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Life
Style

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A homebound CHRISTMAS

STEWING IN SPICES
MARINATION TALES PG 4
SWEET DELIGHTS
CHRISTMAS CAKE RECIPE C
LOOKING AHEAD, HEAD HIGH
ASPIRE TO INSPIRE PG 11

PHOTO: SAZZAD IBNE SAYED
MODEL: ARIANA AND NOYONTARA
CREATIVES: RBR

স্বপ্নের ঘর সাজাতে
বাংলাদেশের ১ম
হোম রেনোভেশন রিয়্যালিটি শো



ডিসেম্বরের প্রতি শুক্রবার রাত ৯টা ৩৫ মিনিটে



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Tiffin Box

Tiffin Box Limited, a food venture of Bangla Trac Group, is launched to reminisce the food culture that we used to hold dear in the eras of '80s to the early 2000s — considered as the “good old days” by many.

They are offering a line of innovative, indescribably delicious, mindfully crafted childhood cravings that are being made using simple, high quality ingredients, quality sourcing and love, just to relieve the memories of the best times of our lives.

To deliver unexpected moments of joy, they have recreated a list of menus which would make everyone nostalgic — “Stadium Jhalmuri” or “Dhakaiya Jhalmuri”, “Kolijar Tukra Singara”, “Jhura Mangsher Khichuri”, “Ghee Chini Roll”, “Chadni Chawker Lacchi”, etc.

They have a list of mouth-watering foods that have been ruling our dining space for ages — “Jhal Chicken Khichuri”, “Jhal Chicken Roll”, “Piyaju”, “Beef Samosa”, “Shahi Jilapi” and many more.

To grab a meal from Tiffin Box, dial +880170-8132132 or +880170-8132133. WhatsApp at above mentioned numbers or send Tiffin Box a message over Facebook- <https://www.facebook.com/TiffinBoxBD2020>.

They are available to serve you every day from 7:30 in morning till 9 PM. The best part, there is no delivery charge. In the launching phase, they are catering the customers of Gulshan, Banani, Old DOHS, Baridhara, and Baridhara DOHS, and very soon, they will be ready to take in orders from any part of the city.

Prezzie

Meaning ‘present’, Prezzie strives to be a warm and welcoming place. It is a local enterprise trying to make a market as being a local brand.

They value the joy a person feels upon receiving a gift, and want to ensure their customers feel the same when being served with their coffee, accompanied by delicacies.

Their warm and homely interiors intend to make the customers feel at home. They have a very thoughtful interior, welcoming childhood memories.

The cakes have been thoughtfully planned to be the ‘gift’ their customers would take when attending a gathering, or celebrating special days with their loved ones.

For details, follow them on social media — www.facebook.com/prezziebd

Renaissance Dhaka Gulshan Hotel set to celebrate Christmas and New Year

Over the span of this year, Renaissance Dhaka Gulshan Hotel has ensured that they offer the best to their loyal guests. It has indeed been a great run this year and will be even better in the years to come. On that note, the property is bringing the best to the city this Christmas and an even more grand welcome to the New Year.

Recently, the hotel has set up their first Christmas tree. A beautifully decorated Gingerbread House has also been setup in the main lobby.

The 24-hours coffee deli-Gulshan Baking Company, where all the Christmas goodies – panettone, gingerbread cookies, Christmas snowman, Christmas bell, chocolate yule log, raspberry lemon yule log, Santa’s boot, X-mas bread man, and

many more are for sale.

On the occasion of Christmas, their all-day dining Restaurant — BAHAR will be serving scrumptious delicacies on Christmas Eve, and on Christmas Day.

Christmas buffet brunch is priced at BDT 3999 net per person and the buffet spread will cover chicken and pistachio terrine, apple chutney, whole roasted stuffed turkey, grilled snapper tilted with braised fennel, olive tapenade and traditional Christmas yule log, pantone.

Christmas Eve buffet dinner is priced at BDT 4999 net per person and the spread will cover- foie Gras and sage terrine, mixed berry compote, whole roasted stuffed turkey, poached Atlantic salmon, broccoli, lemon

emulsion, traditional Christmas yule log, and many more.

Following Christmas festivities, the hotel moves ahead with preparations for New Year celebrations. The hotel welcomes New Year with an early bird buffettinner (6:30 PM to 9:00 PM) at BDT 3999 net per person, and BDT 4999 net per person from 9:30 PM to 12:00 AM at BAHAR multi-cuisine restaurant on 31 December, 2020.

The hotel is also offering special room packages including complimentary breakfast, lunch and buffet dinner under some specific terms and conditions. For more information and reservations, please call +8801704112646 or +8801704112662

#TECH

Tips to make online shopping easy

E-shopping has been a boon during the days of the pandemic. It allows one to access services, and buy products delivered right to your doorstep simply by pressing buttons on your mobile phone.

But for those of us who are still wary of shopping online, here are some simple tips that can ensure the safety of the transaction, giving you peace of mind.

Buy from popular sites
This is probably one of the best advices one can give to anybody hoping to make purchases online. Popular sites are tried and tested by millions, and you can certainly trust them.

Receiving products you did not order, delays in delivery, and not getting the products at all are some of the common reasons why people tend to shy away from online shopping, and

these are reasons why a trusted name comes in handy.

There are hundreds of online shops out there. And new sites are cropping up every day. So, rather than buying from a random site from Facebook or Google search, go with a popular online shop.

These days, all online shops maintain Facebook pages. Their social media reviews are a good indication to their trustworthiness.

Never use public Wi-Fi while shopping

This is especially true if you are using credit card while shopping. It is possible that hackers might get sensitive information through these connections.

If you are using debit/credit cards to make online payments, make sure that the connection is secure. A secured site ensures that the data provided by you

are encrypted and less susceptible to any untoward activities.

Opt for mobile transaction options
If you are not sure about credit card payment, opt for digital transaction options like Nagad, or Bkash. Most online platforms accept such transactions and they are now simple to maintain and secured.

Some online buyers use this method to receive their desired products. Just to make sure that you have not received the wrong product, always check.

