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Star

Life

E-mail: lifestyleds@ya
64-65 Kazi Nazrul Isla

Daily Star

CHILL in the air

REGIMEN FOR THE SEASON P2
SKINCARE TIPS

VASELINE MAGIC C
WINTER CARE

SWEET SECRETS P11
DESSERT RECIPES

PHOTO: SAZZAD IBNE SAYED | MODEL: TANIA, AND RABBI | WARDROBE: SPARK GEAR | MAKE-UP: PIYA'S BEAUTY ESSENTIALS | STYLING: SONIA YEASMIN ISHA

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The healthy-skin life

Skin care routines have to vary according to weather, but the main concern or intention of maintaining healthy skin is a constant. It also remains true that a nutritious diet and adequate intake of water is essential to skin health and preventing acne breakouts. However, some minor lifestyle alterations could go a long way in ensuring good skin as well, which are applicable any time of the year.

GREEN TEA

Green tea might be an acquired taste, but it can work wonders for the skin. Other than keeping it hydrated, the antioxidants in green tea help protect skin from ultraviolet rays and also rejuvenate dying skin cells. By protecting and repairing cells,



the antioxidants combat signs of ageing and make can make skin healthier and more youthful.

Furthermore, the anti-inflammatory properties of green tea can contribute to the reduction of skin irritation, redness, and swelling. Given all these benefits, one might consider substituting their morning coffee or evening tea with a cup of green tea.

STRESS CHECK

In today's society, stress is inevitable. It



takes a toll on almost every part of the body and mind, and the skin is no exception. Stress can induce oil production, and as a result, more dust and bacteria accumulate on the skin, making it more prone to acne breakouts. To keep stress in check, one should indulge in relaxing activities and learn some stress-management techniques such as, meditation and yoga.

WATER-BASED HAIR PRODUCTS

The components in one's shampoo or conditioner do not only affect hair but also the skin, especially the forehead. Some products contain oil and waxes, which

may contribute to clogging up pores and consequently, acne. It might be wise to consider products with a water-based formula and avoid those containing mineral oils or beeswax, given individual skin types.

BE GENTLE

Daily skin cleansing can sometimes become problematic. Oil in the skin is often considered a nuisance, but to a certain extent, it is necessary to keep skin naturally moisturised. Using hot water for face washing or prolonged baths remove natural facial oils and dry out the skin. It is better to use warm water to open up the pores and allow for a proper, tender cleaning rather than an aggressive and hot scrubbing.

CONTINUE TO PAGE 3

us on /Sandalina

ঐতিহ্যের আর এক নাম আধুনিকতা
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

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রূপচর্চায় আভিজাত্য...

KOHINOOR
CHEMICAL

The healthy-skin life

CONTINUE FROM PAGE 2

A FULL NIGHT'S SLEEP

A sound sleep is often preventive of almost any health problem in the world. Maintaining healthy skin is no exception. During slumber, the skin's repair mechanism is activated. Furthermore, sleep deprivation induces stress which results in oily skin and acne. So, to top a skin pampering day off,

getting seven-eight hours of shut-eye is a must.

Everyday minor activities have an effect on skin health, and small but conscious changes can over time have a visible and sustainable effect in the long term. For that glowing, smooth and youthful skin, pamper away every so often, but also be mindful of the everyday care aspects.

By Puja Sarkar
Photo: Sazzad Ibne Sayed
Model: Mohini
Make-up: Piya's Beauty Essentials
Styling: Sonia Yeasmin Isha

This week Star Lifestyle is bringing to you a special supplement on winter skin care. Happy reading!
 — LS Desk

HOROSCOPE



ARIES (MAR. 21-APR. 20)

Think twice before saying things, and keep our emotions in check. Be patient, acting on the impulse to rage will blow the relationship. Your lucky day this week will be Tuesday.



TAURUS (APR. 21-MAY 21)

Think over again the impulse to do something just to spite a partner. Focus energies on realising tangible goals. Electrical problems may be an issue. Your lucky day this week will be Saturday.



GEMINI (MAY 22-JUN. 21)

Avoid large groups of people. Health issues could disrupt your routines. Be generous with children. Your lucky day this week will be Thursday.



