

DESHI MIX BY SALINA PARVIN



# BOISHAKHI LUNCH

A typical Bengali new year lunch may comprise the following items. These are rice, fish curry, daal, shaak bhaji, chutney, meat, etc.



## KASUNDI HILSHA

**Ingredients:**  
1 kg hilsha fish  
¼ cup mango kasundi  
1 tsp mustard paste  
2 tsp red chilli powder  
½ tsp turmeric powder  
¼ cup mustard oil  
Salt to taste

**Method:**  
Cut and wash the fish. Marinate with salt, turmeric and keep aside for 10 minutes. Heat oil in a pan, put all spices and pastes. Cook for a few time. Add a little water to it. Add salt, jaggery, mango-kasundi. Stir it for 5-6 minutes. Put hilsha and some water in it, if required. Cook for 10 minutes with the lid on low heat. When the gravy is thick, remove the pan and serve.

## TADKA DAAL

Tadka daal is easy and simple to cook. This is a creamy chickpea daal with a beautiful aroma of mustard and coconut.

**Ingredients:**  
1 cup chickpeas  
5 cups water  
½ tsp turmeric powder  
2 tsp chopped ginger

1 heaped tbsp fried coconut pieces  
2 tbsp mustard oil  
1 tsp mustard seeds  
2-3 red chillies  
Salt to taste  
Sugar to taste  
Coriander leaves for garnish

**Method:**  
Clean and wash the daal, and cook with water, salt, turmeric powder and ginger until soft. Now add the sugar and coconut pieces to it. Cook for a few minutes. Heat oil in a separate pan, add red chilli and mustard seeds, when it is giving out flavour add the

cooked daal and bring to a boil and then simmer for 3 minutes. Remove from oven. Garnish with coriander leaves and serve.

## POSTO MURGI (CHICKEN WITH POPPY SEEDS CURRY)

It is the mouth-watering chicken preparation mostly prepared during the festive season. The chicken is made in ginger, garlic and poppy seed paste. Groundnuts enhance the taste of the dish with a rich flavour.

**Ingredients:**  
1 kg chicken  
2 tbsp chopped onion

1 tbsp ginger garlic paste  
1 tsp red chilli paste  
¼ tsp turmeric powder  
½ tsp garam masala powder  
1 tsp lime juice  
2 bay leaves  
2 tbsp poppy seeds  
3 green chillies  
¼ cup oil  
Salt to taste  
Chopped coriander leaves to garnish

**Method:**  
Marinate the chicken with garam masala powder, turmeric powder, salt and lime juice and keep aside for half an hour. Heat oil and fry the bay leaves. Add chopped onion, ginger, garlic paste and sauté until the raw smells goes away. Now add the marinated chicken, cook for a few minutes. Add red chilli powder, poppy seeds paste and green chilli to it.

**Photo: Sazzad Ibne Sayed**  
**Food prepared by LS Desk**



To Remove 99.9% of the germs get

**15 taka OFF!**