The matter of return policy and delivery charge

One of the biggest problems of online shopping is to judge how a product exactly looks like. If buying clothes, size is also a pressing issue. So, while buying things online, make sure the site have a return policy. Also check if there is a delivery charge.

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ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

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SHAZIA OMAR
Writer, activist and yogini
www.shaziaomar.com



The Art of Communicating by Thich Nhat Hanh

I recently read a beautiful book by Thich Nhat Hanh called the Art of Communicating. In it, the Zen master offers some wisdom that I would like to share with you.

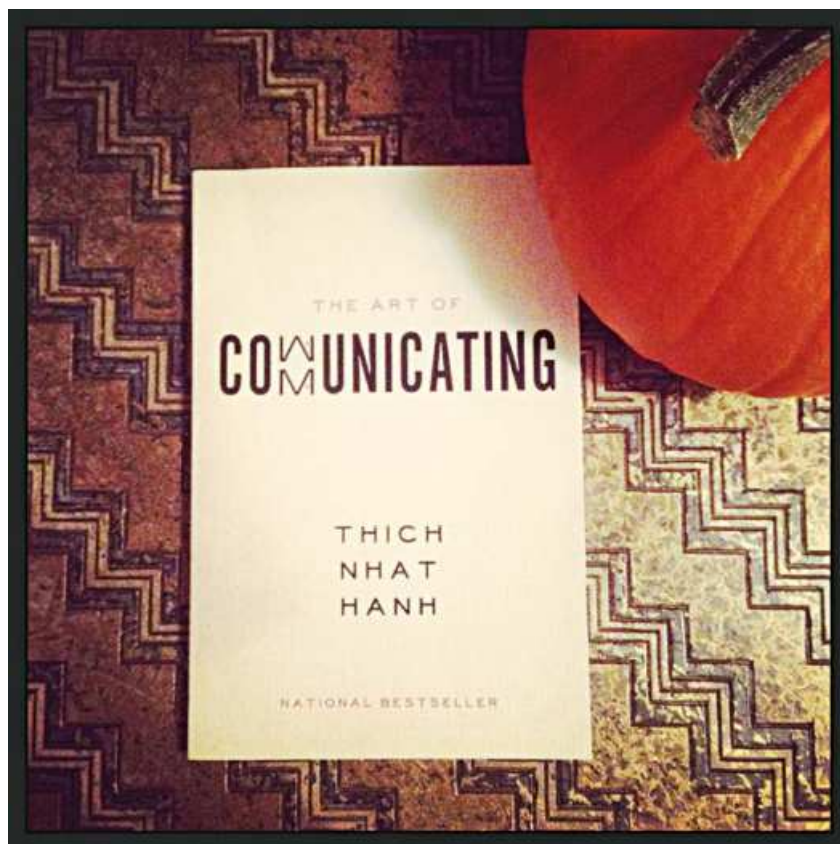
We all carry habit energy, learned behaviours, picked up from our parents. We carry the wounded inner children of our parents and ancestors within us. The past is not gone if the suffering is still there. We must recognise the presence of the suffering, listen to our inner child, and tenderly embrace the child to heal the suffering.

"Loneliness is the suffering of our time. Even if we're surrounded by others, we can feel very alone. We are lonely together. There's a vacuum inside us. It makes us feel uncomfortable, so we try to fill it up by connecting with other people. We believe that if we're able to connect, the feeling of loneliness will disappear" — Thich Nhat Hanh.



We hunger for love, but don't know how to generate love in order to nourish ourselves with it. To do so, we have to sit down and connect with ourselves. This is called mindful awareness. This is coming home to yourself.

Home is where loneliness disappears, where we feel warm, comfortable, safe, fulfilled. Home is inside you. The path to home begins with the breath. It takes only a few seconds of mindful breathing to set you free from the suffering of the past.



A lot of our thinking is caught up in dwelling on the past, trying to control the future, generating misperceptions, and worrying about what others are thinking. Stop thinking and listen to the pain, sorrow, fear, inside of you. Come back home and listen deeply. Listen to the suffering in your body and mind. Learn how to embrace your inner child to bring relief. Every step home to the here and now, connect with yourself.

Embracing your feelings without judging or pushing them aside is a homecoming. Come home to understand your suffering and its roots. When you see suffering or pain coming up within you, don't run away from it. Face it mindfully, tenderly, with quiet breathing.

We should talk to our child several times a day for healing to take place. The little child has been left alone for a long time, so we need to begin this practice right away. Go back to your inner child every day and listen for five or ten minutes, and healing will take place.

If you need to forgive others, do so. If you need to ask others for forgiveness, do so. Even if they have passed away, they are still a part of every cell of your body, so you can ask for forgiveness, and express your love to them. You can sit with yourself and speak to your grandmother who has passed away and tell her you love her and see her smiling down on you. You can write a love letter. As you finish writing the letter, you are also transformed by the peace, understanding and compassion you express. You can write a peace treaty between you and the other person.

Try not to judge others for their actions. See the Buddha in others, look upon them with compassion. They are carrying the heavy weight of their own wounds. Practice deep listening and loving speech.

Thich Nhat Hanh outlines four bodhisattva guidelines for gentle, loving speech —

Tell the truth. Don't lie or turn the truth upside down.

Don't exaggerate.

Be consistent. This means no double-talk.

Use peaceful language. Don't use insulting or violent words, cruel speech, verbal abuse, or condemnation.

Understanding oneself takes time spent sitting alone in reflection. This is crucial also to understand others. When you understand your suffering, you suffer less, and you can understand another person's suffering. When you can recognise the suffering in the other person and see how that suffering came about, compassion arises. Only when you love yourself can you love others. Compassionate communication is to help others suffer less.

"Compassion is born from understanding suffering. We all should learn to embrace our own suffering, to listen to it deeply, and to have a deep look into its nature" — **Thich Nhat Hanh.**

With each breath, you can begin anew.

Photo: Collected

Shazia Omar is an activist, a yogi and a writer. You can check out her videos on pranayama and meditation at YouTube.com/ShazzyOm.

