

# Less Green, More Lean

## PRAWN AND HOG PLUM (AMRA) CURRY

### Ingredients:

500g large prawns  
250g hog plum (amra)  
2 tbsp cumin paste  
1½ tbsp ginger paste  
½ cup coconut paste  
½ cup chopped onions (fried)  
1½ tsp dry chilli powder  
¼ tsp turmeric powder  
½ tsp sugar

### Method:

Boil sliced hog plum pieces in salt water. Wash, clean and then prepare the prawns in a bowl with turmeric and salt. Then gently fry them off in a pan. One-by-one roast off the spices in a pan till they open up. Add in the coconut paste, and leave for 3 minutes. Then, add in the prawns and stir, followed by the amra pieces. Add water, close the lid and let it simmer for 15 minutes. Add in the sugar before taking it off the heat. Serve.

## KOI MACH WITH MUSTARD AND TOMATOES

### Ingredients:

500g koi  
1 Cauliflower  
3 tomatoes tomatoes (sliced)  
2 tbsp mustard paste  
1 tbsp jira paste  
½ tsp ginger paste  
½ cup mustard oil  
1 tsp dry chilli powder  
2 pieces cinammon  
½ tsp turmeric powder  
Salt (to taste)

### Method:

Wash, clean and prepare the koi with salt and turmeric and then gently fry it off in a pan. Fry the pieces of cauliflower with salt, as well. One-by-one roast off the spices in

mustard oil, in a separate pan. Add in the mustard paste and leave it for 3 minutes. Add in a small amount of water, close the lid and let it simmer till it comes to boil. Add in the fish, tomatoes along with the fried pieces of cauliflower. Add a little bit of mustard oil before taking it off the heat. Serve.

## MUTTON KEEMA -POTOL PUR

### Ingredients:

250g potol  
300g mutton keema  
½ tsp jira paste  
½ tsp ginger paste  
½ cup coconut paste  
½ cup onions (chopped)  
4 cloves garlic (chopped)  
½ tsp dry chilli powder  
4 chillies (chopped)  
¼ tsp turmeric powder  
Salt (to taste)

### For the beshon batter -

3 tbsp flour  
1½ tsp rice (uncooked)  
Salt (to taste)

A pinch of sugar

### Procedure:

Peel and slice the pointed gourd (potol), and carve out their insides with a spoon. Grind the insides into a paste. One-by-one roast off cinnamon and cardamom in a pan till they open up. Once done, add in the chopped onions and garlic and fry. Add in the remaining spices along with the coconut paste. Add in the mutton keema, close the lid and let it simmer for 20 minutes on low heat. Once cooked, take it off the heat and use them as a filling for the potols. Dip them in the beshon batter and fry them off. Serve.

## RUI FISH CURRY

### Ingredients:

8 pieces rui



2 tbsp mustard paste

1 tbsp cumn paste

½ tsp ginger paste

2 bay leaf

A pinch of black cumin

3 green chillies

2 tbsp raisin paste

1½ tsp dry chilli powder

¼ tsp turmeric powder

Salt (to taste)

### Procedure:

Wash, clean and prepare the rui with salt and turmeric and then gently fry it off in a pan. One-by-one roast off bay leaves and black cumin in a separate pan. Add in a small amount of water, close the lid and let it simmer till it comes to boil. Add in the fish, along with the raisin paste. Leave it for

15 minutes. Add the chillies and a sprinkle of garam masala before taking it off the heat. Serve.

**Photo: Sazzad Ibne Sayed**

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