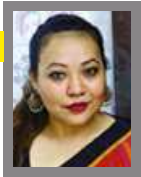


**FUSION FLAVOURS**  
**CHIANGMI TALUKDER**  
**LENA**

## FUSION FLAVOURS

Seafood recipes: delicious 'meatless day' surprises

There are several reasons why seafood is good for you.

It is an excellent source of protein, but contains less fat than other animal protein sources.

It is rich in vitamin B, and minerals including iodine, zinc, and potassium. Most importantly, marine fish such as salmon, sardine, and tuna contain good amounts of Omega-3 fatty acids, essential 'good' types of fat that may help lower the risk of heart diseases.

Besides, just skipping animal-based meat or red meat and replacing with seafood once a week, makes you form healthy habits that help lower cancer risks. Going meat-free-day is so much easier when you have got some delicious seafood recipes to get through. Whether you are a pescatarian, or trying to cut down on meat to improve your health, these easy seafood recipes will not only blow your mind, but also are great for a simple, but special meal when you are short on time.

**CAPSICUM CRAB CAKE****Ingredients**

3 capsicums (green, red, and yellow colour)

250g crab meat  
1 large onion, finely chopped  
1 tsp cumin powder  
1 tsp garlic powder  
1 egg  
½ cup bread crumbs  
2/3 green chillies, finely chopped  
2-3 sprigs of coriander leaves, finely chopped  
½ tsp black pepper powder  
Salt  
Oil for frying

**Method**

Drain water, if any, in the crab meat and transfer into a large mixing bowl. Add chopped onion and chillies, ginger, garlic, pepper powder, egg, starch, salt and coriander leaves. Give it a good mix and set aside.

Wash, dry all capsicums and slice off to make ½ inch ring for stuffing. Either discard the top and bottom part, or chop finely and mix with the crab mixture.

Heat a frying pan in low-medium heat with oil. Place all capsicum rings and fill each ring evenly with the crab mixture. Fry



for a while. Flip all rings after one side get fried properly.

**TUNA STUFFED SQUID****Ingredients**

8-10 pcs small squid tubes  
½ tsp black pepper powder  
1 tbsp lemon juice  
8-10 pieces of toothpick  
For stuffing —  
200g canned tuna meat (preferably in spring water)

1 large onion, finely chopped  
1 tomato, finely chopped  
¼ tsp paprika powder  
¼ tsp black pepper powder  
½ tsp cumin powder  
½ tsp garlic powder  
5-6 mint leaves, finely chopped  
2-3 tbsp olive oil  
Salt, to taste

**Method**

Wash all squid tubes and add salt, black pepper, lemon juice. Marinate for 10-20 minutes and set aside.

Drain all water/oil (if any) from the tuna meat. Transfer into a large mixing bowl and

put chopped onions, tomatoes, paprika, pepper, cumin, garlic powder, salt and mint leaves.

Put the mixture into each squid tubes and seal by inserting a toothpick. Heat the pan with oil in low-medium flame. Place all tubes and fry/grill until the tubes get cooked properly and turn golden.

**SEA FISH FRY IN BANANA LEAF****Ingredients**

1 portion salmon, seabass, dory, or basa fillet  
Turmeric powder, a pinch  
½ tsp ginger paste  
1 tbsp onion paste  
½ tsp green chilli paste  
1 tsp coriander leave (finely chopped)  
2/3 tbsp oil  
1 large banana leaf, to wrap  
Toothpick  
Salt to taste

**Method**

Marinate the fish fillet with turmeric, salt, ginger-onion-green chilli paste, and coriander leaf for 15-20 minutes. Then wash and dry up the banana leaf and place the marinated fillet into it. Fold each side of the leaf and wrap tightly, insert toothpick to seal.

Heat the pan with oil in low-medium flame. Place the banana leaf wrapped fillet. Cover with a lid and cook for 3-5 minutes. Flip and fry the other side until water gets dry and oil comes out.

**Food and Photo by Chiangmi Talukder Lena**

**#FASHION**

# LEE COOPER - BRITISH SHOES THAT FIT LIKE A DREAM

What is better than getting shoes of one international brand in the nearly 200 branches of its eponymous chain shops across the country? Getting shoes of two international brands! That's right— Lee Cooper Shoe corners are available along with all the lotto outlets across the country. British lifestyle giant Lee Cooper's classic shoes have been introduced to bring class and quality conscious fashionistas in Bangladesh within easy reach of stylish, durable and international standard healthy footwear.

The company operating since 1908

obviously has a leg up on a lot of competitor brands in terms of service experience and technology, and together with its local licensee, has incorporated that to create a phenomenally varied range of footwear which is at once classy and modern, as well as comfortable, squarely hitting the trifecta for perfection in shoes. The range feature traditional derbies, loafers and moccasins in dress, casual and informal versions, all impeccably made in genuine leather. There are also leather slip-ons, strap sandals, driving shoes, boat shoes and the essential range of

running shoes and sneakers. The store caters to all sorts of footwear needs with sturdy and durable footwear without compromising on style, for both men and women!

What sets Lee Cooper shoes apart however, is the technology that makes their shoes not only stylish, but also supportive of foot health, which usually cannot be said for most other shoe brands. One feature specially added to the Lee Cooper shoes range in Bangladesh is the Ortho Massage insole, which is specially designed with a heel cushion and massaging built to support long

time wear without foot pain or discomfort.

Lee Cooper formal shoes are also made to be as lightweight as possible, with breathable uppers and genuine burnished leather. For the more informal shoes, along with all the aforementioned qualities, even the outsoles are flexible, making the shoe very health friendly. All this basically translates to classy yet health-friendly shoes that fit and feel like a dream!

**By Sania Aiman**

**Photo Courtesy: Lee Copper**