THOUGHT CRAFT

NASRIN SOBHAN
Freelance Writer



The joy of December

People born during years of British rule or the troubled year of the Partition of 1947, have suffered various kinds of trauma, lost land, family and friends, and have had three nationalities in the course of one lifetime.

Our young children have grown up in relative peace, and have been spared all those sad experiences. They have little memory of anything before Bangladesh. For them, unlike our parents' generation and ours, British rule and Partition are just part of their education and history, taught in the classroom.

They were fortunate enough not to experience the carnage of our own War of Liberation, and were born into an independent happy country.

For those of us who live in our own country, there is linguistic, racial and religious homogeneity, a clear sense of identity and the pride of being rooted in an ancient culture. Those who go abroad by choice, or for other reasons, always have a home and family to return to, when they are ready.

There comes a time in life when it is comforting to step out of the door and hear a familiar language in the streets, see faces that resemble our own, understand the comfortable nuances of the social behaviour that is unique to us, and who dress ourselves in the same clothes that our people have worn for generations.

Being at home is rather like living in the family compound of old. The feeling of warmth and security is similar to the experience we had as children at home with our parents and other family members. There are familiar faces at social events, the warmth of old retainers in the house, and the traditional norms of behaviour in the shops and bazaars.

While most of our traditional ways of life have survived, we have successfully adapted ourselves to the modern world. We have created NGOs that are a model for other developing nations, made giant strides in most areas of development, and have an enviable growth rate.

The idea of home and motherland can mean many things. Apart from the larger aspects, there are the little pleasures of home. COVID-19 has brought a new way of life to us all. There is still much comfort to be had just staying at home.

Now that the temperatures have fallen, we can look forward to wearing cosy warm slippers, drink hot cocoa brought in by loving hands, and use a hot water bottle in bed when it is especially cold.

We can look forward now to cooking *nehari*, *paya*, *halim* and other winter delights, and watch a good film on the TV after the day is done.

Truly there is nothing like Home.

Marinated with history

There is one secret to the delicious T-bone steaks, the barbecued juicy lamb chops, or seared vegetables — marination!

It is not just the cut or the crusty texture that makes the dish compelling, it is the taste that is amplified with the use of marinades.

The roots of the word are extracted from the Latin word for sea (*mare*). A marinade is a seasoned liquid in which any dish – chicken, meat, vegetables — can be soaked to enhance its flavour and texture before cooking.

For food such as steaks and barbecued meat, which are often feasted upon with friends and family in jovial settings, careful marinating is required to tenderise a steak and add flavours to it.

The process of immersing them in liquids can vary from minutes to days, and in some very unique situations, even months. In many ways, marination is the security blanket to having a jolly and wholesome whole meal.

Marinades have a treasured back-story that harkens back to the deserts of Ancient Egypt where one of the grandest and unique ancient civilizations once sprang up.

In the Western hemisphere, the first tracking of the use of marinades traces back to the Renaissance where people marinated meats and seafood in vinegar and spices, to both preserve and flavour the food setting up the standard of dining for European cuisine today.

This was also a time of constant jostling of cultures allowing a more widespread practice of marinating foods.

When grilling, marination to flavour the food is done beforehand. In other dishes, it is the other way around — with marination done later to the food.



In the Asian peninsula, marination has a rich history with reports stretching to the Korean peninsula where their beef was marinated with rich and robust mix of spices, garlic, soy sauce, and sesame oil since the 1500s.

From the Iberian Peninsula, the Spanish and the Portuguese migrated en masse to Latin America in the quest for colonisation and resettlement bringing 'escabeche,' a vinegar-based sauce to their tables that were used to saturate and tenderise meats.

There are three types of marinades that should be considered when it comes to preparing a dish bursting with a vibrant and

mouthful of flavours.

One type, which is very common in Mediterranean dishes or heart kebabs/steaks alike, is acidic marinades. Vinegar, tomato, and citrus juice are considered acidic marinades, which are used to loosen the protein bonds in meat helping to become more tender ensuring the liquid is absorbed packing it for a wonderful party of a tasty treat.

Enzymatic marination takes place when fruits are used. Enzymes found in certain fruits make the meat more palatable, especially when making it tender allowing tough cuts to be made. The enzymes found

in fruits such as in papaya juice, which is known as a common meat tenderiser, help to make the meat to be soft and tender.

Oil-based marinades such as olive, sesame, hazelnut, coconut, or oil blends are often used when marinating vegetables.

Marination is one of the key aspects of ensuring an easy and tasty meal for everyone to indulge in.

In the long history of cuisine, marination has always been a key aspect of ensuring the best of food is on the table.

By Israr Hasan

Photo: LS Archive/Sazzad Ibne Sayed

◆ HOROSCOPE ◆



ARIES (MAR. 21-APR. 20)

Your good sense will come in handy. Focus on your own venture. Don't be vengeful. Your lucky day this week will be Saturday.



TAURUS (APR. 21-MAY 21)

Avoid any health problems. Financial matters can get emotional. Stand up for your partner. Your lucky day this week will be Sunday.



GEMINI (MAY 22-JUN. 21)

Question your partner if necessary. Don't be deceitful. Money making opportunities will crop up unexpectedly. Your lucky day this week will be Sunday.



CANCER (JUN. 22-JUL. 22)

You can lose property if you aren't careful. Find time to socialise. Don't make rash decisions. Your lucky day this week will be Thursday.



LEO (JUL. 23-AUG. 22)

Financial gains are possible. Don't put your trust in anyone. Romance can surface in group projects. Your lucky day this week will be Thursday.



VIRGO (AUG. 23-SEP. 23)

Don't be in a relationship for convenience. State your ideas clearly. Your kind actions will bring good results. Your lucky day this week will be Wednesday.



LIBRA (SEP. 24-OCT. 23)

Minor health problems can arise this week. Loved ones may not get you. Don't be too sensitive. Your lucky day this week will be Saturday.



SCORPIO (OCT. 24-NOV. 21)

Curb your vengeful tendencies. Deception is apparent. Don't force your kindness on others. Your lucky day this week will be Saturday.



