

FOOD-O-GRAM
BY RUKHSARA OSMAN



Breakfast and munchies for the World Cup

WATCHING a long cricket match can bring about hunger pangs. Waking up to catch an early game in the morning demands a sugar rush and a bit of good food to keep our tired eyes open, as well as keeping our tummies happy throughout the time.

Condensed milk toast

Even though French toast is good, condensed milk just makes it that much better. This recipe serves one, so as the number of people increases just double the ingredients accordingly.

Ingredients:

1 slice of white bread or brown bread
1 egg
90ml milk
1 tbsp condensed milk (or more if you want it really sweet)
Butter for frying

Method:

Cut the bread into desired sizes. Beat the egg and mix it with the milk and the condensed milk, in a shallow dish or container. Let the bread soak in the egg mixture on both sides. Heat the frying pan and melt some butter. Turn the bread over, cover with a lid, and fry slowly on low heat.

Strawberry smoothie

It's a healthy and filling drink to have while watching the game. It's also an easy breakfast on the go if you are running late to work and listening to the game on the radio (in your car or secretly at your desk).

Ingredients:

250g strawberries
1 medium banana, roughly chopped
300ml milk
150ml yoghurt
5 tsp honey

Method:

Put all the ingredients in the blender and mix till it is smooth. Run it through a strainer, if you do not like the tiny seeds of the strawberries.

Savoury pancakes

Here are three recipes all together and broken down to the pancakes, the crab stick and the mushroom recipe.

Pancakes

Ingredients:

¾ cup milk
1 cup flour
2 tbsp sugar
½ tsp baking powder
½ tsp salt
1 egg
2 tbsp butter, melted
Butter for cooking

Method:

Combine flour, sugar, baking powder and salt in a large mixing bowl; whisk egg and butter into milk. Pour the flour mixture into wet ingredients and whisk until lumps are gone. Heat a fry pan over medium heat, and coat lightly with butter. Pour 1½ spoonful of batter onto the fry pan. And cook until bubbles appear on the surface. Flip with a spatula, and cook until browned on the



Watch and learn as Rukhsara Osman prepares Crab Stick Toppers live.



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*The cakes will be small so that you can make it more bite size, if you like you can make them bigger and then add the seafood and/or the mushroom toppings.



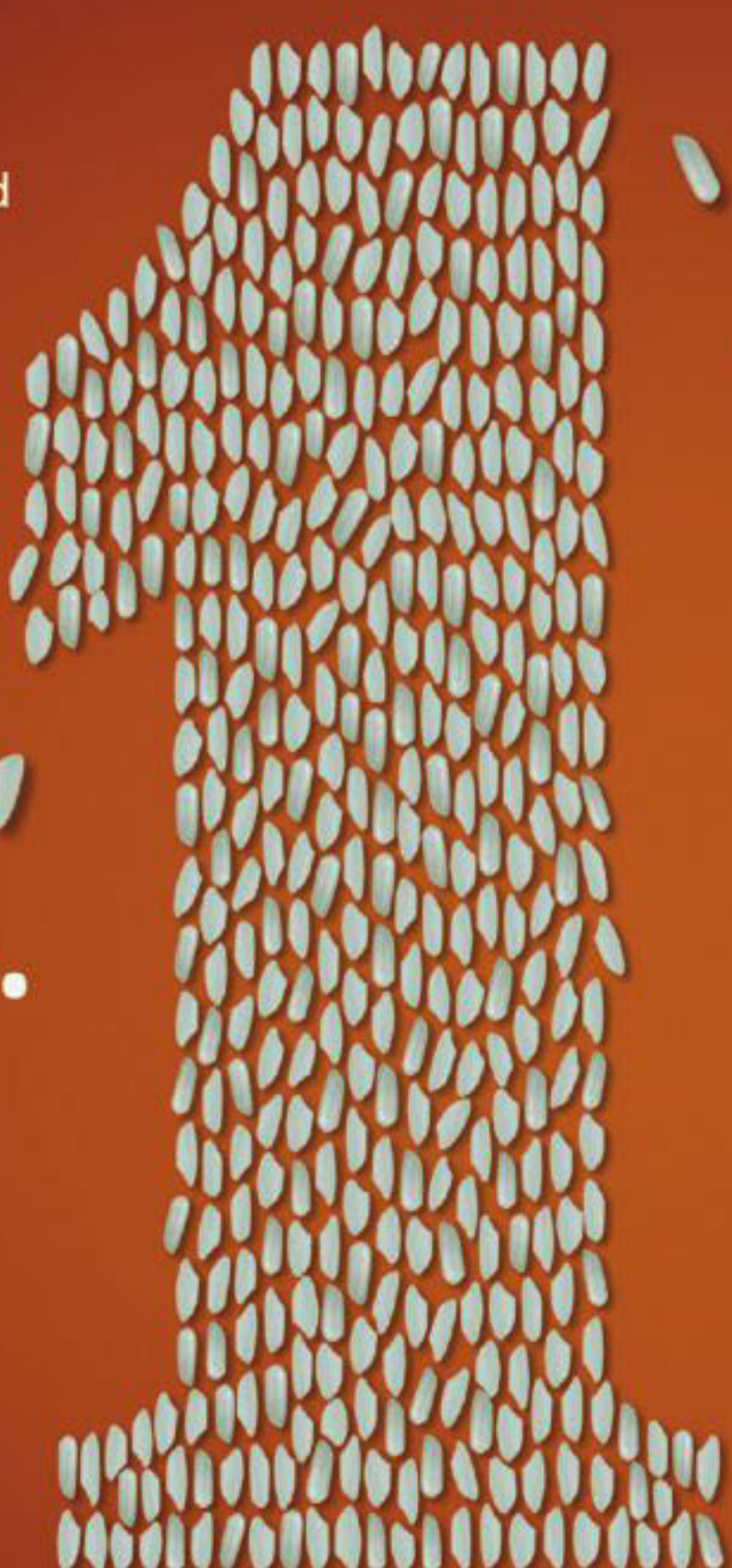
Crab stick toppers

Ingredients:

1 cup crab stick, cut into 1 inch circles
½ medium lemon's juice
Salt to taste

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