



LS PICK

FROM PAGE 14

Cheese surprise

Ingredient:

4 cups mashed potatoes (1 steam them)
2 tbsp cream, 2 tbsp butter
1 tsp salt, ½ tsp garlic powder (available at Agora, Lavender etc.)
½ tsp onion powder (available at Agora, Lavender, etc.)

Pepper to taste, 3 eggs + 2 yolks

3 tbsp flour, 1½ cups breadcrumbs

Kissan cheese, cut into 12 pieces, 3-4 cups oil

1 cup pasta sauce (available in super shops)

Method:

Mix potatoes with cream, butter, salt, garlic powder, onion powder, pepper, 2 egg yolks and flour. At this point refrigerate for 1 hour to harden the mixture.

Roll potato mixture into round 12 long cylinders and place a piece of cheese in the centre by molding the potato around it.

Refrigerate again for 15 minutes. Lightly beat remaining eggs in a bowl and place breadcrumbs in a second bowl. Dip each cylinder in eggs and then breadcrumbs.

Pour oil into a deep heavy pot. Check by using the handle end of a wooden spoon. It will bubble around the handle when it hits about 350 degrees. Carefully place 2 potato croquettes at a time into oil and fry until deeply golden. Be careful not to crowd foods when frying.

Immediately remove, drain on a paper towel and season with salt. Can be kept warm in a 325 degree oven until all croquettes are ready. Serve hot with pasta sauce.

Potato rolls

Ingredients:

1 cup warm water, 2¼ tsp instant yeast



4 cups flour, plus more for dusting
1 medium potato, 1 stick salted butter (at room temperature), ¼ cup sugar, 1½ tsp salt, 1 tsp mustard powder

2 large eggs, at room temperature
2 cups grated sharp cheddar cheese, divided (available in Agora)
2 tbsp melted butter

Method:

In a medium bowl, combine the water, yeast, and 1½ cups (6.75 ounces) of the flour and stir until combined. Cover with plastic wrap and set aside in a warm place until doubled in size with large bubbles on the surface, 20 to 30 minutes.

Meanwhile, prick the potato all over with a fork. Microwave until tender, 8 to 10 minutes. Let cool, then peel the potato and grate on the large holes of a box grater. Combine the butter, sugar, salt and mustard powder in a stand mixer. Beat with the paddle attachment on medium-high speed until light and fluffy, about 2 minutes. Beat in the eggs and grated



potato until combined, then beat in the yeast mixture and 1½ cups cheddar until incorporated. Reduce the mixer speed to low and gradually beat in the remaining 2½ cups flour until the dough starts coming together in a soft, sticky ball. Shape into a loose ball and transfer to a lightly oiled bowl, turning to coat. Cover with plastic wrap and let rise until doubled in size, about 1½ hours.

Preheat the oven to 350°F. Spray a 9-by-13-inch baking dish with nonstick cooking spray. Turn the dough out onto a lightly floured surface and divide into 24 pieces. Shape each piece into a ball, dusting with flour as needed, and arrange in the baking dish so they are slightly touching.

At this point the shaped rolls can be covered and refrigerated overnight, let sit at room temperature for 1 hour or until puffy. If already at room temperature, let rise for about 30 minutes, or until puffy.

Brush with butter a sheet of foil and loosely cover the rolls, oiled-side down. Bake until just firm to the touch, about 30 minutes. Uncover, brush with the 2 tablespoons melted butter and sprinkle with the remaining 1/2 cup cheddar. Continue baking, uncovered, until the rolls are golden brown and the cheese is melted, about 20 more minutes. Let cool at least 20 minutes before serving.

Another make-ahead option: Parbake, covered, for 30 minutes, then let cool and refrigerate overnight. Bring to room temperature, brush with the butter and bake, uncovered, 40 minutes, sprinkling with ½ cup cheddar during the last 15 minutes.

Browned butter mash

Ingredients:

5 pounds red potatoes, chopped into equal size pieces, 1/3 cup milk (more



as needed), ½ cup sour cream or heavy cream, 1½ tsp salt, ¾ tsp pepper, 2 cloves garlic, minced, 1½ tsp onion powder (or just used onion paste)

2-3 tbsp dried parsley, (found in super shops), 1/3 cup Parmesan, grated (found in super shops), 1 to 5 tsp horseradish sauce (taste it! It's available at Unimart; optional)

¾ cup (1½ sticks) butter

Method:

Bring a large pot of water to boil. Scrub the potatoes clean and chop them. The smaller they are, the faster they will boil. I do mine in about 1-2 inch pieces. Add the potatoes to the pot and bring to a boil. Lower the heat to medium and simmer for 20-35 minutes, depending on the size of your potatoes.

When they are fork-tender, drain the water and return the potatoes to the pot, or to a large bowl. Add the milk, cream, salt, pepper, minced garlic, onion powder, parsley, and Parmesan. Mash the potatoes with a potato masher or with a hand mixer. Add some horseradish sauce and mix it in. Taste it to see if you want more. (optional)

Add the butter to a pot or pan. Turn the heat to medium. Cook, stirring every 1-2 minutes with a wooden spoon. After a couple minutes, the butter will start to foam. Keep watching it. Eventually the butter will turn brown and you will see tiny brown specks. The smell will turn nutty. You might not be able to see the colour under the foam very well, which is part of the reason you need to stir. Once browned, it is done. Pour it into a bowl to stop the cooking process.

At this point you can either add all the butter to the potatoes and mix it in, or let people spoon it over each serving. I prefer the latter. Because how often do you get to drizzle butter.

Photo: Collected



Fortune™
RICE BRAN
HEALTH

100% Rice Bran 100% Health*

MAKE THE
HEALTHIEST
CHOICE FOR
YOUR HEART

The only
Rice bran oil in
Bangladesh with
1000mg Oryzanol

BEOL
Bangladesh Edible Oil Limited

adani
wilmar

1 **HIGHEST CHOLESTEROL LOWERING OIL: HEART FRIENDLY**

2 **ORYZANOL: IMPROVES HDL/ LDL RATIO. HEALTHIER HEART**

3 **BALANCED PUFA/ MUFA RATIO: CLEANER BLOOD VESSELS**

4 **BALANCED FATTY ACIDS: BALANCED NUTRITION. BALANCED HEALTH**



Most researches show that for maximum health benefits daily 300mg Oryzanol is required by the body. An average Bangladeshi daily consumes about 33g edible oil. To get 300mg Oryzanol from the daily oil consumption of 33g, the oil must contain 910mg Oryzanol per 100g. That's why **Fortune™** Rice Bran Health has been designed with 1000mg Oryzanol per 100g so that sufficient Oryzanol is received by the body at normal levels of oil consumption. Oryzanol is present in many health oils, but is the quantity enough to benefit your health?

Like [facebook.com/FortuneRiceBranHealth](https://www.facebook.com/FortuneRiceBranHealth) for daily updates on amazing health tips & yummy recipes.

*Nearest to the WHO recommendation.
**Adequate exercise & balanced diet which includes balanced healthy cooking oil are key to good health.

*BEOL is a subsidiary of Adani Wilmar Ltd.