



starts to thicken and a heavy layer of cream forms on top. Remove from heat and cool it while the tulsī tea bags are dipped into it. Cool it to be lukewarm to the touch but not cold. Smear a deep dish with the culture yoghurt and gently pour this milk into it. Store it in a dry warm place for up to 8 hours. Every time you check the yoghurt, do not toss it around too much as this can disturb the bacterial formation within. Once the yoghurt is set you can refrigerate it. The more you keep it out the more sour it gets.

Serving:
Serve a dollop of yoghurt with caramelised walnuts or cashews sprinkled on top and enjoy this new form of mishti cha doi!

BURMESE PICKLED TEA SALAD

- Ingredients:**
100g green tea (Japanese green tea)
250ml white vinegar
1 cup water
Overnight soaked then boiled chickpeas and white beans
1 bunch of spinach leaves
1 cup fried peanuts
¼ cup roasted sesame
100g bean sprouts
1 cup glass noodles
70 ml peanut oil
1 tbsp fish sauce

- 80ml sesame oil
3 chopped garlic cloves, and 1 tbsp diced garlic
2 tbsp lemon juice

Method:
Fermenting the tea leaves:
Place 250 ml vinegar, 100g green tea leaves and 250ml water in a saucepan over medium heat. Boil it once then simmer it on low heat for 30 minutes. Drain then rinse and discard any hard pieces. Squeeze out excess liquid. In a food processor, add the tea with sesame oil, peanut oil, fish sauce, chopped garlic cloves and lemon juice. Blend these till they are properly mixed. You might taste for tanginess/salt etc. This can be stored in the refrigerator for up to 2-3 months.

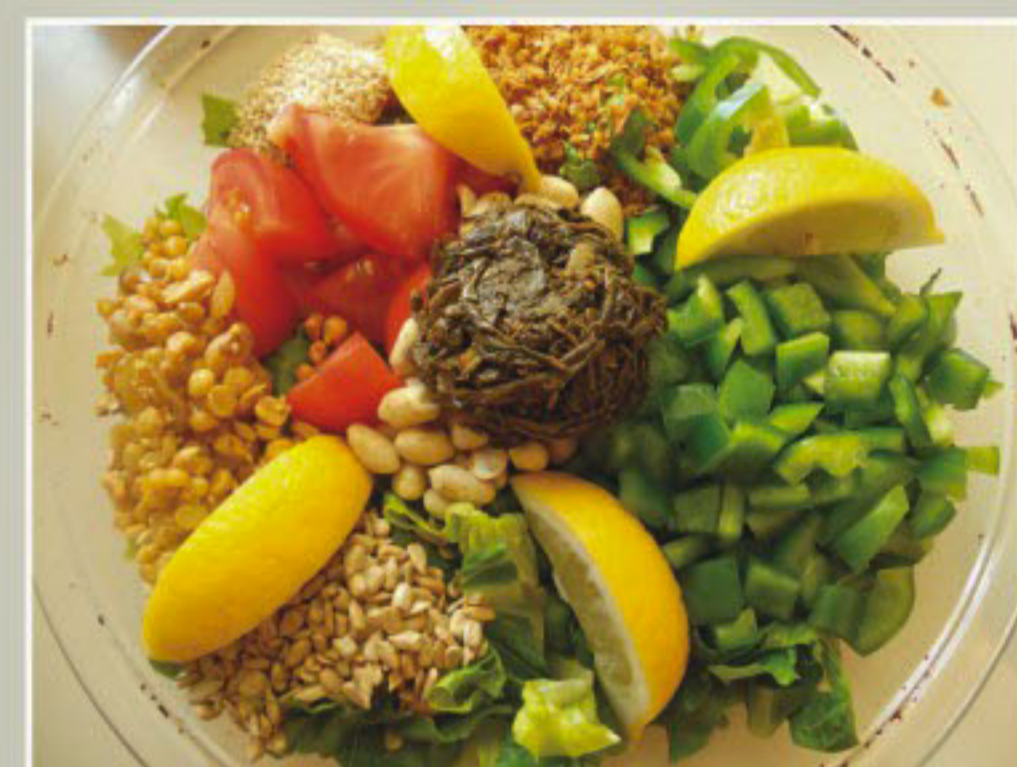
Salad:
For the salad, sauté the spinach with 1 tbsp diced garlic in any oil. Fry the peanuts in a few drops of oil and dry roast the sesame. Boil the glass noodles as per instructions on the packet of whichever brand you buy until they are al dente or however you like them. The chickpeas and white beans can be

alternated with any other beans. While boiling beans add a pinch of salt and pepper. Wash the bean sprouts and stir fry them for 10 seconds on medium heat.