CANCER (JUN. 22-JUL. 22)

Loved ones can test your composure. Accept the inevitable. Problems with teeth may mess up your schedule. Your lucky day this week will be Thursday.



LEO (JUL. 23-AUG. 22)

A good time for self-improvement. Sign up for online courses and seminars. Try to break bad habits. Your lucky day this week will be Sunday.



VIRGO (AUG. 23-SEP. 23)

Be more observant of your environment, including the people in it. Doing things by the book can be productive. Pursue new paths to interesting friendships. Your lucky day this week will be Saturday.



LIBRA (SEP. 24-OCT. 23)

Romantic inclinations will lead to committed relationships. Difficulties at an emotional level may be likely. Cooperating with co-workers can bring success. Your lucky day this week will be Sunday.



SCORPIO (OCT. 24-NOV. 21)

Honesty remains the best policy, but be diplomatic. You could come into some money. Discord with a loved one could arise. Your lucky day this week will be Thursday.



SAGITTARIUS (NOV. 22-DEC. 21)

Listen for both sides of the story. Avoid confrontations with employers. Friendships could end quickly. Your lucky day this week will be Saturday.



CAPRICORN (DEC. 22-JAN. 20)

Be more understanding. Any attractions toward clients will be one sided. Ask colleagues to pitch ideas. Your lucky day this week will be Sunday.



AQUARIUS (JAN. 21-FEB. 19)

Look at the finer details. Plans can cost more than anticipated. You may find yourself interested in more than one person. Your lucky day this week will be Sunday.



PISCES (FEB. 20-MAR. 20)

Honesty will win you points and respect. Confusion regarding other people's money will reach a crisis. Don't divulge a secret. Your lucky day this week will be Wednesday.

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#FASHION

Spark Gear — a fashion store with all kinds of winter wardrobe solutions

Looking for ways to beat the chill? Spark Gear, a popular fashion outlet of our country, may have the precise winter wardrobe you might have been looking for all this while, and much more.

Worried about the pandemic and its anticipated upsurge during winter? Rest assured that the feeling is not unique. Most parents of Dhaka city are on the same boat, frantically looking for ways to protect their children from the pangs of the seasonal flu and also COVID-19. At least that's the case for Samiha Zaman, a full-time working woman and mother of two, including a toddler.

"If it had not been for Spark Gear, I'd have to scout through the entire city looking for a complete winter wardrobe solution for my family and everybody knows how time constraining that can be — one thing, I certainly do not have the luxury of," revealed Zaman.

According to the busy mum, Spark Gear embraced a head-to-toe wardrobe solution for her children, herself and also her better half.

"What can be better than this? All my problems gone in a jiffy! Now I can almost assure that my family will be escaping the evil spells of winter this year," added a beaming Zaman.

A mini trip to Spark Gear's outlet in both Gulshan and Dhanmondi revealed a similar picture depicted by Samiha Zaman.



The wide stores were heaving with winter clothes ranging from caps to mufflers to even gloves. If that was not enough there were shelves full of inners, to ensure body warmth during times, when the mercury dropped significantly.

Aside from the winter specials, hangers at both the stores were showcasing attractive hoodies, overcoats, cardigans, sweaters, bomber jackets, suits, jackets and blazers for both the gentlemen and the

ladies of our city.

The most interesting section of the store is the children's section, with all sorts of winter clothes for children of both the sexes, starting from size zero (new-born) to 15 years of age.

We met Abdullah Mahmud Khan, an avid buyer and fan of Spark Gear fashion outlet, during his 'seasonal wardrobe shopping' at the Gulshan store.

"I always come here to get all kinds



of international quality wardrobe, under one roof. It is extremely hard to manage children and bring them outside for clothes shopping, especially during the COVID times. My personal feeling is that Spark Gear offers a safe space to do shopping in peace, especially with children tagging along.

"I can even buy wardrobe for my ailing parents and anybody else I may want to gift some thoughtful seasonal items to," mentioned Khan.

The fashion outlet does not only benefit the residents of the capital, as it has multiple showrooms all over the country including Sylhet, Cumilla, Rajshahi, Bogura, Mymensingh and also an upcoming one in Chattogram. So, residents living outside Dhaka need not fret any longer either. All they need to do is search for the closest store to their vicinity and shop away.

