

DESHI MIX
BY SALINA PARVIN



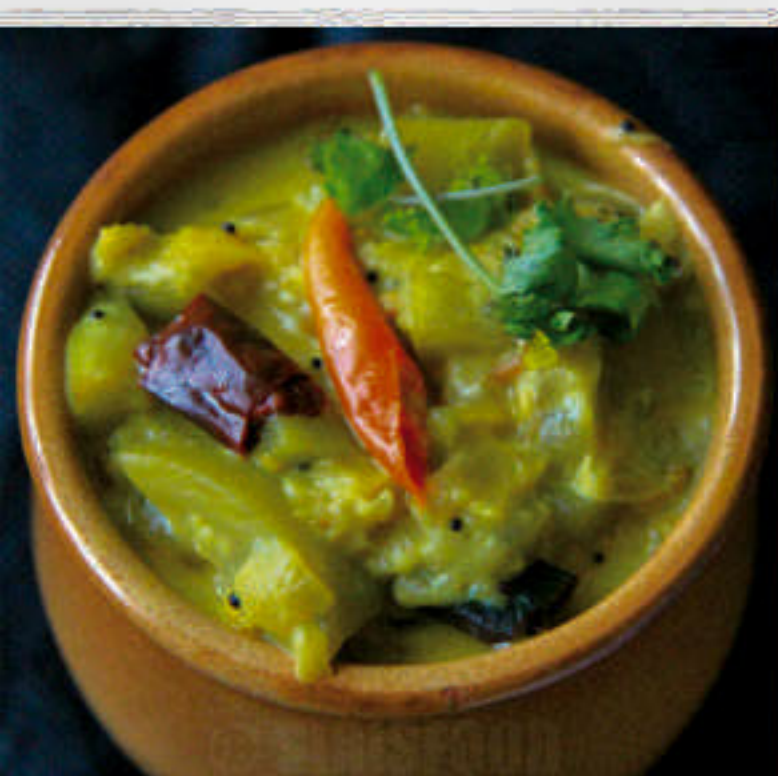
SUMMER TIME IFTAR RECIPES

Tradition vis-à-vis health. The perennial dilemma of iftar during Ramadan. And this year Ramadan will coincide with a blazing summer and a torrential monsoon. Our columnist Selina Parveen offers an extensive affair with traditional recipes which can be incorporated into the Ramadan menu, which this time will be a iftar-dinner combo. Also find the Fearless Olive with Reema Islam's suggestions of healthy (and some indulgences) salad dressings.

Jeera pani

Tangy, sweet, spicy and refreshing jeera pani is a welcome drink on a hot summer day. This cumin water drink boosts fresh, lively flavours and is generally served as an appetiser or welcome drink during summer. Makes an excellent drink to break your fast with.

- Ingredients:**
- 4 tbsp molasses
 - 4 tbsp sugar
 - 2 cup water
 - 4 tsp lemon juice
 - 5 tsp tamarind paste
 - 1 tsp roasted cumin powder
 - ¼ tsp black salt



Method:
In a pan, bring sugar, molasses and 1 cup water to boil. Simmer and stir until the sugar has fully dissolved. Remove from heat and cool completely. Place lemon juice and tamarind paste in a pitcher with syrup and remaining water. Stir mixture. Add cumin powder, black salt and wait for ten minutes for the flavours to blend. Pour over ice to serve.

Refreshing cucumber lemonade

Cucumber is the perfect complement to the traditional summer lemonade.

- Ingredients:**
- 1 cup water
 - ½ cup sugar
 - 2 cucumbers, sliced
 - 6 lemons, juiced

Method:
Make a simple syrup by stirring the water and the sugar together in a saucepan over medium heat. Heat until just about to boil and the sugar has dissolved. Place in refrigerator until cool. Place the cucumber slices in a food processor,



blend until mashed into a pulp. Pour the cucumber pulp into a fine mesh strainer place over a bowl to catch the liquid. Stir the syrup, cucumber liquid, and lemon juice together in a pitcher. Mix thoroughly and serve cold.

Bhapa doi

- Ingredients:**
- 1 tin condensed milk
 - 1 tbsp unsweetened yoghurt
 - 4 tbsp sugar

Method:
Heat oven to 400 degree Fahrenheit. Whip condensed milk, sugar and yoghurt till smooth and fluffy. Pour into a ceramic bowl. Set the bowl in the heated oven. Remove it after half an hour. Allow it to cool down and serve cold.

Cucumber and mint raita

- Ingredients:**
- 1 cup plain yoghurt
 - 1 tbsp fresh lime juice
 - 1 tbsp chopped fresh mint
 - 1 tsp roasted ground cumin
 - 1 tsp roasted ground coriander
 - 1 medium cucumber (cut into cubes)
 - 1 chopped green chilli
 - ¼ tsp freshly ground paper
 - Salt to taste

Method:
Whisk yoghurt, lime juice, mint, cumin and coriander in a small bowl. Add cucumber and green chilli and stir. Season with salt and paper. Refrigerate and serve.

Tangra maacher tock jhol (tangra fish with bilimbi)

Bilimbi is an oblong fruit with a pale yellow-green waxy skin and crunchy but watery flesh, very similar to the star fruit,

although the flesh is much more acidic. It is eaten either raw or cooked. Bilimbis are used in curry, chutney and pickles. It is preserved by sun-drying, or made into a rather sweet jam.

Ingredients:



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