



250 gm tangra fish
4 pieces bilimbi (each cut into 4 pieces)
2 tbsp onion paste
¼ tsp garlic paste
¼ tsp cumin paste
1 tsp red chilli paste
½ tsp turmeric paste
1 tsp coriander leaves
2 tbsp oil
Salt to taste

Method:

Cut and wash the fish. Heat oil in a pan. Add onion and garlic paste to it and fry until brown. Now add other spices with a little of water. Cook for a few minutes. When the oil separates from the spices add fish, bilimbi and 2 cups of water. Cook for 10 minutes on medium heat. When the gravy is reduced to half remove from heat. Garnish it with the coriander leaves and serve.

Jhinga diye chingri (ridge gourd with shrimp)**Ingredients:**

500g ridge gourd (cut into cubes)
250g shrimp
2 tbsp onion paste
¼ tsp garlic paste
¼ tsp cumin powder
½ tsp red chilli powder
¼ tsp turmeric powder
2 tbsp oil
Salt to taste

Method:

Cut and wash the shrimp. Marinate the shrimp with a pinch of salt and turmeric powder. Keep aside. Now heat oil in a pan. Add onion and garlic paste and fry until brown. Now add all the spices with some water. Cook for 2 minutes. When oil floats over, add shrimp to

it. Cook for few minutes. Add ridge gourd and ¼ cup water. Cook for 5 minutes in low heat. When the gravy is thick, remove from heat and prepare to serve.

Bottle gourd curry

This is a simple and a quick curry made with bottle gourd with some authentic ground masala and spices. Any squash could be used if you can't find bottle gourd.

Ingredients:

1 medium sized bottle gourd (cut into cubes)
3 medium potatoes (cut into cubes)
2 medium onions, sliced
2 tomatoes, chopped
3 green chillies, finely chopped



¼ tsp turmeric powder
1 tsp ginger garlic paste
¼ tsp garam masala powder
2 tbsp fresh, chopped, coriander leaves
2 tbsp ghee
Salt to taste

Method:

Cut and wash the bottle gourd. Put in all the ingredients in a pan. Give a good toss to evenly distribute the vegetables and spices. Cook on medium flame till the vegetables are cooked but not marshy. Remove from pan. Garnish with coriander leaves and serve with rice; roti is a good choice too.

Sweet and sour bitter gourd

Bitter gourd is very popular throughout South Asia. This vegetable is often used in Indian, Pakistani, and Bangladeshi cuisine for its bitter taste, usually cooked with onions, chilli, turmeric, salt and oil. This recipe is a new attempt and I hope you will like it as much as I do.

Ingredients:

4 bitter gourds
2 tbsp oil
½ tsp cumin seeds
½ tsp black mustard seeds
2 green chillies, slit
2 small onions, chopped
1 tsp grated ginger
1 tsp garlic paste
1 tsp coriander powder
1 tsp red chilli powder
½ tsp turmeric powder
1 tsp raw mango powder
1 tbsp grated jaggery
Salt to taste
Chopped coriander leaves to garnish

Method:

Wash the bitter gourds and pat dry. Cut the bitter gourd and discard the seeds. Heat oil in a pan and add the mustard seeds, cumin seeds and green chillies. When they stop spluttering, add the chopped onion and sauté for a minute. Now add ginger and garlic and sauté for another minute. Add the coriander, turmeric, red chilli and raw mango powder and mix well. Sprinkle a little water and cook for a few minutes. Add the bitter gourd pieces and salt to it. Stir and cook till the bitter gourd is soft. Now add the jaggery and stir. Allow the jaggery to melt. Turn off heat, garnish with the coriander leaves and serve.

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