In conclusion, we can admit that Spark Gear offers a 'one-stop' winter fashion solution for all, including children and infants. We can safely say, it's probably time to wear your masks, take your sanitisers along with you and go shopping, in case you want to beat the winter chill in style.

By Fashion Police

Photo: Sazzad Ibne Sayed

Model: Tania, Rabbi and Tanzim

Wardrobe: Spark Gear

Make-up: Piya's Beauty Essentials

Styling: Sonia Yeasmin Isha

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Winter skin care with VASELINE

Living in a country with a tropical monsoon climate, one can hardly deny that we eagerly look forward to the few months of hibernal glory bestowed upon us during this time of the year. Dusky skies, whistling winds, and soft sunlight in a wintry atmosphere – what's there not to like about winter?



However, while we enjoy our time cosying up during this chilly period, our skin seems to increase its need for attention and care. Needless to mention, taking utmost care of our skin from late autumn through winter crucial than during the rest of the year.

To aid us with the process of skin care optimally, especially during winter, Vaseline has been there by our side since generations. Vaseline products are not only winter essentials, but the brand has stamped its existence so ubiquitously that it is now a common household name.

In fact, its existence is so pivotal in this region of the globe, that the brand's petroleum jelly is now a proprietary eponym that has undeniably replaced the actual product's name. This often makes us use the terms "petroleum jelly" and "Vaseline" interchangeably without even realising.

Vaseline Petroleum Jelly

Albeit evading dry skin during winter is not possible, you can surely rejuvenate your skin with the original pure skin jelly from Vaseline. Formulated with 100 percent pure petroleum jelly, this skin protectant will treat your dry skin with long-lasting moisture.

Vaseline Petroleum Jelly's triple-purified advanced solution feels gentle on the skin, giving you smooth and even looking skin by preventing dryness and pore clogging. It will effectively reach the deepest skin cells and encapsulate moisture to optimally nourish and hydrate your skin, making it healthy and supple.

Whether the problem lies within your cracked heels, parched lips, or dry hands, the effective skin protectant will prevent your skin from chapping, windburns, scrapes, and cuts. It is specially designed to suit itchy and dry skin that makes it ideal to use during the harsh winter season.

Say goodbye to dry lips

The primary function of any petroleum jelly is to hydrate and moisturise lips, and undoubtedly Vaseline Petroleum Jelly does an impeccable job at this. Using it as a lip balm, Vaseline Petroleum Jelly will deeply moisturise dry lips making them soft, smooth, and supple. Furthermore, applying Vaseline Petroleum



Jelly on your lips at night before going to bed will reward you with soft and smooth lips in the morning. So, with the goodness of Vaseline Petroleum Jelly, bid goodbye to those parched and dry lips during winter, and confidently flaunt those soft and plump ones.

Cracked heels? Not any chance!

Another common skin concern that winter brings with it is the case of dry and cracked heels. Not only do these look unattractive, but they also cause severe discomfort while conducting everyday activities. Vaseline Petroleum Jelly can be used to alleviate this condition as well.

Vaseline Petroleum Jelly works wonders when smeared on burns, to disguise scars, or to treat cracked heels. Along with regular scars and cracks, Vaseline Petroleum Jelly effectively heals wounds and stretch marks that appear on the skin after childbirth.

Little ones deserve great care

When it comes to nurturing little babies, we seek to provide them with the best, and Vaseline serves this purpose immaculately. Babies have delicate skin and thus, it is

crucial that only gentle and suitable products are being used for its protection. Vaseline Petroleum Jelly is triple-purified, non-irritating, and hypoallergenic that makes it relatively less likely to cause an allergic reaction.

Moreover, it has been proven to protect against diaper wetness through application of a continuous film on the skin near the diaper area. Applying a thin layer of Vaseline Petroleum Jelly to the rash will lock in moisture and decrease chaffing, helping to soothe irritation and prevent formation of any rash.

Vaseline Intensive Care Deep Restore Body Lotion

Most of us love a warm shower early in the morning prior to starting our day. However, most of us are not aware of the fact that hot showers can snatch away up to 25 percent of the skin's moisture...yes! And if you do not believe this, then you can see for yourself by taking Vaseline's Scratch Test Challenge.

