

1 tbsp ginger paste  
 1 tsp garlic paste  
 1 tbsp coriander powder  
 1 tsp garam masala powder  
 2 tsp red chilli powder  
 ½ tsp turmeric powder  
 5-6 black peppercorn  
 3-4 green chilli  
 3 bay leaves  
 2 tbsp yoghurt  
 1-2 lemon pieces  
 ½ cup oil  
 Salt to taste

**Method:**  
 Cut and wash the mutton. Marinate the mutton with yoghurt and keep aside. Heat oil in a pan and fry the onion till brown. Remove the onion from the oil and grind. Add turmeric powder, coriander powder, chilli powder, garlic, ginger and salt in the remaining oil. Fry the spices and add a little water. Add mutton and grounded onion to the above and cook till water dries. Stir and add enough water to cover the contents and cook till the meat is tenderised. When the meat is almost done, add potatoes and cook till the potatoes are cooked and the required gravy is left. Cook throughout on low heat. Garnish with green chillies and lemon. Aloo gosht is ready to serve.

**KACHAGOLLA**  
 Kachagolla is a famous Bengali sweet dish. This delicious sweet recipe is made from chhana (cottage cheese), sugar and cardamom. It requires few ingredients and is quick and easy to prepare.

**Ingredients:**  
 250g chhana (cottage cheese)  
 200g sugar  
 ¼ tsp cardamom powder  
 Raisins and nuts for garnish  
**Method:**  
 Knead the chhana with the palm of your hand for 8-10 minutes. Combine chhana and sugar in a non stick frying pan. Place



the pan in low heat. Stir continuously for 2 to 4 minutes. The sugar will melt and release moisture, remove pan from heat quickly. Add cardamom powder and stir the mixture continuously for 5-6 minutes. Let the mixture cool down. Take small portions and shape them into round balls, garnish with raisins and nuts, and serve as a dessert.

**FALAHAR (MIXED FRUIT WITH YOGHURT AND FLAT RICE)**  
 This traditional dish is usually served in breakfast and sometimes in an afternoon meal. On Also those who have been fasting take this dish to break their fast. As the Jamai Sashti falls in the month of Jaishtha, and this month is endowed with plenty of summer fruits, so mothers-in-law find it an opportunity to treat their sons-in-law with all kinds of fruits.

**Ingredient:**  
 1 cup ripe mango (cut into pieces)  
 1 cup ripe jack fruit  
 ½ cup lychee  
 ½ cup bangi (cut into pieces)  
 1 cup flat rice  
 1 cup yoghurt  
**Method:**  
 Wash the flat rice and let the water drain. Keep aside. Cut fruit in suitable pieces. Take a large round-shaped brass plate. Arrange the items around the side of the plate according to your taste and serve.

**Photo: Sazzad Ibne Sayed**  
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