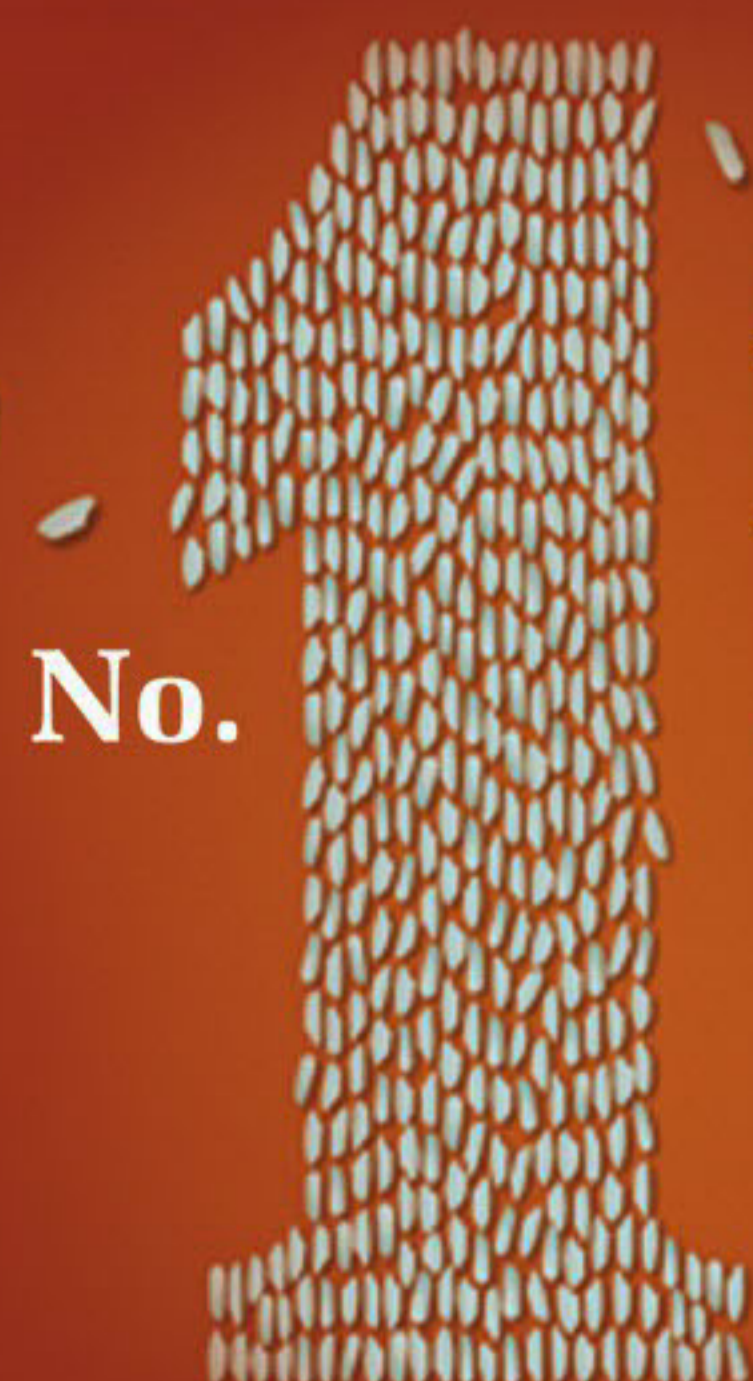
Serving:
Add all the salad ingredients into a bowl with the pickled tea and keep tasting to ensure you get optimum flavours. Save any remaining oil and sauté any extra left over garlic in it and add it crispy on top!

Health focus of tea:
Polyphenols in tea are what make it a good source of antioxidants as it helps keep away cardiovascular diseases, lower LDL cholesterol levels, help overcome heart conditions. However it's the catechins that are antioxidants as well as disease fighters that need to be seeped longer in tea. Remember to drink your black tea hot to get the best of its phenolic properties and your green and white tea at a slightly lower temperature like 85°C instead of the 100°C for black.

Photo: Collected



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Broken rice and big grains spoil the very taste of Chinigura Rice. So check out the differences and buy the best one. *BEOL is a subsidiary of Adani Wilmar Ltd.