All that being said, it is critical that you replenish the lost moisture of your skin after taking a warm shower. In pursuit of this, Vaseline brings to you the Intensive Care Deep

Restore Body Lotion that is best suited for dry skin, which will leave your skin soft, smooth, and moisturised.

Vaseline Intensive Care Deep Restore Body Lotion contains a unique blend of micro-droplets of Vaseline Jelly and glycerine that retains moisture and completely heals dry skin, even during the arid season. This will definitely take your skin care regime to the next level.

Furthermore, Vaseline Intensive Care Deep Restore Body Lotion is replete with beneficial features that enable it to work its magic. To begin with, it is clinically proven to restore and rejuvenate dry and dehydrated skin. The fast absorbing formula will leave your skin looking noticeably healthier and deeply moisturised, while also providing a long-lasting, non-greasy feel.

A reliable brand such as Vaseline can be entrusted to take superior care of our skin even during the chilly winter season. Vaseline Intensive Care Deep Restore Body Lotion and



Vaseline Petroleum Jelly are winter essentials. By incorporating these products into your winter skin care routine, you need not worry about dehydrated and unhealthy skin.

By Fariha Amber
Photo: Sazzad Ibne Sayed
Model: Mohini
Make-up: Piya's Beauty Essentials
Styling: Sonia Yeasmin Isha



THE HEALING POWER OF 

THE ONLY 100% PURE*
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*Petroleum jelly free from any other ingredients. In comparison to the petroleum jelly brands manufactured in Bangladesh (brands acquiring minimum 0.7% of total market share as of December, 2019).

Olive Oil: An overlooked skincare product

It's a popular cooking ingredient of Mediterranean cuisine. But other than being used in your food and salad dressing, olive oil is an excellent skin care product. With its natural benefits, it's worth a dive.

As the year comes to an end, the chilly cloak of winter descends at its own pace and along with it comes the ghastly grip of dry skin. Even though some people experience it throughout the year, skin tends to be the driest in winter. Dry skin occurs when skin does not engage sufficient moisture. This can happen as a result of frequent bathing, use of harsh soaps, or aging. Whatever the reason is, dry skin is top of the undesirable list. And olive oil can be a prominent solution to that.

Olive oil is an excellent occlusive agent. That is to say, it does not itself add moistures to your skin, but it seals



like Bangladesh. It's best to use the oil on damp skin — preferably after shower. That way it can be more effective.

As a personal care product for your skin, olive oil has multiple uses besides locking the moisture to your skin. For example, you can use olive oil to create different types of homemade exfoliates, and let's face it, exfoliations are imperative. The secret to having a healthy skin is to have a clean skin and you get that from exfoliation. Regular exfoliation takes effort but the end result is worth it.

Another common yet frustrating problem is eczema. Olive oil is very mild and one of the least irritating oils to use on eczema, saving you from the annoyance.

the existing moisture into your skin. The mechanism is very similar to petroleum jelly. This makes it very useful in winter seasons, especially in a tropical country

Same for cracked heels. As much as we loath the idea of a cracked heel, it's not very unlikely in winter and once again — olive oil can be your saviour.

As a known source of antioxidants, olive oil can decrease premature aging of the skin. It's also rich in vitamins A, D, K and E, as well as squalene. Together they protect your skin from the harmful effects of UV rays and decrease oxidative stress on the skin, reducing cell damage. The natural anti-inflammatory ingredients found in olive oil may aid in healing of wound and it is believed that they even help to fade scars by helping the skin regenerate.

Of course, there are a lot of olive oil brands out there and it is important to

remember that because olive oil is a heavy oil, the blends are very important. Poor quality can do more damage than good because of the chemicals and additives that they might contain.

Last but not least, everyone has different skin and therefore get different reaction from different products. Which is why you should find the one that suits your skin; especially if you have sensitive skin.

By Ashif Ahmed Rudro

Photo: Sazzad Ibne Sayed

Model: Mohini

Make-up: Piya's Beauty Essentials

Styling: Sonia Yeasmin Isha

Meril
Olive Oil

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#BEAUTY

Glycerine Goodluck

With the season changing and coldness and dryness setting in, our skins are bound to take on some changes, whether we stay indoors or not. This time of year calls for dry skin making one look dull, wrinkly and worn out. With all kinds of skincare remedies available, glycerine stands out as a natural and soothing skin protecting and healing substance. Although glycerine sounds like a chemical, it is nothing but a touch of nature which can work wonders on the skin. Here are some way glycerine promotes skin health —



Gentle on the skin

The first and foremost concern while applying anything on the skin is how it will react with the skin. Glycerine, being a natural substance, not only prevents pores from clogging but also offers a gentler way to exfoliate, clean and moisturise the skin without causing irritation and redness as some abrasive face scrubs and toners tend to do.