SAGITTARIUS (NOV. 22-DEC. 21)

Be on your guard. Minor accidents can cause major setbacks. Residential moves will be favourable. Your lucky day this week will be Saturday.



CAPRICORN (DEC. 22-JAN. 20)

Focus on self-improvement projects. Friendships can end this week. Avoid reacting poorly towards your partner. Your lucky day this week will be Tuesday.



AQUARIUS (JAN. 21-FEB. 19)

Find time to relax. Your co-worker will undermine your efforts. Get down to basics with yourself. Your lucky day this week will be Monday.



PISCES (FEB. 20-MAR. 20)

Not everyone will agree with you. Pamper yourself. Get involved in projects that will bring you glory. Your lucky day this week will be Thursday.



#LS EDITOR'S NOTE

A Christmas outdoors

'Tis the season and you are entitled to some cheer; it doesn't matter if it's low key or restrained. As it is, you have let go of all your favourite festivals this year starting from Pahela Baishakh to Ramadan, Eid, Puja, Victory Day and now Christmas as well. But amid all this pandemic pessimism one thing remained static, and that is your desire to stay in good spirits and find small pleasures and joyfulness in whatever you did; instead of going all out you opted for intimate outings, celebrating with family only.



Christmas of 2020 should follow the lead and be celebrated on a small scale. Blessing this year's holiday season is a mild winter cold wave, the wind is already blowing its course and bringing with it the delicacies of the season — the *pithas*, vegetables, fruits, ducks and so much more; making it easy to plan a Christmas dinner, Christmas picnic, or even better a barbecue.

If Christmas outdoors is your thing, you will love our picnic menu. It's do-ahead, stylish and definitely special.

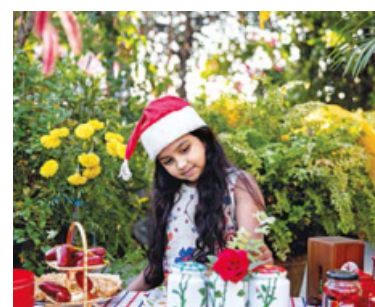
You can make spicy pesto or chilli chicken pate, spread them generously over water crackers and you can toast some bread or thin slices of brioche and chomp away. Potato salad, meat pie, or spaghetti can be accompaniments, and for desserts *bhapa pitha* with coconut shavings and date molasses ought to be perfect! A cup of cinnamon tea or masala chai should be a fine finish.

You can decorate your picnic space with red, green, blue, orange chiffon hangings, seasonal petunias

that are in bloom, some warm throws made comfortable with fluffy cushions, some board games and the background Christmas music should do the trick.

If you opt for portable food and drink ideas, a barbecue picnic is what you want. Then look no further as we've curated the ultimate list — mains, desserts, snacks, enjoy the winter chilly evening by firing up your barbecue grill.

Let your menu be of tasty German hand-made fresh sausages, lamb cutlets, juicy chicken breasts, chicken satays, fillets of dori fish, and the party pleaser — prawn skewers. Creamy potato salad, Christmas fruit



cake can all be chugged down with glasses of fun mocktails.

For your quick barbecue, you need to buy a few kilos of dry coal, a litre of kerosene oil and add few chairs around the fire— and get the

party going. The idea is fuss free so do not over do with fancy cutlery and crockery.

But if you want to have a fancy sit-in dinner for six then bring out all your finery and dress the table to your liking. Plan an elaborate menu



of roast duck, thin rice flour chapati, polao, a grand winter vegetable mix, potato crochets, lamb korma, rice pudding and moist fruit cake. This year you should treat your family to tandoori chai with the desserts.

Festivals are just reasons to celebrate family love and togetherness. Stay bonded, stay safe and read our recipes and tweak your plans accordingly.

— RBR

Photo: Sazzad Ibne Sayed
Model: Ariana and Noyontara
Creatives: RBR



At my cake studio, The Flourist, located in the heart of Banani, Dhaka, we are constantly testing recipes. I'd been trying to nail down a chocolate cake recipe that was both delicious and versatile at the same time. And then this beauty happened! Use this one-stop chocolate sour cream cake recipe to create layered cakes, cupcakes, mini-Bundt cakes and more! Time to play in the kitchen! This is the chocolate cake you had been missing. Finish your cakes with any buttercream of your choice – they are easy to color, and use as you please.



#FOOD

Smells Like CHRISTMAS SPIRIT

THE ONLY CHOCOLATE CAKE YOU NEED

Ingredients

DRY
1 cup cocoa powder
2 ½ cup flour, sieved
1 ¼ teaspoon salt
2 ½ teaspoon baking soda
WET
2 cups sugar
3 large eggs, at room temperature
1 ¼ cups sour cream

1 cup vegetable oil
1 ¼ cup coffee
1 tsp vanilla essence

For the Cake

Preheat oven to 350°F. Oil three 8" cake pans (or bake thrice if using one pan) and line bottoms with baking paper.

In a large bowl, sift the dry ingredients together - flour, sugar, cocoa powder, salt, and baking soda.

In another bowl, whisk together eggs, sour cream, vanilla essence and vegetable oil. Add coffee, and whisk until smooth.

Add wet ingredients all at once to the dry ingredients and whisk until smooth. Take care to not overmix.

Divide the batter evenly between the

prepared cake pans and bake until a toothpick inserted into the center comes out clean, about 25-35 minutes. Let cool in the pan for 10 minutes, then remove and place on a wire rack to cool completely.

For cupcakes, line cupcake tin with cupcake liners and pour batter ¾ way in. Bake for 16-18 minutes at the same temperature.

For mini-Bundt cakes, brush silicon mini-Bundt cake molds with oil and pour batter ¾ way in. Bake for 15-17 minutes.

