga Puja is once again upon us. With the awe-inspiring autumn in the backdrop and the sense of festivity that is about to fill the air, we impatiently await the celebrations ahead, with preparations of not just prayers but also of food and fashion in full swing.

And especially for that last one — there is Spark Gear, which would cater to your stylish needs.

There is no better excuse than a festival that lasts for days to jazz up your wardrobe with new attires, as many prefer to wear different attires for each day of the festival.

Hence, with the much loved and ever so beautiful 'sharat' season and Durga Puja intertwining together, Spark Gear has a collection you should check out.

The fashion house has a wide range of attires for all, irrespective of age and gender, to celebrate Durga Puja.

If you are looking for formal wear, there are full-sleeved shirts (and half-sleeved as well) you can try out. Throw in one of their

blazers or suits on top for a sharper look.

Meanwhile, for a more casual or semi-formal look, Spark Gear has plenty of choices, from trendy and colourful tops to denims, 3-quarters, shorts, and leggings.

Colourful and stylish PK polos and the round-neck and V-neck tee shirts ensure you look trendy and feel comfortable this season amidst the humid weather.

And if athleisure is your style, the fashion house also has sportswear for you.

Indeed, Spark Gear is versatile and caters to your various needs, from cosmetics to even for your comfy pyjamas, nightwear, etc.

And for the whole family too, as the brand also has attires for children and new-borns, such as rompers.

So, with the Durga Puja celebrations knocking at the door check out Spark Gear's ensemble to jazz up your appearance for the upcoming festival.

— LS Desk



Zurhem offers anniversary sale

The high-end clothing brand turned five last month, and they want everyone to be part of the celebration. To mark the occasion, Zurhem is hosting a special 'Sample Sale' — offering up to 70 percent discounts on all samples,

iconic looks from Zurhem fashion shows, photoshoots and ready-to-wear items.

The sale will continue until the end of October 2020 at Zurhem's atelier inside Hotel InterContinental Dhaka.



Le Reve launches Puja 2020 Collection

The festive season of Durga Puja is back! To celebrate this joyous occasion, Le Reve — one of the leading fashion and lifestyle brands in the country — has come up with a great array of designs titled Puja 2020. The new collection is available at all Le Reve stores and their online shop.

In this latest Puja collection, Le Reve worked with traditional and contemporary motifs. The fabrics used are cotton, viscose, art silk, two-tone jacquard, felly, rayon, cotton blend, georgette and satin, which



will suit both autumn casual style and special Puja parties.

Follow Le Reve on social media and log into www.lerevecraze.com for more information.

Vibrant hues

There is something about the red and white; it reminds me of Apu and Durga, or Devdas and Paro, and invariably in a Sarat or autumn setting. Where the young women are draped in flowy cotton white saris, the borders of which are painted red, running through the high white fluffy kansgrass, their hair blowing in the autumnal wind. The romance of the clear azure sky dotted with soft white clouds, the ochre red sunsets, these colours usher, with the sweet whistle of the conch shell, the coming home of Durga the Goddess to her home on Earth.

Let it be said, I let my imagination loose where the authors leave off. Yes, its Puja time and the red and white is the theme colour of the month.

The women in a kora or off-white jamdani, stitched in intricate designs in red thread, draped in rustic 'ek pach' style or worn without pleats, few heirloom gold jewelleryes and a brass plate filled with red hibiscus, few grass slivers, a sindur pot in their hands; it's a typical Hindu woman in her puja avatar. In fact, she is a vision of the goddess herself.

Our favourite look is the red and white combination, or mix and match for the aura of elegance it creates during Durga's homecoming.

The white sari contrasts with her vermilion 'teep' on the forehead and that passionate splatter of the powder on the hair partings, her feet and palms painted red with 'alta'. There is a definitive love story to see when her beau stands beside her in freshly starched white panjabi and dhooti. This

is a very traditional and classical scene of puja. However, with changing times and evolving fashion, the red and white combinations often change to either all white jamdani with a red sleeveless blouse or an all red silk sari in beautiful designs stitched in rich silk threads. The best part of puja fashion is you can opt for other colours and designs on six different days.