Moisturises skin

Dry skin is a nearly universal problem during winter. Skin becomes white and flaky from excessive dryness. Glycerine assists in bringing back life to such parched and shrivelled skin. It acts as a shield and as a sponge preventing skin from drying out, drawing in more moisture itself and slowing down the evaporation of moisture from the skin

surface. This leaves skin hydrated and moist for longer, and thus less prone to drying out, irritation and breakage.

Protects and heals skin

Winter air makes skin cracked and flaky. This causes skin to start breaking down and consequently, become susceptible to wounds, infections, breakouts, irritation and so on. As glycerine holds a number of moisturising properties, it brings back moisture and boosts skin's protection abilities. It compensates for the natural oils which the skin loses every time one showers. The hydrating qualities also protect the skin from the harsh effects of wind of dry indoor air.

Prevent wrinkles

Stress and environmental factors often take a toll on our skin. The most common outcome is the appearance of wrinkles.

As glycerine traps moisture and prevents drying, the top layer of the skin remains hydrated and as a result, the appearance of wrinkles is reduced. It keeps the skin glowing, youthful and healthy while keeping one's skin protected.

Assists acne and breakouts

Acne and breakouts are all year-round problems and not every solution is fit for all. With the natural and healing properties of glycerine, even if it does not cure one's acne and breakouts, it certainly will not add to it. Most moisturisers and toners tend to have harsh chemicals which are likely to agitate one's acne.

Glycerine is free from any such harsh complement while being an oil-free substance. In conclusion, along with all its moisturising attributes, will not clog pores nor increase the skin's oiliness which gives rise to acne and encourages breakouts in the first place.

Our skin requires special care during dry and cold weather for all it does to protect us from external environment pollutants. Glycerine presents itself as a suitable, natural and safe substance to rejuvenate skin and fit for any weather condition. It can be conveniently incorporated into one's overall daily skincare routine to keep consistently youthful and glowing skin.

By Puja Sarkar

Photo: Sazzad Ibne Sayed

Model: Mohini

Make-up: Piya's Beauty Essentials

Styling: Sonia Yeasmin Isha

Meril
ROSE WATER
GLYCERINE

রোজ ওয়াটার আর গ্লিসারিন
ডেজেন্ডাম মসৃণ ত্বক, সারাদিন

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#FOOD

Garnished — with panache and taste

Ever since the pandemic altered our lives, we have seen an outgrowth of creative synergies all around us enabling better lifelines of help and eking out a standard of life in a time of deep uncertainty.

In the new normal, everything is going digital and with that, we have the new concept of cloud kitchens. Cloud kitchen, focused on food delivery rather than dine-in services, enjoys popularity in an age of social distancing with interlinked virtual kitchens set up all over Dhaka ensuring easier delivery of the savoury dishes as demanded by customers.

"Garnished" exemplifies the concept of cloud kitchen pushing the limits of culinary creativity and business acumen at the same time. A cloud-platform, which connects home cooks around Dhaka, it helps to make customised orders on food and delivered right next to your doorstep.

As the pandemic and subsequent lockdowns set in, young people, driven by nudge of creativity, started to hone their culinary skills uploading the pictures of their cooked recipes online garnering huge responses on social media.

Young girls celebrating the grandeur and vibrancy of food made all these yummy dishes. Slowly by slowly, all these talents were formulated into a Facebook group where everyone, regardless of age and background, uploaded pictures of their dishes making it a community of foodies and cooks.

The group founded by Noor Afsar Siddique, Sifat Siddique, and Tasnim Jarin



Ahmed helped to galvanise cooking enthusiasts all over who got a platform to showcase their styles of cooking and the dishes themselves. As the group grew over times, orders started to pour in helping in the gradual commercialisation of the business. More engagement meant an opportunity for people to grow and bring the restaurant home.