LUSH CHOCOLATE FROSTING

Ingredients

7 ounces dark chocolate, chopped
7 ounces milk chocolate, chopped
1 ¼ teaspoon instant coffee mixed with 1 tsp hot water
2 cups sour cream, at room temperature
¼-½ cup light corn syrup
¾ teaspoon vanilla essence

Use 1 cup of the above mixture and freeze the rest in an airtight container

1 cup whipping cream (not the canned ones)
1 cup icing

For the Frosting

Melt the chocolate and instant espresso (if using) in a bowl placed over a pan of simmering water. Remove from heat and let cool for about 10 minutes.

In another bowl, combine the sour cream,

vanilla extract, and ¼ cup corn syrup. Add the melted chocolate and stir until smooth. The icing will have a thin consistency, but will continue to thicken as it cools to room temperature.

Beat the whipping/double cream until a little stiff. Fold in 1 cup of the chocolate sour cream frosting until combined. Chill the rest of the chocolate sour cream frosting in an airtight container in the freezer.

SMOOTH-AS-SILK BUTTERCREAM

Ingredients

1 cup unsalted butter
2/3 cup sugar
3 tbsp water
5 large egg yolks
Pinch of salt (avoid if using salted butter)
1 tsp vanilla

For the Buttercream

Butter prep – take out the butter and cut into large pieces. Leave for 15 minutes before using – we want the butter softened but not melted.

Make the syrup. Combine the sugar and water in the small saucepan and place on the stove over a medium flame.

While the syrup comes to temperature, beat the yolks in a stand mixer or with an electric handheld mixture. Whisk on high speed until pale and thick.

Add the syrup. When the syrup reaches the softball stage (238°F) remove from heat. With the mixer on low speed, slowly pour the syrup in a thin line from one side to avoid splattering the syrup on the beaters.

After all the syrup has been incorporated, beat on high speed until the mixture has cooled to room temperature. This can take about 10 minutes.

Add the butter. When the mixture and the bowl no longer feel warm, switch to the paddle attachment and start adding the butter one cube at a time, mixing well in between each addition.

Add vanilla. Add the vanilla (or other flavoring) and continue to beat until the buttercream is smooth and slightly stiff. Add food color of choice. Gel food colors are recommended.

Use right away or store in an airtight

container in the freezer.

Cake Assembly

Sandwich each cake layer with the frosting until stacked and cover with buttercream.

For the Christmas Wreath Cake

Pipe buttercream flowers to form a wreath like the red cake and finish with a fondant bow.

For the Chocolate Ornament cake

Melt white chocolate and brush into half domes. Assemble two half domes together with some melted chocolate and paint with edible gold. Top it off with gold painted fondant handles.

For the Cupcakes

Cool cupcakes and frost with colored buttercream. Add sprinkles and fondant accents.

For the mini-Bundt cakes

Melt 100g white chocolate with 70g whipping cream. Mix till smooth and use when cooled. Pour with a spoon on sides. Pipe mistletoe with colored buttercream

Saria Saguario is a Pastry Chef and Painter from Dhaka, Bangladesh. She is the founder of the bespoke cake studio, The Flourist. Avail their Christmas offers today!
www.facebook.com/theflourist.dhaka
www.instagram.com/theflouristcakes

Photo: Sazzad Ibne Sayed
Food and Styling: Saria Saguario



DESHI MIX

SALINA PARVIN



Delightful barbeque on chilly evening

Smoky flavour, burnt texture, charred finish, scorched surface, yet soft insides. Either grilled in large earthen oven, an open fire or on a special appliance – all these are known as barbecue.

This itself is a very old method of cooking food, perhaps the most primitive method since humankind invented fire. The meaning of barbecue varies from country to country, but the true one lies in America, where it is mostly known as 'outdoor cooking'.

Late winter afternoon is the best time for barbecue, which is mainly prepared with beef, having no distant relationship with vegetables. But nowadays chicken has also taken its place. And as cooking is an art and has no boundaries, people don't hesitate using vegetables.

Here are some simple homemade barbecue recipes. I have given my twist to add a traditional touch to it. These can also be made in normal electric ovens for those who don't have special barbecue appliances.

LIVER BOTI KEBAB

Boti translates to cubed/diced meat. Boti kebabs are tender and moist, mostly made by threading into skewers. It is usually made with any sort of boneless meat, but I have tried making in with liver. And trust me, it tastes heavenly!

Ingredients

500g liver (either beef or mutton)
1 tbsp ginger paste
½ tsp garlic paste
1 tsp red chilli powder
½ tsp turmeric powder
1 tsp papaya paste
½ tsp kebab masala



½ tsp coriander powder
½ tsp cumin powder
3 tbsp mustard oil
Salt to taste

Method

Cut the liver into cubes/dices, not more than 1-inch. Combine all ingredients with the liver. Toss well coating with the marinade properly. Cover and rest them for 3-4 hours or let refrigerate overnight. Heat the grill to



medium. Thread the liver into skewer and cook for about 15 minutes or until cooked, spreading the leftover marinade occasionally.

BBQ MUTTON RIBS**Ingredients**

500g mutton ribs
2 tbsp papaya paste
1 tbsp red chilli powder
½ tsp turmeric powder
2 tbsp BBQ masala
1 tsp all-spice powder
½ tsp crushed black pepper
2 tbsp lemon juice
2 tbsp ginger garlic paste
4-5 tsp oil



Salt to taste

Method

In a large bowl, mix all the ingredients, except the mutton ribs. Make a thick paste. Put it on the ribs and mix well. Cover and keep aside for 3-4 hours. Heat your grill to high. Place the ribs on the grill and cook until tender, golden brown and slightly charred, 7-8 minutes. Turn the ribs over and continue to grill 5-6 minutes for medium-rare (an internal

temperature of 135 degrees F). When done, transfer to a plate and serve hot.

GRILLED BEEF STEAKS**Ingredients**

4 rib-eye steaks
½ cup oil
6 tbsp soy sauce
1 tbsp garlic, minced
1 onion, chopped
2 tbsp salt
1 tbsp pepper
1 tbsp crushed dried rosemary
3 tbsp steak sauce

Method

Combine oil, soy sauce, garlic, onion, pepper, salt, rosemary, and steak sauce in a food processor. Process until well blended. Prick steaks on both sides with a fork, and place in a shallow container with a lid. Pour marinade over steaks, cover and refrigerate at least 3 hours or overnight. Preheat an outdoor grill for medium heat. Remove steaks from marinade, and discard the marinade. Lightly oil the grilling surface, and place steaks on the grill. Cover, and grill the steaks for about 10 minutes on each side, or to your desired degree of doneness.

