

asafoetida and green chillies and mix well. Add sugar and paanch phoron powder to the mangoes and toss them well. Pour this into a

glass container and add more mustard oil, enough to immerse the contents. Mix with a spoon and leave it at a place which receives good amount of sunlight. This pickle is ready to use after 4 days. For the best result, keep the jar in sunlight everyday for about a month.

Gujrati mango kadi

Ingredients:

To be mixed together into a smooth yoghurt-mango mixture -
1 cup fresh mango pulp
1 cup yoghurt
3 tbsp besan (gram flour)
1 tsp ginger-green chilli paste
¼ tsp turmeric powder
1 tbsp jaggery
Salt to taste
2 cups water

Other Ingredients -

2 sticks cinnamon
2 to 3 cloves
¼ tsp dried ginger powder
1 tbsp oil
¾ tsp mustard seeds
¼ tsp cumin seeds
2 to 3 small red chillies



¼ tsp asafoetida (hing)
6 to 8 curry leaves
Fresh coriander leaves for serving

Method:

Combine cinnamon, cloves and dry ginger powder and pound into a coarse powder. Keep aside. Heat the oil in a deep pan and add the mustard seeds and cumin seeds. When the seeds crackle, add the red chillies, asafoetida, curry leaves and the pounded spices. Sauté on a medium flame for 2 minutes. Add the mango-yoghurt mixture, mix well and simmer for 10 to 12 minutes, while stirring occasionally. Serve hot garnish with chopped coriander leaves.

Mango cheese cake

Ingredients for the crust -

50g almonds, toasted and cooled
120g Graham crackers or Digestive or Marie biscuits
50g unsalted butter, melted

Ingredients for the cream cheese -
250g ricotta cheese (drained) at room temperature
500g cream cheese, at room temperature
250g castor sugar
4 large eggs, at room temperature
100g mango purée
100g mango chunks
20g all-purpose flour (sifted)

Method:

Preheat the oven to 160 C. Cover inside of the spring foam pan with aluminium foil. This is to prevent the water seeping into the pan while baking.

Method for the crust -

Place the almonds into a food processor and process them till the texture becomes coarse. Add the crackers/ biscuits into the processor and process again till the mixture is coarse. Finish by adding the melted butter with the crumb mixture and blend everything together until the crumb mixture gets moistened evenly.

Transfer this crumb mixture to the prepared spring form pan and press the mixture evenly over the base of the pan.

Place the pan in the fridge until the crust gets firm.

Method for cream cheese filling:

In a large bowl put cream cheese, ricotta cheese, flour and sugar. Beat them together until the cheese becomes smooth and creamy.

Gradually add in one egg at a time beating each for a few seconds just to combine them together after each addition. Pour in the mango purée next and a few chunks and beat it until smooth. Do not over beat at this stage.

Now pour the entire mango cheesecake



batter into the spring foam pan containing the frozen crumb crust and spread it evenly until the batter is filled till the edges.

Place the cheese cake pan in a dish that is filled with hot water. The water will be about quarter way up the sides of the spring form pan (be very careful so that the water does not get into the cheesecake batter).

Carefully push the dish into the centre of the oven rack and bake until it sets around the edges and the centre of the cheesecake slightly jiggles when the pan is gently shaken. This takes about 40 to 45 minutes.

Once the mango cheesecake is set remove springform pan from the oven and allow to cool down completely; refrigerate for at least 6 hours before serving. Serve the mango cheesecake along with whipped cream.

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