This was an excellent opportunity for many women, who had to take up the reins of the family, as many family members were reeling from lay-offs and salary cuts due to the raging pandemic. Women became a massive force in driving the orders and

selling their products, which helped them as a window of a new opportunity to earn a living as well as to live their passion.

With no fixed location, home cooks are connected through the internet and delivery services are offered by outsourcing through third party delivery services and in-house delivery that is done by Garnished personnel. As both customers and cooks have familiarised themselves with the delivery services on hand, it gets easier for seamless communication.

One of the most exciting facts about the demographic of workers in Garnished is that it has many young people who are

willing to engage with the world through their culinary skills. The mixed demography of cooks range from any age above 16 till 40, allowing a brilliant cross-pollination of culinary ideas from the new and the old to intermingle in unison.

Starting with desserts like cakes and donuts to all kinds of savoury dishes, the prices are fixed by the cook. As the popularity increases over time, trained chefs from Old Dhaka have joined in to provide richly layered and heavenly cooked home cooked family meals like biriyani and other rich foods, which are often sought after on weekends where family get-togethers happen. This is quite gratifying for many women who spend their time in the kitchens even when others are enjoying at home.

From a Facebook group to user-friendly brand of food delivery service, Garnished has expanded its operations over time with apps and websites under way to allow automated services in the near future. A Garnished Photo Studio is in the cards as food photography enjoys a spike in interest these days. With customised orders available, Garnished hopes to bring in chefs with preliminary training to work for them giving them a new mode of employment working from home as well as to empower more women to commercialise their skills, helping all parties to make a living in such difficult times.

By Israr Hasan
Photo Courtesy: Garnished

#FASHION

Ace the sporty lifestyle with Lotto

When we think of sporty shoes we automatically think about Lotto – this is an impact the brand has created in the world of sports since its inception. The youth-focused international brand has made its mark all over Bangladesh by meticulously catering to the various needs of athletes and the youth.

Lotto depicts the perfect amalgamation of technological research and design



innovation to create high performance shoes that are durable and sporty. Despite this, their shoes are available at an affordable price, starting from only Tk 690 throughout the 200 outlets they have all over the country.

The Italian brand provides a complete sports solution through their technical products by manufacturing myriad athletic shoes, which include safety shoes



for industrial workers, running shoes for regular usage, professional training shoes worn by practicing sportspeople, indoor game shoes to enjoy table tennis, and even football boots for professional players.

Wearing shoes with improper flexion for elongated hours can lead to several physical problems, including severe bodily ache and discomfort. To resolve this matter, Lotto incorporates Punto Flex technology in their products, which ensures appropriate flexion, comfort, and balance of the feet.

The feeling of instant demotivation caused by becoming tired right after setting off for a run or jog is not one we prefer experiencing. However, with Lotto shoes you can set that worry aside and continue with your efforts to adapt a healthy and active lifestyle.

Lotto gears their shoes with Enerturn



technology that offers utmost comfort while exercising. The thick elastic material included provides high energy return capability that increases the speed of walking while reducing weariness. These features make them the perfect shoes to accompany you during exercising!

Another pioneer technology that is incorporated within Lotto shoes is the Adapto Memory Foam, which makes their shoes ultralight and delivers superior comfort. The Adapto Memory Foam has the capability to adjust its shape according to the unique shape of the wearer's feet and also return to its original position once removed. This ensures utmost ease and comfort while walking.

Another noteworthy factor Lotto is well-renowned for is the usage of Super Light technology in the production of its shoes. This factor makes their shoes ultra-

lightweight and durable. Furthermore, its breathable nature prevents both sweating and its associated unpleasant odour.

The mesh lining that creates a cushion impact, the padded collar, and flexible outsole all work to provide superior comfort even while doing intense activities. Additionally, the usage of virgin PVC in their shoes ensure a robust build-up with superior quality that ensures



durability for several years.

By ensuring all these ergonomic features in their products, Lotto has successfully gained the trust and confidence of its users, making the brand synonymous to athletic lifestyle and a first-choice when it comes to purchasing sporty shoes.

By Fariha Amber
Photo Courtesy: Lotto

THE MILLENNIAL COOK
FARIHA AMBER



Desserts!