White is a mixture of seven different colours; hence it symbolises a little bit of purity, cleanliness, peace and knowledge. Red indicates both sensuality and purity. It is also the colour of Shakti (power). Thus, these colours truly represent the goddess mood, especially on Nabami.

There is actually colour coded fashion for each day of Durga puja. There are nine colours associated with the goddess and to wear clothes accordingly, it is believed that it brings prosperity, blessings and good luck. Yet, it is the red and white that strikes as the quintessential puja hue — white signifies peace and purity; red signifies beauty and fearlessness!

This week, Star Lifestyle brings to you our puja fashion mini portfolio, shot just for you, my readers.

— RBR

Photo: Sazzad Ibne Sayed
Model: Meghla
Jewellery: Jarwa House
Wardrobe: Tangail Saree Kutir Ltd.
Make-up: Hossain
Styling: Sonia Yeasmin Isha
Location: InterContinental Dhaka



◆ HOROSCOPE ◆



ARIES (MAR. 21-APR. 20)

Experiences will have lessons to learn. Don't jump to conclusions. Speak your mind. Your lucky day this week will be Monday.



TAURUS (APR. 21-MAY 21)

Put effort into any work. Limitations at work will be annoying. Pamper yourself for a change. Your lucky day this week will be Saturday.



GEMINI (MAY 22-JUN. 21)

Keep your mind open for some knowledge. Moneymaking opportunities will flourish. Do something constructive outside. Your lucky day this week will be Monday.



CANCER (JUN. 22-JUL. 22)

Find ways to please your partner. Your debating skills will come in handy. Make time for some learning. Your lucky day this week will be Wednesday.



LEO (JUL. 23-AUG. 22)

Don't lend or borrow. Avoid taking any sides. Try not to ignore someone. Your lucky day this week will be Saturday.



VIRGO (AUG. 23-SEP. 23)

Avoid unnecessary confrontations. Try being considerate to children. Make career moves as they come. Your lucky day this week will be Wednesday.



LIBRA (SEP. 24-OCT. 23)

Don't agree to things in a rush. Avoid misbehaving with your partner. Listen in order to gain wisdom. Your lucky day this week will be Wednesday.



SCORPIO (OCT. 24-NOV. 21)

Extra money can find its way to you. Don't bottle up the truth. Try not to torment yourself. Your lucky day this week will be Sunday.



SAGITTARIUS (NOV. 22-DEC. 21)

Family members can make unreasonable demands. Lend an ear to an old friend. Don't be too quick to react. Your lucky day this week will be Wednesday.



CAPRICORN (DEC. 22-JAN. 20)

Get out and have some fun. Your family might not support your decisions. Plan some outdoor events. Your lucky day this week will be Friday.



AQUARIUS (JAN. 21-FEB. 19)

Pick your associates wisely. Matters at home will go smoothly. Avoid ventures that only appear to be lucrative. Your lucky day this week will be Thursday.



PISCES (FEB. 20-MAR. 20)

Be an observer before getting involved. Look into new courses or hobbies. Avoid troublesome situations. Your lucky day this week will be Monday.

#HEALTH & FITNESS

Discussing Nutrition with Simra Khan

If one of you ladies, finds yourself contemplating a social group, where you can share your outcry regarding the GM diet and why it doesn't work, then Simra Khan already has a solution built for you, with 'Thinspired by Simra.' It is a woman only wellness group on Facebook, where many young women share their weight loss journeys, getting motivation and learning a plethora of tips and tricks from fellow members on how to sustain 'good health' in the long run. Star Lifestyle took the time to speak to the leader of the tribe – Simra Khan, about her group, general nutrition facts and appropriate diets to wellness during the pandemic.

