



# Dishes for the drizzle

As the clouds shed their burdens unto us and drench us with incessant rains, our mouths water at the thought of something hot and wholesome, steaming in a bowl or perhaps the slice of a sour fruit with a generous helping of salt and chili powder on it! Ah how the rains plays off our palettes and



So as you relish your bhuna khichuris with fried eggplants and your kamranga bhorta, allow me to offer a few dishes that do justice to the weather and can satiate these rainy day cravings. And above all, dishes that are healthy!

Clouds come floating into my life, no longer to carry rain or usher storm, but to add color to my sunset sky. - Rabindranath Tagore

## RISOTTO WITH LOCAL MUSHROOMS AND ZUCCHINI

As we gorge on our khichuris with fried veggies like eggplants and various bhortas, allow me to take a spin on our local monsoon favourites with a popular Italian dish -- risotto. Primarily consumed as a first dish, this creamy rice based dish lends itself to a rainy day when you have had rain water splashed all over you and the rain gods have been singularly unkind!!

### Ingredients

20g desi ghee (as my regular readers will



know I support the use of desi ghee, in moderate amounts)  
1/2 onion, finely diced  
2 garlic cloves, crushed  
500ml chicken stock  
100g risotto rice, (available at Unimart in Gulshan II or use organic brown rice )  
50ml white vinegar  
2 tbsps olive oil  
100g button mushrooms (local ones avail-

able in markets)

1 tbsps melted Dhaka poneer cheese  
1 heaped tbsps freshly grated Parmesan cheese

1 tbsps chopped fresh flat leaf parsley  
1 large zucchini diced thick in julienne-style  
1/2 lemon, juiced  
Salt and black pepper

### Method

**Stock:** Take one large chicken and boil it with a sprig of celery, salt, pepper, 1 tbs garlic paste and 1 large onion sliced. After boiling it for 1 hour add 1 tsp dried rosemary and thyme and after 15 minutes add 1 tbs dried basil. Use this as a broth.

In a saucepan, sauté the onion and garlic in the ghee, cook for about 2 minutes then cover it for 2 more minutes. Pour the chicken stock into a separate pan and bring to a simmer. Add the rice to the onions and coat in the ghee. Add the white vinegar, boil and reduce for 2 minutes.



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