



**DESHI MIX**  
BY SALINA PARVIN

**DINNER AT IFTAR**

Iftar is one of the oldest religious rituals followed by Muslims all over the world. It is tradition that a Muslim first break the fast with dates and either water or a drink. After that they have a proper meal.

This year fasting time is strenuously long and iftar is almost at the same time as dinner. Here are some healthy and delicious recipes that can be eaten during iftar as dinner.

**PINEAPPLE AND BANANA SMOOTHIE**

A smoothie is a blended and sweetened beverage, made from fresh fruit, vegetables and in special cases, chocolate or peanut butter. Smoothies have milkshake like consistency that is thicker than slush drinks.

**Ingredients:**

- ½ fresh pineapple- peeled, cored and cubed
- 1 large banana, cut into chunks
- 1 cup pineapple juice
- 4 ice cube

**Method:**

Place ice cubes, pineapple, banana, and pineapple juice into the bowl of a blender. Blend until smooth. Pour into glass and serve chill.

**SEA FOOD BROTH**

Broth is a liquid food preparation, typically consisting of water, in which bone, meat, fish, cereal grain, or vegetables have been simmered. Broth is used as a basic for other edible liquids such as soup, gravy or sauce. It can be eaten alone or with garnish.

**Ingredients:**

- 2 cups vegetables stock

- ½ cup fresh firm tofu, cut into ½ inch cubes
- 3 tbsp yellow bean paste
- 1 tbsp fresh ginger, thinly sliced
- ½ cup baby cabbage
- ½ cup boneless koral fish fillet, cut crosswise into ½ inch wide strips
- ½ cup boneless tuna fish fillet, cut crosswise into ½ inch wide strips
- ½ cup shrimp
- ½ tsp freshly ground white paper
- 1 small bunch fresh cilantro, stems and leaves, roughly chopped

**SMALL HANDFUL MUSHROOM**

**Method:**

Bring the vegetable stock and 2 cups water to a simmer in a large saucepan. Stir in the tofu, bean paste and ginger until well incorporated and bring to a gentle simmer. Add the cabbage and fish fillets and cook until the fish is opaque and the cabbage is crisp-tender and bright green. Cook for 4-5 minutes. Season with salt and white paper. Serve garnished with a generous sprinkle of the cilantro and a few mushrooms.

**CHICK PEA RICE**

This dish is a delicious and flavourful combination of rice and chickpeas, with vegetables and of course spices. This is a great, hearty, and healthy meal. This is a one dish and one pot meal. It also makes a perfect iftar recipe. Though I have used black chickpeas for preparing this pulao, you can also use white chickpeas.

**Ingredients:**

- ½ kg aromatic rice (soaked and washed)

- 300g boiled black chick peas
- ¼ cup sliced onion
- 1 tbsp ginger paste
- 1 tsp garlic paste
- 3 tomatoes, finely chopped
- 2 potatoes, cut into cubes
- ½ tsp cumin seeds
- 1 tsp all spices powder
- 1 tsp biriyani masala powder
- ½ cup ghee
- 2 bay leaves
- 4-5 green chillies
- Salt to taste

**Method:**

Rinse and soak chickpeas for 8-9 hour. Drain them well, then add water and boil. Keep

aside. Soak rice in water. Heat ghee in a pan. Fry the sliced onion until brown. Add ginger garlic paste and tomatoes. Cook for 3 minutes. Now add boiled chick peas, potatoes, salt cumin seed, all spices powder, bay leaves and biriyani masala in it. Add as much water as required to cook the rice. When water start boiling add drained rice and green chilli in it. Cook till the rice is fully cooked. When it is done remove from heat. Serve with pickle or any salad.



**A complete iftar with various tasty flavors**