Visit The Daily Star's Facebook page for today's session of Lifestyle Talkies at 7:30PM for the full interview.

What made you venture into the field of nutrition and wellness?

I believe people should cherish their bodies and take care of it through nutrition adjustments and exercise. This very belief has encouraged me to venture into the field of nutrition and wellness. Through my Facebook group – Thinspired by Simra, I have been able to inspire a significant number of members to incorporate "clean eating" into their daily diets.

Some people might think clean eating refers to boring food; I am an advocate against the misconception. Clean eating can be quite flavoursome and yet, extremely nutritious. Another purpose that keeps me



motivated to continue working in this field are the health-related success stories shared by the members of my group.

The fact that I have been able to help so many women, and become an important part of their lives – their weight loss journey encourages me to soldier on.

We all find ourselves dawdling with the idea of a healthy lifestyle, having a hard

time to even begin the process. What is your suggestion for taking the leap?

We all need that extra bit of reinforcement to commit ourselves to a brand-new lifestyle. I have seen that most people already have the knowledge, yet they struggle to adapt.

To these people, I want to say that the main reason behind the dawdling is a lack

of determination – once you overcome that, the rest becomes a walk-in-the-park.

**By Mehrin Mubdi Chowdhury
Photo courtesy: Simra Khan**

Essentials:

Follow Star Lifestyle on Facebook and @starlifestyleds on Instagram for more lifestyle related content.

FOR THE LOVE OF FOOD
BY KANISKA CHAKRABORTY

Executive Sous Chef,
Radisson Blu Chittagong Bay View



Food tales

1
I got in the dog house with some of my friends for saying Shubho is not the appropriate salutation for Mahalaya since it is a sombre and solemn occasion. So, I'll steer clear of all arguments and say this instead.

Mutton curry on the auspicious day of Vishwakarma Puja is a great tradition. Mangsho bhaat, mutton curry and rice, is the menu of choice at most factories and workplaces where Lord Vishwakarma, the celestial builder, is worshipped. One day when all workers would sit together and enjoy this simple yet delightful feast.

I remember one of my uncles had a factory and he used to take me there on the occasion. Long temporary wooden tables, topped with thick white paper as table cloth. Banana leaves as plates, mounds of steaming white rice, and mutton curry with really runny gravy. So runny that it dribbled down on my "half pants" or shorts.

This habit has slowly seeped into households and mutton curry rice has become a favourite of this day. Though it has traditionally not been a holiday, people used to find some reason or the other to either go late or not go to work at all. And the Kolkata sky would be dotted with flying kites of all sizes but similar shapes. Not the



different shapes line Far Eastern cultures. No dragons or eagles or sun or rockets. These are square shaped paper kites with another small square as rail, with lurid colours and designs. Each one is named differently. But that is a story for another day.

Now is the time to enjoy this fiery red mutton curry with hot rice and slowly drift away to nap land. #That

2
Another cloudy, rainy, gloomy morning. Another attempt to brighten up the morning. At least I succeeded in warming up the morning.

I love hot breakfasts, unless it is the height of summer, when I resort to plain yoghurt and granola. Otherwise, it is usually eggs for me.

Life was so different growing up. Standard breakfast was toast, butter and



jam. And tea with milk and sugar. Eggs were served either boiled or made in a curry for lunch or dinner. Not a regular breakfast thing. Unless on Sunday mornings as "mamlet" or omelette fried in mustard oil. Indulgence was orange marmalade instead of mixed fruit jam. Butter was a bit scarce and hence, the adults made sure a little went a long way. Toast did not get smeared with butter, but got brushed lightly with it. Jam was also lightly spread. Bread was white. Upma was never in consideration. Dosa, idli, vada were all afternoon or evening food, not breakfast. And coffee, always instant, always with milk and sugar, was reserved for winter mornings.

