

DESHI MIX
BY SALINA PARVIN



Cheesy chhana

Chhana, or cottage cheese, is a fresh curd product with a mild cheesy flavour. It is drained but not pressed, and is made by boiling milk and then curdling it with a small amount of whey. The resulting coagulated product is wrapped in cheesecloth and then strained and beaten thoroughly, until it becomes quite firm. This mixture is kneaded well before use, so that it acquires a very soft and smooth consistency. Chhana is mainly used to make desserts such as roshogolla, shondesh, and roshmalai.

One cup of creamed chhana has 206 calories and 9g of fat. Chhana contains all the essential amino acids needed for it to qualify as a complete protein. One cup of creamed chhana has 23g of protein, which is 41 percent of the recommended daily intake for men and 50 percent for women. The only natural sources of vitamin B-12 are animal-based foods. One cup of chhana delivers 38 percent of the recommended daily intake, as well as 18 percent of the daily intake of calcium.

HOMEMADE CHHANA

Ingredients

3 litres milk
¼ cup freshly squeezed lemon juice
A fine mesh strainer

Method

Pour the milk into a large pan. Turn the heat

to high and wait for the milk to come to a boil. When the milk begins to boil, add the lemon juice. You will notice the milk beginning to curdle, and separate into chhana and whey.

Turn off the heat and allow the cheese to rest in the whey for a few minutes. Meanwhile, place a large strainer on top of a pan and cover the strainer with muslin/cheesecloth.

Carefully pour the whey along with the cottage cheese into the muslin-covered strainer. Lift the strainer and let all the whey drain into the pan below.

Now wash the cottage cheese with cold water to remove any traces of lemon. Bring the edges of the muslin cloth together to pack the chhana into a bundle. Holding the top of this bundle, gently squeeze out all



the remaining water from the chhana. Leave the chhana in the muslin cloth, with the top tied, over the strainer for one hour. In this time, all the water will drain out and your homemade cottage cheese will be ready.

CHHANAR PATURI

Chhanar paturi is an authentic Bengali dish of paneer that is flavoured with mustard, coconut and green chilli, and steamed in pumpkin leaves. Paneer is also known as chhana in Bengali. This recipe is a vegetarian adaptation of the popular Bengali fish dish, one of the royal dishes of Bengali cuisine.

Ingredients

250g paneer/chhana
2 tbsp mustard seed paste
2 tbsp coconut paste
3 green chillies, crushed into a paste
3 tbsp mustard oil

½ tsp turmeric powder
Juice of 1 lemon
½ tsp sugar
Salt to taste
2 large pumpkin leaves

Method

To make chhanar paturi, first you will need a bowl that can be covered with a lid and placed in a steamer. Now mix all the ingredients.

Coat the paneer evenly with the mixture. Spread mustard oil over both pumpkin leaves. Transfer the chhana mix onto one of the pumpkin leaves and cover with the other one. Tie both leaves with thread to make a parcel. Now prepare the steamer by adding water and arrange the bowl in the steamer. Place the pumpkin leaf parcel in the steamer and steam over a medium heat for about 10 minutes. When it is done,

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