

DESHI MIX
BY SALINA PARVIN



FOR THE BLUE-EYED BOY

THE cuisine that originated in Bengal now carries its flavour and aroma across the globe. It has earned a reputation for its simple and luscious taste. With a prominence of fish, vegetables and lentils are the preferred food items for every Bengali household. And when the occasion is that of a celebration, the simplistic menu takes a grand form.

Jamai Sashti is a very special occasion in the Bengali culture. Jamai in Bengali means son-in-law and Sashti

is the sixth day of the month of Jaishtha according to the Bangla calendar.

A grand feast is prepared to mark this occasion and the festival lays foundation for a strong family bonding. It goes without saying that food is the main part of the festivities.

The mother-in-law cooks special dishes and invites her sons-in-law and daughters to an elaborate dinner.

Fish remains the main focus for Bengalis. However, there are a number

of other Bengali delicacies which are prepared for this special occasion such as chingri curry, mutton curry, biriyani, vegetables etc. These are all equally enticing.

A common saying goes, 'Jaishtha mash, mishti mash'. For Bengalis, it is the season of a number of favourite fruits. Therefore, it is needless to say that the menu also comprises of several fruits -- juicy, delicious and in abundance. And there are sweets, of different colours and shapes and sizes.

As if all these won't suffice, the in-laws endow their 'jamai' with generous gifts.

Although the festival of Jamai Sashti is rooted in Hinduism, it is now more of a Bengali culture, celebrated in numerous households, regardless of religious beliefs.

The following are recipes for a Jamai Sashti meal, tweaked with innovation for a grand occasion dedicated to all sons-in-law.

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