BHUBHO BUDYA!

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½ tsp cumin paste
2 tsp red chilli powder
½ tsp turmeric powder
¼ cup yoghurt
1 tbsp mix nut paste
5 green chillies

Salt and sugar to taste

Method

In a bowl, mix all ingredients except the fried onions. Leave them for half an hour. Now take a large pan, put half of the fried onion, marinated fish and then the remaining fried onion. Add green chilli to it. Now cover and seal the pan with flour dough. Cook in low heat for 10 minutes. Now place an iron wok on the stove, keep the pan of partially cooked fish on top and cook on low heat for a 15 minutes. Remove from heat and prepare to serve.

ALOO POSTO

One of the very popular Bengali recipes is aloo posto. It is a delicious side dish, which goes well with rice and daal. Prepared with potato and poppy seeds, aloo pasto is easy to make. So, this puja, make lip smacking potato with poppy seeds and relish it with your loved ones.

Ingredients

5 potatoes

½ cup oil 5 green chillies

o green chimes

2 bay leaves

½ tsp turmeric powder

1 tbsp poppy seeds

Salt to taste

Method

Boil, peel and cut the potatoes into thick cubes. Set aside. Grind poppy seeds, three green chillies, turmeric powder and salt in a mixture grinder to form a thick paste. Now, smear the paste onto the potato cubes. Heat the oil. First, fry the bay leaves and chillies. Next, add the potatoes and fry on low heat, stirring all the while. Fry the potatoes on medium flame first, then on simmer, as the oil gets heated up. After frying the potatoes until golden brown. Drain the oil and then remove them off the flame. Serve aloo posto hot with rice and daal.

DOI ILISH

Ingredients

8 pieces ilish mach

½ cup oil

1 cup thickly sliced onions and a handful thinly sliced onions for garnishing

Salt to taste

1 tsp coriander powder

½ tsp red chilli powder 1 tbsp mustard paste

8-10 green chillies

1 cup yoghurt 1 tsp sugar

Method

Wash the fish. On a pan, heat oil. Add onions and fry until the onions turn slightly golden. Now add the salt, coriander and red chilli powder. Stir until the oil starts to float on top. Add the fish pieces and mustard paste, and cook for a while. Add green chillies and yoghurt. Sprinkle the sugar and stir for a bit. While stirring make sure the fish pieces do not break. Cook until the water of yoghurt dries up. On a separate pan fry the one handful of thinly sliced onions until golden brown. Sprinkle the fried onions on top of the doi llish when it is served.

KHOYA BARFI

Ingredients

1 cup khoya, crumbled ¼ cup ghee

½ cup powdered sugar

1 pinch cardamom powder

Method

Heat ghee in a heavy based pan and add the khoya. Stir till mixture collects together in the centre. Add the sugar and mix well, stirring all the time over low heat, till sugar dissolves. Continue cooking-stirring so that it does not get scorched. Cook till it leaves the sides of the pan and forms a ball in the

centre. Transfer on to a greased plate, pat to make level and leave to cool. Cut when cool and serve.

PANTUVA

Ingredients

2½ cups sugar

1½ cups water

4 cups channa

3-4 cup semolina flour

4 tbsp ghee

1 cup khoya

Handful raisins

2½ cups ghee

Method

Make a thin sugar syrup with sugar and water. Kneed the channa and semolina flour, by adding ghee to make a smooth paste. Divide the mixture into 20 equal portions. Roll to forms balls. Heat oil or ghee and fry the ball until golden brown. Drain and immerse in syrup for half an hour, and serve.

Photo: Sazzad Ibne Sayed
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