MILK BARFI

This traditional dairy dessert is sweet, crumbly, milky, and decadent. Surprisingly easy to make given its delightful taste, this is a real crowd pleaser. Milk barfi can be made with everyday ingredients that may already be lying around in your pantry. The best part? This version comes together in under fifteen minutes!

Ingredients

- 4 tbsp ghee or clarified butter
- ½ cup sugar
- ½ cup whole milk
- 2 cups milk powder
- ¼ tsp cardamom powder
- 1 tbsp sprinkles or slithered nuts for garnish

Method

Start preparing your dish by greasing the bottom, sides, and edges with ghee or clarified butter. Heat 4 cups of clarified butter or ghee in a non-stick pan over



medium-low heat. As soon as it melts, pour in ½ cup of whole milk and ½ cup of sugar. The mixture will not combine but rather the milk and ghee will remain separated. Stir to dissolve the sugar and add in 2 cups of milk powder.

As it starts to come together, the mixture at this stage should be sticky and wet. Stir for a couple of minutes and add in cardamom powder. Stir for another 5 minutes or so. You will know it is ready when the mixture does not stick to the pan anymore, and you must stop cooking at this stage. Otherwise, the barfi will become too hard to eat. Pour this dough-like mixture into your greased dish and press hard with a spatula to make the top flat.

While it is still hot, decorate the top with your choice of sprinkles if you want to add colour to this rather white dessert. Or, you can take the traditional route and scatter slithered almonds and pistachios on top.

Whichever you choose, press them down and let this cool for at least an hour in room temperature. There is no need to refrigerate this dessert.

Once fully cooled, grease the sharp edge of your knife with ghee before cutting. This will help it slide right in and give you even edges and great presentation. This recipe makes ten individual servings of thick-cut milk barfis.

STRAWBERRY MILKSHAKE BARS

Has the thought of eating your milkshake rather than drinking it ever crossed your mind? This recipe does just that. It takes one of the most popular milkshakes of all time, and turns it into piquant dessert bars. Tangy and sweet, this will leave you craving for more.

Ingredients

- For the biscuit base —
- 8-10 pieces thick butter biscuits
- ¼ cup melted butter
- For the strawberry mixture —

- 1 cup fresh strawberry
- ½ cup milk
- 1 scoop vanilla ice cream
- 2 eggs
- 1 tsp strawberry essence

Method

Begin by preheating your oven at 160°C and grease an 8" X 10" ovenproof dish. Fill a zip lock bag with butter biscuits. Bash them up to fine crumbs with the help of a rolling pin; you can also do this in the food processor. In a bowl, combine the biscuit crumbs and pour ¼ cup of melted butter. Mix them to get a wet sandy crumb that comes together when pressed hard.

Pour this mixture at the base of your greased pan and let it bake in the oven for 10 minutes or so. This step is necessary and setting in the refrigerator is not an alternative, or else the milkshake mixture will get soaked right in.

Meanwhile prepare the milkshake mixture in a blender. Start by adding the wet ingredients at the bottom of the blender. Pour in milk and strawberry essence, drop in vanilla ice cream, crack in the eggs, and finally add chopped strawberries. Blitz this to attain a thick mixture with strawberry seeds spread throughout. Take the baked biscuit base out of the oven and allow it 5 minutes to cool and harden.

Pour the strawberry milkshake mixture slowly on top and put it back in the oven to bake. Let this bake for 20-30 minutes until it is firm yet jiggly at the middle. To check if it is ready, poke a skewer at the centre and it should come out clean. Let this cool completely before serving and decorate with sprinkles. To get neat edges, dunk the sharp end of the knife into warm water before slicing in.

By Fariha Amber

Food and Photo: Fariha Amber

এখন নতুন মোড়কে

প্রতি ৫০০ গ্রামের প্যাক-এর সাথে

১০০ গ্রাম ফ্রী!

বাঁচলো টাকা ১২!

