



Grease your palms with a little oil and flatten the balls. Roll them into five inch diameter diskettes. Heat sufficient oil in a kadai and deep fry the bhaturs on high heat till light brown on both sides. Drain on absorbent paper. Serve hot with chole.

SWEET POTATO PULI

Ingredients:

For the outer layer -

3 medium sized sweet potato (1 cup when boiled and mashed)

3 tbsp all purpose flour

1 tbsp rice flour

For the stuffing -

1 cup grated fresh coconut

½ cup grated jaggery

For the syrup -

8 tbsp sugar

8 tbsp jaggery powder

1¼ cups water

1/8 tsp cardamom powder

Method:

Combine the coconut and jaggery in a pan and let the jaggery dissolve completely. Cook on a medium flame. Stir continuously until you get a thick mixture. When the mixture thickens, remove from the flame and let it cool. Divide it into 9-10 equal portions and set aside.

Boil the sweet potatoes until soft. Peel and mash them until smooth. Add the rice flour all purpose flour to the mashed sweet potatoes and knead it well to form a smooth dough. The dough should be soft and non sticky.

Divide the dough into 9-10 equal balls and set aside. Flatten the dough ball with your greased palm. Place the coconut stuff-



ing in the center. Carefully fold the dough to form a semi circular. Seal the edges. Repeat with remaining dough. Keep them covered to avoid drying.

To make the syrup, combine the jaggery, sugar and water in a pan and stir until jaggery dissolves completely. Add cardamom powder and let it boil on a low flame for 10 minutes.

Turn off the flame and keep the syrup warm. The syrup should not be too hot or cold when you add the fried sweet potato puli to it. Heat oil in a pan. Deep fry the stuffed puli over a medium flame till golden brown. Remove from the oil and immediately drop them into the warm syrup. Let them soak in the syrup for 5 minutes or sometimes. Serve warm or cold.

GAJRELA

Gajrela is a sweet dessert pudding associated mainly with North India and Pakistan. It is traditionally eaten during all of the festivals in India, mainly on the occasion of Makar Sankranti, Diwali, Holi, Eid and Raksha Bandhan.

Nowadays Gajrela is a popular worldwide dessert with many variations such as red velvet halwa, carrot and beetroot halwa, and cheesy carrot halwa. Gajrela is also known as gajar er halwa. The dish is popular among adults as well as children.

Ingredients:

10 medium carrots, washed and grated

1 cup milk

4 tbsp pure ghee

10 cashew nuts chopped

2 tbsp raisins, 1 cup sugar

1 cup milk solids (khoya) grated

¼ tsp green cardamom

Method:

Heat three tablespoon ghee in a heavy bottomed pan, add carrots and sauté for few minutes. Add milk and cook on medium heat until the milk evaporates and carrot is cooked. Meanwhile heat remaining ghee in a separate pan; shallow fry the cashew nuts and the raisins until the cashew turns brown. Drain and keep aside. Add sugar to cooked carrots and cook, stirring continuously, till the sugar melts. Add khoya and green cardamom powder. Stir and cook for five minutes. Add cashew nuts and raisins and continue to cook for two minutes more. When it is done, serve hot or at room temperature.

Photo: Collected

BEOL

RUPCHANDA

The First Vitamin A Fortified Soyabean Oil in Bangladesh

Fortified with 15-30 ppm Vitamin "A", as per "Edible Oil Fortification with Vitamin "A" Act, 2013", enacted on November 27, 2013



Buy soyabean oil with government approved logo & BSTI CM mark with BDS number 1769 (only applicable to soyabean oil fortified with right dosage of Vitamin "A").

Now also available in easy-to-carry pouch.



adani wilmar



স্বাস্থ্যকর প্রতিটি ফোঁটা