How things change! Upma and espresso is one of my most loved breakfast these days. Eggs appear fairly regularly on the breakfast plate in various forms. Tea has been firmly replaced by real coffee, never with milk or sugar. Do I crave for those seemingly simpler times? Can't equivocally say yes with hand on my heart. I am a bit of a realist, and I believe we keep talking about good old days smug in the realisation those days are not going to come back in our lives. Moving on and moving ahead is the only reality. #That

Photo: Kaniska Chakraborty

Maybe there will be no bounties of kacha golla this time at the mandaps, and no commotions made. But still it's Puja; a time to look our best while paying tribute to the beautiful goddess Durga.

ACING *the* Puja Look

Ladies, we know that we have set aside our favourite 6 yards of textile for quite some time now. Taking it out once in a while, only to sun dry, iron and put it back again. But it's about time we got those beautiful silk katans, khadis, linens and cotton saris out again and not just to marvel at the beauty, but to wear. Yes! It's time to drape mom's regal handloom sari once again and pair it with some antique jewellery to revive the fashionista that we used to be before the pandemic.

So, here's a list of ideas from Shaptami to Dashami for all of you style divas out there.

SHAPTAMI: You want to begin the festivities on a tasteful note, therefore go light on this particular day. Wear saris with minimal embroidery, motifs or embellishments.

Instead, be extravagant on the jewellery, flaunting an exclusive shita haar with pearl attachments and intricate Bengali churs, preferably in antique gold.

Our favourite colours for the season are earthy tones such as dirt browns and dusty yellows.

Remember to keep the makeup clean, with a dab on kohl on your lower lids and lips in the nude. If you want to add some deshi drama into your style, let your tresses flow free.



#FASHION

ASHTAMI: Puja is incomplete without wearing the jamdani at least on one of the many occasions. A deshi fashionista misses out on being flawless without the classic and traditional 'white and red' jamdani in her wardrobe.

Don't fret if you still don't have one because it's never too late to buy your next jamdani. However, the look suggested for this year could be slightly different. Since it's a slightly toned-down puja due to obvious reasons, let's not allow the pandemic to subdue our enthusiasm — let's go overboard with our looks, even with the traditional.

If some of you own gold crowns in your stock of jewellery, and you didn't know what to do with especially after you wedding night, well then, it's about time you could wear it again to resemble the goddess herself. Remember to pair it with other basic jewellery like a single layered necklace and a pair of medium sized antique dangles.

Stick to clean makeup with a primer, kohl and lips in soft matte shades of pink. If you want to add a little more drama, then add in highlights to your cheeks and keep on dazzling like the sun.

NAVAMI: This year, it is predicted that Ashtami and Navami will fall on the same day. So, the third look can actually be for the night. Take out your favourite piece of deshi katan, panchampally or kanjivaram silk, because nothing less than the best will do. Pair this beautiful look with an abundance of gold bangles, traditional jhumkas, wristlets and the shita haar. To give a twist to the traditional, you may add a bit of fusion to the look — with a halter neck blouse or going completely sleeveless. Complement the look by tying your hair in a high bun, pinning it with a gold clip. For the makeup, add to the drama with blood red lips and an abundance of blush and highlighter.

#FASHION

Dashami: This is the final day; and you want to outshine all your other looks—maybe even steer clear of the traditional. It's time to take out all your georgettes, chiffons, nets, kota, muslins and organza out of the drawer. To dial the level of styling up a notch, break away from the regulars and dive into modern laces, zari work, floral embroideries, screen prints and more.

Tone down on the jewellery with authentic pearls or precious stones with a dab of gold in it. Be more dramatic with the make-up, with smoky eyes, gelled hair, false lashes and mascara. The one last thing that would set you on fire is the red dot between your eyebrows.

Every occasion has its end, and so does the glamorous puja. As you smear each other with sindoor, laugh and giggle — remember to pray for a safe passage out of the pandemic.

May the jamdanis, traditional katans and deshi silk wrap you up in nostalgia as you bid adieu to Ma Durga.