আরো উন্নত ফর্মুলায়

KOHINOOR CHEMICAL

INSIDE LOOK

at 3 Dragons at Pearl



*In conversation
with
Farzana Chowdhury*

**What inspired you to become a restaurateur?
Where did it all begin?**

If I were to start from the beginning, I & my husband are big foodies. We used to eat delicacies from different countries while travelling abroad. When my husband was in a foreign bank, he was transferred to Hong Kong and there we were exposed to the authentic Sichuan food that you don't find in our parts of the country. And quite quickly we got enamored with their style of cooking and use of different spices. We noticed that Sichuan food was jam packed with flavors and had loads of condiments that it could incorporate itself with. We knew at that time that there were no authentic Sichuan restaurants in Bangladesh. We wanted to bring this amazing cuisine to the people of our country who are not able to go abroad to get a taste of it. Hence, we pondered on the idea of opening up a restaurant in Dhaka that would focus on Authentic Sichuan

Food. And so, our love of food, travelling and seeing a gap in the market was the inspiration behind 3 Dragons at Pearl.



What challenges did you face initially?

The initial difficulties that we faced at first were the ingredients. Not all the ingredients of authentic Sichuan food is available in Bangladesh. So, procuring them, looking for suppliers and setting up a block-chain took us a bit time to establish. But we were fortunate enough to get that ball rolling. Then came the interior, which is



an integral part of any restaurant. This restaurant is our passion project. Hence, we were involved in every part of the interior structuring process. From the walls, to the furniture's, cutleries and everything else that makes 3 Dragons at Pearl stand out from other restaurants, we were involved from the scratch.

You have other major businesses and despite 3 Dragons at Pearl starting off as a passion project of yours, What's your secret in sustaining so well over the years, while others have not done as well enough?

It's all about the foundation. If you have strong business foundation, it helps you in sustaining well during the ups and downs that the restaurant faces. We had a partner who was Singaporean and he has 2-3 restaurants in Singapore. His vast experience helped us set up the foundation of our restaurant in the very beginning. We also brought trainers from Hong Kong to train our employees as to how they will manage and communi-



cate with their customers and how to properly serve our food. The most important thing in a restaurant is the food quality and taste. We provide premium quality product and a lot of it is hand made. Our pastas and noodles are handmade in our kitchen and you get that authentic flavor when you bite into it. We also have a foreign chefs, who are expert in cooking authentic Sichuan food. All this has helped us put out consistently authentic and premium food for the past 5 years and helped us sustaining ourselves.

What are the steps you have taken for your restaurants to adopt to the new normal?

Most important thing for us at the moment is the health safety for our customer and employees. In the beginning of the pandemic, we brought is Doctors from Square Hospital to train our employees as to how to maintain

the health safety measures during the pandemic. When restaurants began to open up after the lockdown, we started off with our takeaway services. Anyone outside the building must wear a mask to enter and we have set up fumigation system at the entrance of the building as well. You need to have a reservation to dine in the restaurant because we want to maintain minimum capacity that adheres to the safety protocols set up by the Health Officials. Hand Sanitizers are stationed in every table. For takeaways, we have implemented a Triple-Layer Protective system for the safety of our customer. First, we are putting the food in a foil container. Second, we are placing the foil container inside a box. Lastly, we are setting it down within our carrier bag. We are also placing a note within the bags, where the temperature of the chef who cooked the food, the employee who packaged the food and the delivery personnel's temperature is noted down.

We have seen a lot of people trying their hands in different cuisines during the lockdown. Any advice for the aspiring chefs/home-cooks of Dhaka?

Yes, I have noticed that. That is very amazing that people are trying their hands on different stuff during the pandemic and being productive. My advice for them will be to



maintain hygiene within their food or kitchen. They should also look closely into how they deliver their food to their customers and see if it is not risking any customer's health by breaking the safety measures. So, they need to be a bit careful about these things and I'm sure they will do fine. It is very nice to see that a lot of women are stepping up and showcasing their skills as well.

3 Dragons shows your love and passion for oriental cuisine. Are there any upcoming exciting news for the fans of this cuisine any time soon?

We introduced 2 new cuisines during the lockdown. Korean and Fast food, which have their different titles. We are just providing these on a delivery basis as of now. But we want to bring the Korean Cuisine in our dine-in restau-



rant as well. Because we are getting a lot of positive feedback from our customer about the Korean food and a lot of them are requesting us to provide this cuisine in our Dine-in menu as well. That is basically our next upcoming project to incorporate Korean cuisine in our Dine-in menu and adhere to our customer's expectation of exceptional food.

*The interview was taken by Foyzal Mahmud Niloy.
Photo: Orchid Chakma*