

DESHI MIX
BY SALINA PARVIN



The dawn of a new year

Food is a vital part of Pohela Boishakh (the Bengali New Year) celebrations; an occasion celebrated with much fervour in Bangladesh and West Bengal. The festival marks the beginning of the crop harvest. This long awaited Bengali festival brings together family gatherings, greeting exchanges accompanied with elaborate feasts. Pohela Boishakh food is served in earthenware and eaten with family and friends. Panta is a traditional platter of leftover rice soaked in water with fried hilsha, supplemented with shutki-bhorta, daal, pickles, green chillies and onion are popular dishes for the Pohela Boishakh festival.

POHELA BOISHAKH MEAL PLAN BREAKFAST

People celebrate this cultural festival starting their day having breakfast with panta-ilish. An ideal Bengali breakfast on the day of Pohela Boishakh is panta-ilish, shutki, different kinds of bhorta, daal, luchi, puri, pitha, sandesh, pantua are commonly found on this festive breakfast plate.

KACHA AAMER SHARBAT

It is the refreshing juice of green mango, which is mostly served with breakfast and lunch. It is a very nutritious drink and is very good for the stomach and the digestive system.

Ingredients:

4 large green mangoes
¼ tsp rock salt
1 tbsp mint leaves



¼ tsp green mango paste
4 glasses of water
Sugar to taste
Sea salt to taste
Crushed or ice cubes

Method:

Peel off the green mangoes. Wash and grate the mangoes. Now blend all the ingredients except the ice until smooth. Now pour in



the glasses and add ice to it. Garnish with the mint leaves and serve.

PANTA AND ILISH BHAJA

Traditionally, panta and hilsha bhaaja with different kinds of bhorta have been the food of choice to mark the Noboborsho festivities in Bangladesh. Panta is leftover rice soaked in water and very popular in rural areas. A pinch

of salt, lime and chilli and most Bengalis will start salivating over this rice. Leftover rice works best for panta.

PANTA

Ingredients:

2 cups of rice
Water as needed

Method:

Cook rice in normal way. Cool rice completely. Add water to submerge cooked rice. Set aside overnight.

ILISH BHAJA

Ingredients:

8 pieces hilsha
1 tsp red chilli paste
½ tsp turmeric paste