#FASHION

Suggested night looks

Embellish the traditional with hoops, dangles, striking chokers and authentic pearls. Don't miss out on chunky rings, nose pins and experimentation with hair accessories. Stacked bangles or jhura churi is a must for those who don't like the chunky bangles or churs. Whatever the look, an abundance in jewellery would set you apart on Puja from any other regular dress-up day. Don't forget to finish off these looks with a striking golden stiletto, embroidered clutch and of course, a blood-red teep.

By Fashion Police
Photo: Sazzad Ibne Sayed
Model: Meghla
Jewellery: Jarwa House
Wardrobe: Tangail Saree Kutir Ltd.
Make-up: Hossain
Styling: Sonia Yeasmin Isha





Healthy mushrooms recipes

Mushrooms are used as food in many parts of the world nowadays. One cannot go wrong with these edible fungi. They are fat-free, low-sodium, low-calorie and cholesterol-free. They are also packed with fibre, minerals, and the only good plant source of vitamin-D, which support the immune system and aid in fighting cancer cells. In Asian and European cuisines, mushrooms are known as the 'meat' of the vegetable world because they make a great substitution for meat in dishes.



MUSHROOM-CHICKEN HEBAANG

Hebaang is a traditional process of burnt-baking in mud-stove or steaming marinated meat/fish/egg/vegetable, wrapped with only banana leaf in 'Chakma-Cuisine', from the Chittagong Hill Tracts. It is a healthy dish that requires less oil, less spices and the process of burnt-baking/steaming with banana leaves imparts a subtle sweet flavour and aroma to the dish.



Ingredients

250gm chicken, cut into cubes
200gm mushroom
1 cup onion chopped
10-15 green chillies
4-5 garlic clove
1 ginger, 1-inch long
½ tsp turmeric powder
1-2 tsp crushed cumin seeds
½ cup coriander leaves
¼ cup oil
½ cup water, for marination
Salt

Method

In a traditional hand grinder, put garlic, ginger, green chilli and grind. (No need to make fine paste) and set aside. In a large bowl, put chicken, onion, turmeric, salt, cumin, chilli-garlic-ginger paste, oil,



coriander leaves, water, salt, mushrooms and mix well. Marinate and leave it for 20-30 min. In a steamer, place some banana leaves inside the steamer pot, put the marinated chicken-mushroom on those, cover with another banana leaf, and then close the pot's lid. Steam it for 30 minutes on medium-high flame. After 30 minutes, open the steamer pot and place the chicken with all banana leaves in a skillet and sizzle for 5 minutes on

high flame. Serve hot with steam/plain rice.

MUSHROOM MUFFIN

Ingredients

200gm mushroom
3 eggs
¼ cup shredded carrot
1-2 green chillies, chopped
1 medium sized onion, chopped
1 tsp seasoning powder
1/3 cup shredded cheese
¼ cup oil

Method

Pre-heat the oven. In a large mixing bowl, mix everything except cheese. Grease the muffin tray and put the batter evenly into the muffin tray. Put shredded cheese on top of each section. Bake at 180° C for 20-30 minutes.

SPICY-SIDOL MUSHROOM-RED

AMARANTH (Lal-Shak)

In the Chittagong-Hill-Tracts Bangladesh, shrimp paste is called "sidol" by the indigenous people. It is a salty fermented condiment commonly used as a spice to make vegetable dish not only in the South-eastern part of the country, but also found in Southeast Asian cuisines such as Thailand, Laos, Indonesia and Southern Chinese-cuisines.

Ingredients

250gm mushroom
200gm red amaranth
1 medium sized onion, chopped
1 tsp shrimp paste
1 tsp red chilli powder
¼ tsp turmeric powder
2 tbsp oil
¼ cup water
4-5 green chilli

Method

Heat the frying pan on medium flame. Put chopped onion and sauté until it changes

to a slight golden colour. Add red chilli, turmeric powder, shrimp paste, mushroom and red amaranth. Sauté for a few minutes. Add water, green chilli and cook until the water evaporates. Serve hot with steam/plain rice.

