

DESHI MIX

BY SALINA PARVIN



Winter pitha

Pitha is a traditional food item in our country. Different types of pitha are made during the year in Bangladesh. But the winter season is the best season for making and having pitha. The best time to have pitha is in the winter morning. Pitha is a part of life and culture of Bengali people. Most pithas are seasonal, specially prepared in the winter season because of some ingredients which are available only at that time. Some pithas are strongly associated with harvest festivals such as Nabanna and poush poush parban. Traditionally, in Bangladesh pithas are prepared and served on special occasion, such as when receiving bridegrooms or brides, entertaining guests and arranging special get together of family members, relatives or friends.



For making pitha, we need rice flour, coconut, jaggery, milk, oil etc. It depends on the type of pitha. Some pitha are sweet and some are salty, some are soft and some are hard.

Nutrition value of rice: At least a dozen type of rice provide different textures, taste and nutritional value, white rice is about 90 percent carbohydrate, 8 percent protein and 2 percent fat. White rice is a good source of magnesium, phosphorus, manganese, iron, folic acid, thiamine and niacin.

Nutrition value of jaggery: 100gm jaggery contains 158 calories and it is rich in minerals, salt, vitamins and even contains some fibre.

Nutrition value of coconut: One medium-sized coconut weighing about 397 gm has 1,405 calories, 400gm edible meat and 30 to 150 ml water. The total fat

in one coconut is about 133 grams. It is high in saturated fat and fibre. It is an excellent source of minerals such as copper, calcium, iron, manganese, magnesium and zinc.

ZAFRANI KHEER PATISHAPTA

Patishapta is a thin Swedish pancake or crepe type pitha, very special and adored by the Bengalis. No special occasion is complete without it. There can be many variations, sometimes prepared coconut with molasses is used for the stuffing, and sometimes the kheer or the kheersha is used. Vegetables, meat or even cooked noodles, is used as the stuffing. I use saffron, dry nuts and raisins. It is a new attempt for me and I hope the readers enjoy it as much as I have.

Ingredients

For the batter
1 cup rice flour
1/4 all purpose flour
1/2 cup liquid molasses
1 cup liquid milk

For the stuffing

2 litter milk
2 tbsp rice flour
Saffron, soaked in milk
Sugar to taste
Chopped dried nuts, pista, almond, walnut and raisins

Method

Make a thin batter with the batter ingredients. The batter should not be too runny or too thin. The batter should be free flowing. Cover and keep it aside for at least 1 and half hour. Make the stuffing. Heat the milk with sugar and keep stirring until it is reduced to half. Soak saffron in another small bowl in milk and add it to the milk. Add sugar and the milk mixed with the rice flour. Keep stirring. Soon the milk will

thicken. Add mix nuts and raisins. Mix well. Remove from heat, allow it to cool down. Now heat the non-stick pan and glaze a little oil on the surface. Take a small amount of batter at a time and spread on its hot surface in round shapes. Take two spoonful of stuffing, place on the side of the pitha and roll into a cylindrical shape. Arrange in a plate and prepare to serve.

BHAPA PULI

Bhapapuli is a steamed dumpling type pitha. Usually freshly prepared rice flour is used to make this pitha.

Ingredients

1 cup rice flour
3/4 cup water
Salt to taste

For the filling

2 cup grated coconut
1 cup date palm jaggery

Method

Make the filling by cooking the coconut and jaggery together. Keep stirring until it gets sticky. Make the dough by boiling 3/4th cup of water with salt. When it's on the boiling point, add the rice flour. Mix well, let it cool. Knead the dough well. Roll a big medium thick roti on a rice flour dusted counter top. Cut the roti into small rotis with any round shaped object. Put filling in the centre and seal the edge with your finger tip. Steam for 3-4 minutes on a steamer. Before steaming try to grease the pan, on which you will put the pithas to steam or else they can stick with the pan. Serve hot.

CHAK-HAOKHEER (BLACK RICE KHEER)

Chai-HaoKheer is a traditional Manipuri dish. Manipur is one of the seven states of