CHICKEN TANDOORI

Chicken tandoori is mainly a Mughal dish that is characterised by its lavishness. In the sixteenth century, Mughals came to India from Central Asia and brought with them a heritage that blended Arab, Turkish, and Persian cultures.

Chicken tandoori is one of those legendary recipes that the Mughals came up with.

Ingredients

1 chicken
1 tbsp ginger paste



1 tsp garlic paste
½ tsp turmeric powder
1 tbsp red chilli powder
1 tsp almond paste
1 tsp kabab masala
¼ cup yoghurt
3 tbsp mustard oil
Salt to taste

Method

Cut chicken into four pieces. In a large bowl mix all the ingredients with the chicken, cover and refrigerate for at least three hours. Preheat the grill. Thread the chicken pieces into the skewers and brush oil over them.

Grill for 15 minutes or until cooked properly. Turn frequently while grilling.

SPICY GRILLED SHRIMP**Ingredients**

500g shrimps, peeled and deveined
1 large clove garlic
1 tsp paprika
½ tsp black pepper powder
2 tbsp lemon juice
Salt to taste

Method

Preheat grill for medium heat. In a small bowl, crush the garlic with the salt. Mix in pepper and paprika, stir in olive oil and lemon juice to form a paste. In a large bowl, toss shrimp with garlic paste until evenly coated. Lightly oil the grilling grate. Cook shrimp for 2-3 minutes per side, or until opaque. Transfer to a serving dish, garnish with lemon wedges and serve.

GRILLED MUSHROOM SKEWERS**Ingredients**

500g mushrooms, sliced ¼-inch thick
2 tbsp vinegar
1 tsp soy sauce
3 cloves garlic, chopped
1 tsp thyme, chopped
1 tsp black pepper powder
Salt to taste

Method

Marinate the mushrooms in the mixture of for 30 minutes. Skewer the mushrooms and grill over medium-high heat until just tender and slightly charred, about 2-3 minutes per side.

Photo: LS Archive/ Sazzad Ibne Sayed

#FOOD

Christmas Special

**For Cinnamon
Sponge cake**
Ingredients
6 large egg
200g fine sugar
120g g flour
1/2 teaspoon of baking
powder
1 teaspoon of cinnamon



Method
Blend six large egg on high speed for one minute. Gradually add 200g sugar into the eggs and beat for 8 minutes or until the mixture is smooth and fluffy.
Then whisk together the all-purpose flour and baking powder, and sieve the combination into the egg batter in thirds.

Fold between each addition and mix it very carefully. It is super important to not over mix the batter and also make sure there are no hidden pockets of flour. Now divide the batter in two 9" cake pans. Smooth out the top and bake it on 360° F for 25 minutes. When the cake is done you will see deep golden brown colour on the top.

Once cooled to room temperature, cut the cinnamon sponge cake in half. I use cinnamon butter cream, but you can use any cream.

By Dilruba Light (Priya)
Photo: Dilruba Light (Priya)



THE MILLENNIAL COOK
FARIHA AMBER

The golden elixir

As the sky transforms into a blanket of grey and the omnipresent wind grasps us with its chilly claws, we know winter has finally arrived in full swing – the perfect weather to sip on a delightfully warm cup of honey and lemon tea.

Honey and lemon tea is not only utterly delicious but presents a plethora of health benefits too. Other than being a powerhouse of vitamin C, clearing the skin, and improving metabolism, this citrusy drink also acts as a great immune booster, energizer, and natural detox.

Furthermore, it helps prevent

common cold and flu that are prevalent health concerns during this time of the year. Needless to mention, this zesty tea also enhances our mood because who doesn't feel better after drinking a warm cup of honey and lemon tea?

Ingredients
2 cups water
1 tsp black tea grains
1 thumb-size lemongrass stalk
1 tsp honey
1 tbsp lemon juice
Mint leaves and lemon wheels for garnish

Method
Heat water in a saucepan and wait

for it to come to a rolling boil. Meanwhile, bash the lemongrass stalk to extract its maximum flavour. Just when the water comes to a rolling boil, drop in the tea leaves and bruised lemongrass.

Let this concoction boil for about 5 – 7 minutes and then turn off the heat. Strain the mixture before squeezing in fresh lemon juice and adding honey. Stir well to combine and garnish with a sprig of mint leaves and lemon wheels.

Photo: Collected




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LIFE AS IT IS**WARA KARIM**Writer, painter, gardener, content creator
Website: <http://www.scratchingout.com>

The Reading Terminal Market in Philadelphia, Pennsylvania has been serving gastronomes for 127 years. The historic market has survived the Great Depression and two World Wars! On a September Saturday, we decided to explore this public market, which attracts more than 100,000 people every week during 'normal' times.

The moment you step through its doors, the clatter, the bright ceiling lights and most importantly, the aroma in the air make you hungry. Although you would want to buy or taste a little something from every stall, that is quite impossible, because there are more than 80 merchants

Philadelphia's century-old public market



busy at work in this indoor marketplace.

The vendors at Reading Terminal Market sell a wide array of items, chiefly food; from fresh produce, seafood, meats and poultry, dairy and cheese, baked goods, ice cream, chocolate, spices and condiments, beverages, and ready-to-eat foods, which you could enjoy in its food courts before the pandemic hit us all.

Its Center Court has recently been opened for indoor diners, but only at 25 percent capacity in order to contain the spread of the coronavirus. The market was pretty crowded that Saturday afternoon, although not as bustling as it used to be in

the pre-pandemic days. Everyone, from the buyers to the sellers, was wearing a mask or face-covering as a requirement.

