



DESHI MIX
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Sugar Rush

Powdered milk or dried milk is a manufactured dairy product made by evaporating milk to dryness. One purpose of drying milk is to preserve it; milk powder has a far longer shelf life than liquid milk and does not need to be refrigerated due to its low moisture content.

Powdered milk is frequently used to manufacture of infant formula, confectionary such as chocolate and caramel candy, and in recipes for baked goods where adding liquid milk would render the product too thin. Powdered milk is also used in various sweets such as the famous milk balls known as roshogolla, chom chom, etc. made with skim milk powder.

Milk powder contains all twenty-one standard amino acids -- the building blocks of proteins -- and is high in soluble vitamins and minerals.

The typical average amounts of major nutrients in the non-fat dry milk are (by weight):

36 percent protein

52 percent carbohydrates

1.3 percent calcium

1.8 percent potassium

Whole milk powder, on the other hand, contains on average:

25-27 percent protein,

36-38 percent carbohydrates

26-40 percent fat

5-7 minerals

MANGO AAMRAS

Traditional, mango aamras is made out of the pulp of ripe sweet mangoes, jaggery, milk and saffron; all item mashed together. The beverage is served warm or cold.

Ingredients:

- ½ cup milk powder
- ¼ tsp saffron strands
- 2 cup mango flesh
- 1 cup water
- 2 tbsps sugar

½ cup milk

Ice cube

Method:

Heat milk in a pan to boil. Add saffron to milk. Let it stand about 15 minutes. Now blend all the ingredients in a food processor. Make smooth aamras. Pour into a glass. Add ice and serve.

RASHMALAI

Ingredients:

- 1 cup powder milk
- ½ tsp baking powder
- 1 tsp ghee
- ¼ tsp cardamom powder
- ¼ cup sugar
- 1 egg white
- ½ kg thick, liquid milk

Method:

In a bowl, mix milk powder, egg white, baking powder, cardamom powder and ghee. Mix properly until they gathered all together. Now make small round balls in this mixture and keep aside. Heat milk in a pan. Add sugar and stir occasionally. When the milk is boiling, put the balls into it and cook for 15 minutes. When it is done

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Milk for Good

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