GARLIC-MUSHROOM PITA BREAD

Ingredients

250gm button mushroom, chopped
6 cloves garlic, chopped
1 tbsp olive oil (2 tbsp for bread dough)
1 tsp seasoning powder
1 cup flour
1 tsp yeast
1 tbsp sugar
2 tbsp powder milk
½ cup lukewarm water
½ tsp salt

Method

In a large mixing bowl, put flour, salt, yeast, sugar, powder milk, oil, and add small amounts of water at a time, and knead for 5-8 minutes to make a soft dough. Then grease the bowl with oil, put the dough into it and cover the bowl with damp towel. Place it into a dark place/oven for 2 hours or until the dough gets double in size.

Heat a sauté pan on low-medium heat with oil. Sauté chopped garlic till it turns golden. Add chopped mushrooms, seasoning powder and sauté for few minutes. Transfer into a plate to cool down.

Check the dough, if it is double in size, then press the dough to release the air from it and divide into 6-8 parts and make balls. Put 1-2 spoons of sautéed mushrooms into each ball and roll it to make a round thick flat bread. Heat a skillet and place the bread over it and cook it till each side puffs slightly and then turn over.

Photo by Chiangmi Talukder Lena



#PERSPECTIVE

Art therapy: Healing emotional trauma through creativity

Throughout the journey of our lives, we encounter several kinds of trauma, and store conscious and unconscious pain in our emotional backpack. Art can ease this pain, and through any forms of art, we can weave a path that leads to liberation from the anguish of traumatic experiences.

The word “create” has been derived from the Latin word *creare* and this word is also etymologically associated with “growing.” To create something is to do; to do is to produce and this production bears both cognitive and social benefits for the subject involved in the task. The link between unconsciousness and art is a fascinating one and art therapy can be very useful for patients suffering from severe mental health issues such as depression, dementia, anxiety, and even post-traumatic stress disorder.

Experts have defined art therapy as a form of expressive therapy that uses the creative process of making art to improve a person’s physical, mental, and emotional well-being. Mental illness and art are two different fields and yet, they are very intimately connected. Art is the manifestation of our innermost emotions and therapists have been using this link to explore art as an alternative to help those who are suffering from different psychological distresses. Well-renowned psychoanalyst Otto Rank has proposed that art can be a way to overcome distress and Melanie Klein has suggested art as a means of recognising the structure of the mind. Various psychoanalysts have recently begun to establish that art is a sort of vehicle that facilitates mobilisation. By mobilisation, the experts are referring to the anguish experienced by an individual and art can be a creative

way of transforming or reshaping traumatic experiences.

This powerful medium has become quite popular in the field of medical sciences. There are all sorts of therapies that involve different forms of art such as music, painting, writing, photography, etc. People usually do better when they are part of a creative process, for example, people suffering from terminal cancer benefit from the humorous situation in the performing arts and for this purpose, in some hospitals, there is a therapy known as clown therapy. One does not always have to see a therapist to experience the therapeutic benefits of artistic expression. However, visiting a licensed professional has its advantages, as the therapist can tailor each activity to that individual’s needs.

Writing is equally a very effective medium to release emotional pain. Words always communicate our emotions and actions; and anyone can reach a state of calmness through putting their thoughts into words. Hence, journaling has been recommended by many experts. Again, studies show that creating art stimulates the release of dopamine, and this chemical is released when we do something pleasurable — this gives us a sense of accomplishment. It is very crucial to remember that no one needs to be an expert in creating art or to try art therapy. The simple steps are to brainstorm and write down the preferred ideas. It is important to listen to yourself and lovingly accept all your emotions and thoughts.