The place was vibrant enough to tickle your senses; the sights, sounds and smells makes the one of the largest and oldest public markets of America a must-visit. The entire place was buzzing with conversations and clank of kitchen utensils as foods were being prepared in front of patrons' eyes.

I spotted Chinese, Korean, Thai, Japanese, Spanish, Indian, Pennsylvania-Dutch, Greek, Caribbean, Latino and Middle-eastern vendors selling and

preparing their ethnic dishes. If you are an adventurous person foodwise, someone who loves to explore foods from around the world, then this public market gives you that perfect everything-under-one-roof opportunity.

As we explored the market, we bought pretzel buns and Amish-style hand-rolled butter, a kind of creamy, flavourful, slightly tangy, slow churned butter, to eat at breakfast the following morning.

We bought our lunch from a Kosher vendor called Hershel's East Side Deli, which the locals call the best Jewish eating place outside of the New York City. As we waited, they carved the meats and prepared our corned beef and pastrami sandwiches on rye bread with coleslaw and Russian dressing right before our eyes.

Because the market is located in the heart of Philadelphia, a major and one of the most populous American cities, car parking is not free. We paid \$5 for a 90-minute on-street parking. The Reading Terminal Market demands "repeat tourism" no matter what. We will have to find another weekend pretty soon to revisit this century-old historic market that is a gourmand's heaven.

Photo courtesy: Wara Karim

#TRAVEL

Travelling in the Cox's Bazar — Saint Martin route and around the Bay of Bengal by the royal cruise ship, Bay One

A cruise ship or a luxurious vessel is one of the prime attractions of maritime tourism in the world. Although these pleasure boats float in the deep sea, all facilities are available for enjoying the harmony between the blue water and the sky. Some of the best times of any trip may be spent on such ships.

For many years, attempts were made to introduce cruise ships in the country. The opportunity has now opened up thanks to the introduction of the foreign cruise ship, Bay One. The chance of drifting through the salty sea air in the luxurious ship is now available, thanks to the well-known 'Karnaphuli Ship-builders Ltd.' of Chittagong.

This fine luxury cruise 'Bay One' has been bought from Japan, with a view to provide international standard experiences to travellers. Although the previous name of the ship was 'Salvia Maru', it was re-christened as 'Cruise ship Bay One' after



come to Bangladesh.

On Saturday, 19 September, 2020, the ship reached Chittagong Port commenced services just two days later, after receiving relevant approval from the government.

The inauguration ceremonies held in Chittagong and Cox's Bazar, saw State Minister of Water Transport Khalid Mahmood Choudhary, present as chief guest, with State Minister of Civil Aviation and Tourism Md Mahboob Ali; Secretary of Water Transport Md Mezbah Uddin Choudhary; Commodore Abuzafar Md Jalal

Uddin, and Mayor of Cox's Bazar, Muzibor Rahman, in attendance.

Primarily this ship will facilitate the journey between Cox's Bazar and Saint Martin. As the cruise is endowed with IMO star, the company is considering and expansion of services, from Chittagong to Cox's Bazar, and surrounding areas of the islands. The work for constructing a jetty-pier at Daria Nagar in Cox's Bazar for anchoring the ship has been finalised as well.

The cruise ship was built by Mitsubishi Heavy Industries, Japan and is 393 feet in

length, 55 feet in width, and the depth is approximately 18 feet. The average speed of the ship is 16.1 Nautical miles per hour, and highest average speed is 24 Nautical miles per hour. In the coastal routes of Bangladesh, this vessel is capable of drifting at 18 to 20 Nautical miles per hour. It can accommodate cruise arrangements for more than 2000 people.

By S N Islam

Photo courtesy: Karnaphuli Ship-builders Ltd.





#PRESS RELEASE

Aspire to Inspire by KrayonMag

Shireen Rahman, a woman in her mid-thirties, has chosen to stay single and focus on her career. A deliberate choice she made to satisfy her long-term vision of excelling in the professional field.

To an idealist, this decision, would entirely be a personal preference; a choice that any grown-woman or man could make whenever they wanted; unfortunately reality seems to be quite the contrast for Rahman.

Her very personal life-choice, agitated the entire family,



people she considered as her loved ones and triggered havoc in her private life. She is considered a disgrace by the near and dear, who expect her to be married at her age, embracing motherhood instead, causing her to naturally suffer from bouts of depression even though her career graph was rising in leaps and bounds.

"Aspire to Inspire, a campaign initiated by KrayonMag, a social storytelling platform, has been specifically developed to give courage to people like Rahman, to be able to prioritise their dreams and passion without any impediment or compromise. It's about time that young people in

our country realised that it is ok to be unconventional, and that the imaginary clock that people keep speaking about does not exist at all," said Tanzir Dilshad Ditan, Founder and CEO at KrayonMag.

The first edition of Aspire to Inspire speaks about the life stories of six avant-garde women, who have had to struggle continuously in their personal lives before reaching a state of tranquillity — a point where they were happy, both personally and professionally.

"These women fought continuously to establish their rights and didn't succumb to the imaginary rules and regulations set by the outside world," Ditan added.

She also believes that sharing their stories could encourage other teen girls, ready to embark on the journey of life, to stay motivated, and not be intimidated by the random oddballs hurled at them, as life progressed.

So, the next question that comes to mind is the identity of Ditan, and what made her 'inspired enough' to initiate such a thoughtful campaign.

"I am a storyteller. Most of my inspiration comes from my mother, who has herself been a painter, singer and writer; a storyteller in other words. Maybe all these creativity in the formative years inspired me to work in the field of advertising, events and PR for the longest time. At the very moment I am involved as the agency lead and director at Backpage PR, where we deal with corporate story telling.

"I have always been meaning to work for the society at large, mainly supporting the youth

to make better choices in their personal lives. Since, storytelling is my forte, I realised why not utilise this ability or 'gift' to spread the stories of special people, like survivors, winners and fighters to the masses. Why not tell them the stories as it truly is, that's when KrayonMag was formed. This is the platform through which I want to motivate those who need it the most. I can't sing, dance or start a movement, but I can surely tell stories and that's definitely one of the most effective ways to put a message across and hence the initiative," Ditan reflected.

