



**DESHI MIX**  
BY SALINA PARVIN



## Banging the drum for the drumstick

Drumsticks are pods of plants called *moringa oleifera*, known as *sajna* in Bangladesh. It is a fast-growing plant consumed mostly in South Asian countries. Nearly every part of this plant is edible, starting from the leaves, the flowers and the seeds to the main pods.

The leaves are the most nutritious part of the plant, being a significant source of vitamin B, C, provitamins A as beta-carotene, vitamin K, manganese, and protein, among other essential nutrients.

The seeds are sometimes removed from more mature pods and eaten like peas or roasted like nuts. It contains high levels of vitamin B, vitamin C and dietary minerals.

Drumstick has numerous applications in cooking throughout its regional distribution. It may be preserved by canning and exported.

In Bangladesh, it is made into a variety of curry dishes by mixing with grated coconut, poppy seeds, mustard seeds, etc. It is used in curries, samovars, kormas and daals, although it is also used to add flavour to cutlets and other recipes.

### DRUM STICK WITH MUSTARD SEED

#### Ingredients:

200g drumstick  
100g baby potatoes  
½ cup grated onion  
2 clove grated garlic  
1 tbsp mustard seed paste  
1 tsp red chilli powder  
¼ tsp turmeric powder

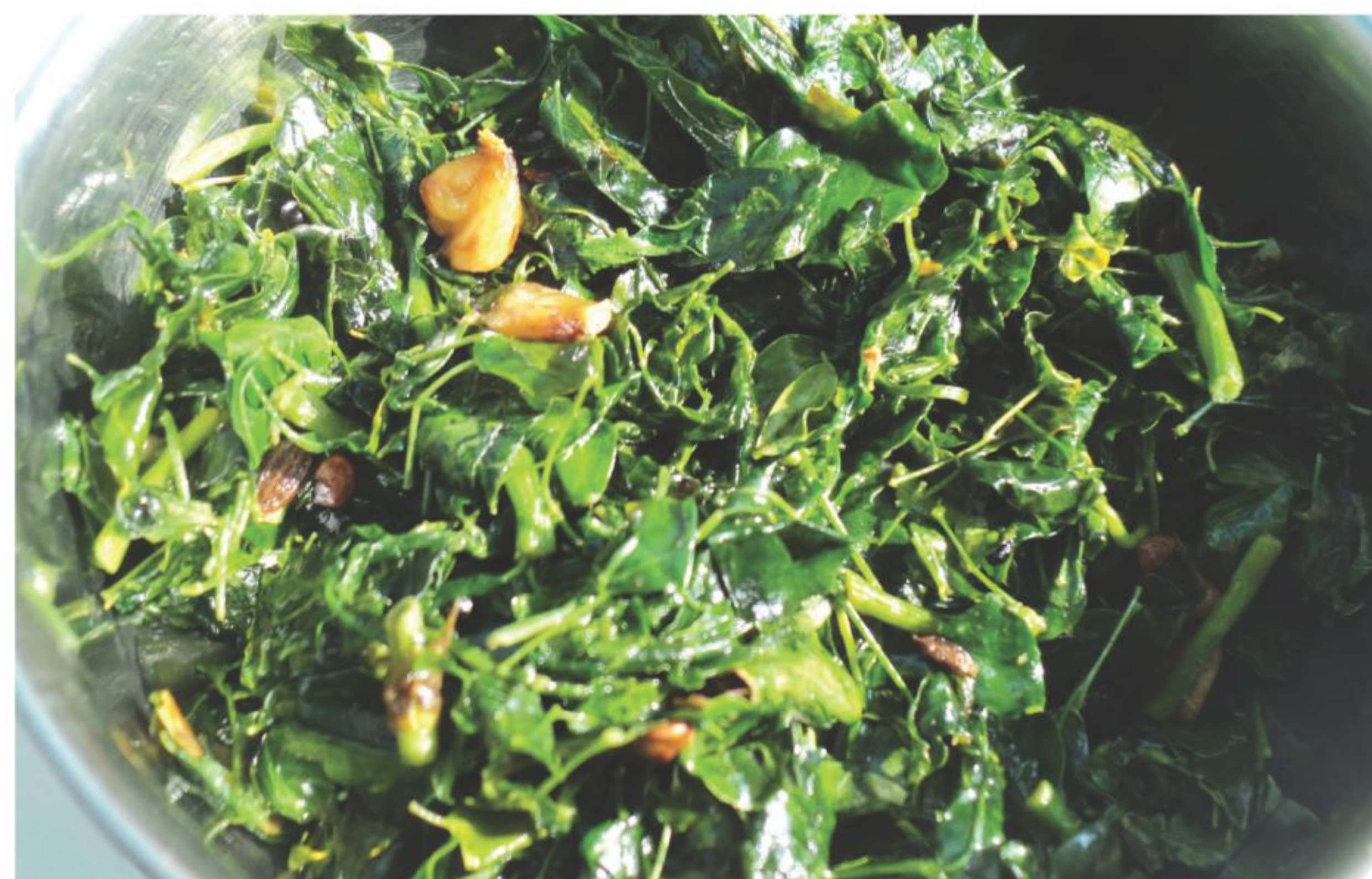
4-5 pieces green chilli

½ cup mustard oil

Salt to taste

#### Method:

Rinse, peel and cut drumstick into pieces, two inches long. Cut the potatoes into



halves. Now in a pan, mix all the ingredients except the green chilli with little water. Cook for 10 minutes. Add green chilli and cook for another 10 minutes. When gravy is fully reduced and oil floats on top, remove the pan and serve.

### FISH STEW WITH DRUMSTICK

#### Ingredients:

6 pieces rui fish  
8 pieces drumstick  
2 tbsp onion paste  
½ tsp garlic paste

#### Method:

Cut and wash the fish. Mix with pinch of salt and turmeric powder. Marinade them for 15 minutes. Shallow fry the fish until light brown and keep aside. Peel and cut the drumstick into pieces, 3 inches long. Now, heat oil in a pan. Add all the spice paste, salt and cook until the oil separates. Put drumsticks and cook for few minutes. Now add water, fried fish and green chilli, cook in medium heat with the lid on. When the gravy is reduced to half remove the pan and prepare to serve.

### SAJNA DAAL (DRUMSTICK WITH RED LENTIL)

#### Ingredients:

6 pieces drumstick  
1 cup red lentil  
¼ cup slice onion  
½ tsp slice garlic  
¼ tsp cumin seed  
¼ tsp turmeric powder  
4 pieces green chilli  
1 tbsp chopped coriander leaves  
2 pieces dry whole red chilli  
3 tbsp ghee  
Salt to taste

#### Method:

Soak lentils in water for half-an-hour and let the water drain out. Cut and wash the drumsticks. Now, heat ghee in a pan. Add red chilli and cumin seed to it. As it starts giving out flavours, add onion and garlic to it and fry them until brown. Now put other

2 tsp red chilli paste  
1 tsp turmeric paste  
½ tsp cumin paste  
4 pieces green chilli  
¼ cup oil  
Salt to taste