The greatest benefit of art therapy is that it gives an individual a healthy outlet for expressing and releasing all their feelings and fears. Though the concept of art therapy is a very recent one, it is a very powerful medium to fight stress, anxiety, or any other emotional trauma. Every form of art helps us to heal as it allows an individual to be compassionate and empathetic. Anyone can choose the materials as well as the type of art they like and transform their emotional wounds into something beautiful and meaningful. During the process of art creation, people take themselves to the path of self-discovery, and it certainly aids them to eliminate emotional roadblocks and connect with themselves as well as others.

By Ayman Anika
Artwork by Hamida Akter Mira

IMPROVED

প্রতিটি
ফাস্ট ওয়াশ
ডিটারজেন্ট পাউডার
১ কেজির সাথে
**মাদার
আবু এক
নাম**

আরো উন্নত ফর্মুলায়

**KOHINOOR
CHEMICAL**

#FOOD

Satiate your Bengali food cravings with Domachha

We can all agree that there is something magical about our very own Bengali cuisine — the amalgamation of local vegetable and fishes, with the perfect mix of spices truly creates euphoria within our taste buds. Although the cuisine and food items remain the same, every household has their own way of cooking. However, some home cooked meals are so distinct and delightful that it would be unfair not to share them with others.



With this notion in mind, a mother-daughter venture was born known as Domachha. Domachha takes ordinary local ingredients to produce delectable Bengali dishes using special spice blends. The people behind this endeavour are Meherun Nahar Shapna, Founder and Head Chef, and Kazria Kayes, Co-founder at Domachha.

“My grandma, and her mother as well, were expert cooks. Continuing the family legacy, we want to bring their special recipes to people. All our dishes possess a family history and are traditional family recipes taken from their very own cookbook,” said Kayes.

In its earlier stages, deliveries were limited to only family members, mutual friends, and acquaintances. However, after receiving overwhelming response and promotion via word-of-mouth, the venture officially launched on July 2020, through a Facebook page.

Domachha is essentially a classic Chatgaiya dish made with a combination of two fishes, thus, the derivation of the name. A family rendition of the typical recipe, it is cooked with hilsa and shrimp in the kitchen of Domachha. It is their

signature dish that is intensely spicy and taken straight out of grandma’s cookbook, which is why it is known as “Boromaa’r Huu-Haa Jhaal Ilish-Chingri Domachha.”

While the Ilish-Chingri Domachha may make anyone’s eyes water and nostrils flare, it does not undermine the delectable taste of both the fishes in any way. Additionally, to counter the immense spice level, they offer Shosha Chingri. This has an extremely light and refreshing flavour coming from cucumbers, which rejuvenates the soul and rather works like a cleanser after a meal.

Another favourite item from the menu is “Dadu’r Haater Gorur Chhecha Mangsho” that is a slow cooked beef dish. The entire process of pounding individual pieces of meat, marinating them for over 24 hours, and cooking them slowly with immense patience and time, defines true labour of love. It tastes mild with slight sweetness from the onions and hints of black pepper in the background, which has a soft melt-in-your-mouth texture.

Domachha really takes normal homemade Bengali food to the next level.

Other popular items in the menu include Kathaler Bichi Shutki, Methi Dherosh Chingri, Mashkalai Dal e Ghee Peyajer Shombor, and Shapla Narikel Chingri — all of which are extraordinary food for others but everyday meals at the home of the founders.

“I used to think that there is nothing exceptional about our homemade food. But when I saw everyone rave about it, I was proven wrong. It gives me utmost happiness to see others savour the food I grew up eating,” Kayes. commented

As the mother-daughter duo are both full-time job-holders, Domachha currently takes orders on weekends only. At the beginning of every week, they post the menu for the upcoming weekend and people can order accordingly.

To know more, check out their Facebook and Instagram pages:

Facebook: <https://www.facebook.com/eatdeshi>

Instagram: <https://www.instagram.com/domachha/?hl=en>

By Fariha Amber
Photo Courtesy: Domacha