On the first edition of the campaign, 'Aspire to Inspire,' Star Lifestyle has collaborated with KrayonMag, to bring out the stories of six special women to the world, and spread the message of positivity and accomplishment shared by them to the young girls of our society.

For no matter how tough the journey maybe, an unfaltering commitment to values, goals, beliefs and vision will most certainly bring success at the end and that is the message we want to jointly put through.

Keep a lookout to our Facebook and Instagram pages to learn more of the treasured stories.

By Mehrin Mubdi Chowdhury

Photo Courtesy: Sheikh

Suraiya Rehnuma

Location: LenzKraft Studio

Participants: Meher Afroz

Shaon, Azra Mahmood,

Sohana Saba, Bulbul Tumpa,

Syeda Samara Mortada,

Ayreen Khan

Wardrobe: Costumiere by

Zubaida Ahbab

Campaign Supervisor: Tazrin

Binny

করোনা কে ভয়, এখন আর নয়

ব্যাকট্রল সাবান অথবা হ্যান্ড ওয়াশ
দিয়ে প্রতিবার অন্তত ২০ সেকেন্ড* হাত ধুয়ে নেই

এখন প্রতিটি ব্যাকট্রল হ্যান্ড ওয়াশ পাম্প ২০০ মিলিঃ
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INSIDE LOOK at Gloria Jean's Coffees



In conversation with Murshed Elahy

Everyone knows you as a titan of the food industry of Bangladesh today. But, how did your journey start? What inspired you to be who you are today?

My story starts in 1996 when I took a Diploma in Hotel Management and I took another degree in Hotel Management in 1998 as well. I worked with a couple notable companies, including Concord, before moving to Abu Dhabi. I worked for a huge 5 star hotel there for a few months before coming back because of an eye disease. But I was fortunate enough to work with one of the biggest franchises in the world when I came back, which was Pizza Hut. I, along with various people & leadership from Transcom Food Ltd and opened branches in Dhaka and Chittagong. I worked with them for around 3 years. I moved to Coffee World and worked there for 6 months. While working there, I noticed the gaping hole that was in the coffee culture at that time. People didn't know the significant difference between Nescafe and grounded bean coffee. It took quite some time to teach people the difference between Nescafe and an Espresso, but people started to get warm to the idea of

Espresso, but people started to get warm to the idea of drinking grounded coffee from beans. Then I got a chance to work with Nandos, one of the biggest franchise from South Africa. I worked there for Three and a half years and managed to grow their business as well. I was then entrusted by the Navana Group to work in Gloria Jeans and the



best thing about working in Gloria Jeans is that they gave me full creative freedom to grow Gloria Jeans to new heights. Because of continuing to work for bigger brands and strive to do something better all the time, I am at this point right now.

From making the first peri-peri grill chicken to building the biggest coffee chain brand in Bangladesh, you have played a powerful role during the inception of multiple global food brands in Bangladesh. What's your secret in consistently delivering such astonishing results?

The main thing that helped me and the brands I worked for is the relationship between us and our customers. We are always trying make them happy, so that they feel that the time and the money they spend is worthwhile. Another thing is that, in Bangladesh, we don't understand service. There's a huge drop in quality when it comes to service and we are just trying to fill those gap as much as possible with our impeccable service. We are always training our employees to work as efficiently and effectively as



possible to deliver the best service. Digital Media has also played a big role in the growth of these ventures because the customers they drive in, as a result of the implementation of a good marketing strategy. We were the first ones to introduce a menu that came in an iPad. We had Mac PC's, so people can come in and browse the things they want.

Gloria Jeans Coffee stands above & beyond in the café landscape of Bangladesh today, but the path to the peak have surely not been smooth surely. How did GJC overcome these challenges and stay relevant in the mind of the consumers for so long?

Basically it all comes down to the team, the process we follow, the standards we maintain. You don't need to follow everything in life, we need to follow a couple of these measures and be excellent at them. We are constantly training our teams and we try to keep our and their moral



high always. So that we can give the best quality of services we can offer. Product, quality, consistency, standards and service, we always monitor these key factors and try to determine where the problem lies, if any problem arises. If we find any issues within our products or employees, we try to overcome them very swiftly. So, Consistency and Team plays the biggest role in sustaining GJC. We train the teams and then the team plays the rest of the role.

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

We are currently running at a 50% capacity to maintain Social Distancing protocols. We also launched some dividers in between tables, so that germs could not easily travel from one another. We always disinfect the tables and chairs immediately after a customer leaves, with one of the world's best disinfectant that we imported from the US. We also have Three Step washing program for our dishes and Utensils. They are placed in a 90 degree hot water bath to soak off, then they are rinsed by hand with hot water again and at the end, it is put in the dishwasher to fully disinfect the dishes.



Even though Gloria Jeans Coffee have weathered the pandemic storm well, the same cannot be said for the rest of the restaurant industry. What steps should be taken, in your opinion, to aid the industry in recouping their losses caused by this pandemic?

The pandemic was something that none of us expected. Yes, a lot of people have suffered and are still suffering because of the ensuing pandemic. We need to maintain our ethics and try not to expand our businesses now. My best advice for them will be to just survive. You don't need to think about growth or expansion now. Treat this period as a hibernation period, don't try to spend extra money for growth now. Just make enough to sustain your business itself and wait out the pandemic. Later, when the world returns back to its normal phase, let the economy turn around, you can start working on expanding your business. So, Just Survive for now!

Are there any upcoming exciting news for the GJC anytime soon?



We are currently living in Gulshan and Dhanmondi. We are thinking of expanding in other areas in Dhaka, as well as outside Dhaka, in other districts as well, mainly in Chittagong. We are also changing our logo internationally as well. We are trying to keep the brand fresh and alive by introducing something new. We are going back to the first logo of Gloria Jeans that was introduced in Chicago a long way back. It is going to have a vibrant black and white color. Within next two months, you will see our new logos in all our outlets.

The interview was taken by Foysal Mahmud Niloy.
Photo: Prabir Das

