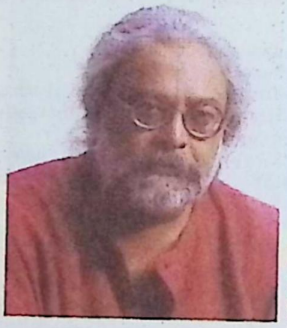
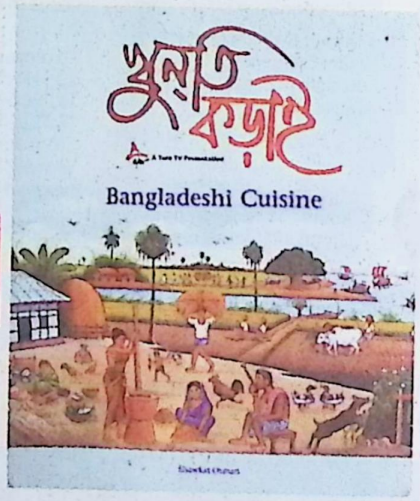
A History and Taste of Bangladeshi Cuisine

Finding a book on Bangladeshi cuisine in English is indeed a rare occasion. Which makes *Khunti Korai*, a book on Bangladeshi cuisine by Shawkat Osman, food connoisseur and host of a popular cookery show of the same name on Tara TV, such a treat to go through. It is page after page of detailed recipes of typically Bengali dishes as well as those that can be called purely Bangladeshi, being influenced by various cultures. But this is just a bland description of the book and hardly does justice to the remarkable treasure of information in this publication. Never before has the history and evolution of Bangladeshi cuisine written with such wonderful insight. Starting from the differences between Bengali Hindu meals and Bangladeshi Muslim meals to the history of Bengali cuisine with that of the Mughals to the way we eat our food to the significance of each spice, very little has been left out by this witty, eloquent writer who says he believes in 'gastronomical freedom even if it means an ever-expanding midriff'.



Shawkat Osman

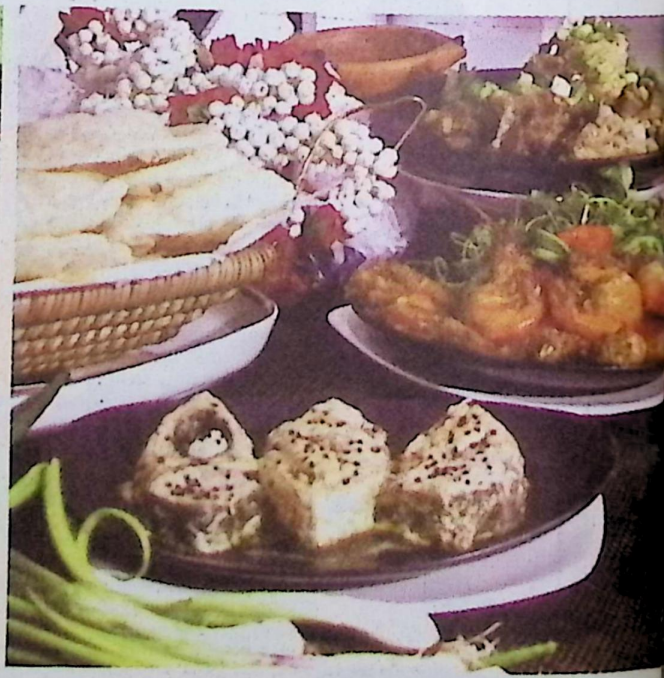


Khunti Korai

The details that the writer has gone into to give a comprehensive account of Bangladeshi food is truly admirable. They are things we have often experienced and consider so mundane that we never think of the



Hidol Shutki Bjorta (fermented spicy crushed fish)



Doi Eilish (Hilsa in yoghurt), Luchi (fried bread), Shoroshe Mangsho (Chevon in mustard sauce) and Sheer Malaikari (prawns in yoghurt and coconut cream).