



THE FEARLESS OLIVE
BY REEMA ISLAM

Soups, broths and stews

As we are hit by a sudden bout of the winter chills and we get back to sniffing and coughing our way to work, let's take a look at some dishes that can warm your bellies and your hearts. This week, I bring to you soups, broths and stews! Eat healthy, stay happy.



SOUP

Dan Dan Noodle Soup

Originating in the Sichuan province of China, the Dan Dan Noodle Soup is a sure way to get rid of those winter chills that seem to have grasped everyone this year.

Ingredients

250g noodles, preferably udon
300g ground beef
2 tbsp peeled ginger, chopped
1 cup chicken stock
2 tbsp or less chilli oil
2 tbsp red vinegar
2 tbsp soy sauce
4 tsp sesame seed paste (roast seeds till browned then make a paste)
1 tsp peppercorns (whole pepper seeds)
Pinch of brown sugar, salt and pepper to taste
2 tbsp chopped roasted peanuts
2 tbsp thinly sliced onions
2 tbsp olive oil

Chilli Oil

1 cup olive oil
2 tsp red chilli flakes
2 to 3 whole dried red chillies

Method

Chilli oil-
Heat 2 tablespoon oil in a saucepan over medium heat. Add chilli flakes and whole chillies. Cook, stirring, until chillies start to gently sizzle, about 1 minute, do not let it brown. Add remaining oil to pot and heat until it is hot but not scalding. Remove from heat and let cool to room temperature then store in an airtight jar and shake before using.
Soup-
Cook noodles in a large pot of boiling water until just tender but still firm to the bite. Drain them, then transfer to a large bowl of ice water and let stand until cold. Drain well and divide between 2 bowls. Heat oil over

medium heat but take out about ½ table-spoon oil separately. Add beef, season with salt and pepper, and stir, breaking up the beef with a spoon for about 2 minutes. At this point add ginger and cook until beef is cooked through and lightly browned, about 2-3 minutes. Stir in chicken stock and rest of the ingredients. Simmer until sauce thickens. At this point sautee the sliced onions until brown and crispy.

Serving:

Pour this mixture over noodles and garnish it with the peanuts and scallions.

BROTH

A broth is ideally the extract of a protein like meat or fish, where the bones have also been incorporated to get the true essence of the protein with all its flavours. It is most often used as the base for other dishes or soups but in some countries a broth itself is eaten as a meal. Our very own *paya* can be considered

a broth as it is cooked over a slow pot and the meat along with bones cook into a fine clear soupy texture, ready to have bread dunked into it and the bones chewed and gnawed on. Broths can be exciting as they offer some substance to the soup and encourage a slurpy eater!
Scotch Broth
Consumed in Scotland but available the world over, this simple broth is a complete meal with meat, root vegetables like carrots, pulses and cabbage or leeks added towards the end to maintain their freshness.



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