

A twist to iftar traditions

FROM PAGE 9

Mix together all ingredients excepting the oil, to make a semi thick batter. Heat the oil, take a spoonful of batter and fry until golden brown.

For baked pakora -

Make the batter as above, but leave it relatively thick. Add in 1 or 2 teaspoons of oil and a pinch of baking soda, and mix well. Line a baking tray with aluminium foil. Form pakoras over it, and bake at medium heat.

LEBANESE CHEESE SAMBOUSEK

Ingredients:
2 cups flour

1 tsp dried yeast (dissolved in 3 tablespoon warm water)
1 egg (whipped)
1 potato (boiled, peeled and mashed)
½ cup warm water, 4 tbsp vegetable oil
1 egg white, 1 tsp salt

For the filling -

250g feta or mozzarella cheese (paneer can also be used as a substitute)
¼ cup fresh parsley or mint (finely chopped)
½ onion (finely chopped)

Method:

Mix together flour, whipped egg, water, yeast and mashed potato with an electric mixer until you get a firm, smooth dough, adding more warm water if needed. Leave

the dough to rest in a warm place. For the filling, crumble cheese with a fork into a bowl, and combine it with the parsley and the onion. On a lightly floured surface, roll the dough using a rolling pin. Cut the dough into 8cm diameter circles using a circular pastry cutter.

Coat the border of the dough circles with a bit of egg white, and fill each circle with one tablespoon of the cheese mixture. Seal each sambousek by twisting in the edges firmly. The cheese should remain visible in the middle. Place the cheese pies on a lightly greased oven tray and bake at 180 °C (350 ° F) for 25 to 30 minutes, or until golden. Can be served hot or cold.

FRUIT SALAD

Ingredients -

½ pineapple, 1 mango
1 papaya (medium size)
1 orange, ½ cup raisins
¼ cup low fat yoghurt
1 tbsp orange juice
2 tbsp sugar

Method:

Peel and cut the pineapple, mango and papaya into small cubes. Peel and separate the orange. Combine the fruits in a large bowl. In a separate bowl, mix together the remaining ingredients. Add to the fruit mixture and toss together, coating the fruit. Cover and refrigerate till chilled.



Fortune™
RICE BRAN HEALTH
*100% Rice Bran 100% Health**

The only
Rice bran oil in
Bangladesh with
1000mg Oryzanol




MAKE THE HEALTHIEST CHOICE FOR YOUR HEART

1 HIGHEST CHOLESTEROL LOWERING OIL: HEART FRIENDLY

2 ORYZANOL: IMPROVES HDL/ LDL RATIO. HEALTHIER HEART

3 BALANCED PUFA/ MUFA RATIO: CLEANER BLOOD VESSELS

4 BALANCED FATTY ACIDS: BALANCED NUTRITION. BALANCED HEALTH



WITH ORYZANOL 10/10

Most researches show that for maximum health benefits daily 300mg Oryzanol is required by the body. An average Bangladeshi daily consumes about 33g edible oil. To get 300mg Oryzanol from the daily oil consumption of 33g, the oil must contain 910mg Oryzanol per 100g. That's why **Fortune™** Rice Bran Health has been designed with 1000mg Oryzanol per 100g so that sufficient Oryzanol is received by the body at normal levels of oil consumption. Oryzanol is present in many health oils, but is the quantity enough to benefit your health?

Like  [facebook.com/FortuneRiceBranHealth](https://www.facebook.com/FortuneRiceBranHealth) for daily updates on amazing health tips & yummy recipes.

*Nearest to the WHO recommendation.
**Adequate exercise & balanced diet which includes balanced healthy cooking oil are key to good health.
*BEOL is a subsidiary of Adani Wilmar Ltd.



Unilever Care Line
09-666-999-666

Tension of scrubbing is gone
Now **VIM BAR** 325gm comes with a **FREE! SCRUBBER!**



Degreases in one wipe