

DESHI MIX
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Must-have mustard

Mustard seeds are from the mustard plant. Every part of this plant is edible, including the leaves, the flowers and the seeds. The Romans were probably the first to experiment with the preparation of mustard as a condiment. While there are approximately 40 different varieties of mustard plants, there are three principal types used to make mustard seeds.

White mustard - a round hard seed, beige or hay coloured. The seed is first processed to remove the outer skin before it is commercially sold. It has a mild flavour and good preservative qualities, which makes it good for making original mustard and in pickling.

Black mustard - also a round hard seed, varying in colour from dark brown to black. It is smaller and much more pungent than the white variety. It is used to season foods, mostly used in tempering or as a powder.

Brown mustard - similar in size to black mustard and the colour varies from light to dark brown. It is more pungent than white mustard, less pungent than the black, and is once again used to temper and season foods.

Mustard is most often used on cold meats. It is also used as an ingredient in mayonnaise, vinaigrette, marinades, and barbecue sauce. Due to its antibacterial properties, whole grain mustard does not require refrigeration as it will not grow mould, mildew or harmful bacteria.

However, the seeds tend to lose their pungency soon if not stored in a tightly sealed, sterilised container in a cool, dark place. If stored under such conditions, whole mustard seeds last for up to a year, while ground and powdered mustard lasts for up to six months.



KASUNDI

Kasundi is a tangy, sour and pungent mango and mustard sauce - a Bengali speciality. Mango kasundi has a wonderful and addictive taste if you love the taste and flavours of mustard seeds and mustard oil. It is different compared to regular sauces and chutneys. It is eaten mostly as a dip with pakoras and other snacks.

Kasundi can be easily made at home, you need just few ingredients to make this mango kasundi. Like most Bengali recipes, mango Kasundi also has a few different

versions according to every families taste and tradition.

Ingredients

3 tbsp black mustard
3 tbsp yellow mustard
1 green mango
50g ginger
5 green chillies
½ tsp red chilli powder
1 tsp turmeric powder
1 tsp cumin seeds
2 tbsp coriander powder
1 tsp sugar
100g mustard oil
4 tbsp vinegar
Salt to taste

Method

Clean black and yellow mustard properly. Wash, peel and cut the mangoes. Remove the pulp. Break the stems of chillies and wash them. Mix black and yellow mustard, mango pulp, green chillies, ginger, cumin seeds, coriander powder, turmeric powder and sugar, then make a fine paste with all these ingredients. Add 2 tbsp water while grinding the spices. Pour oil in a frying pan and heat on low flame. Put the masala paste in hot oil and fry for 4-5 minutes. Once the spices start releasing their aroma, turn off the heat. Add vinegar and salt to the mixture then pour into a glass container. Keep the container out in the sun for 4-5 days and then serve.

MUSTARD LEAVES WITH SHRIMP

Ingredients

2 bunches mustard leaves
250g shrimp
¼ cup chopped onion
3 cloves garlic, chopped
3 green chillies
½ tsp turmeric powder
1 tsp red chilli powder



¼ tsp cumin powder
4 tbsp mustard oil
Salt to taste

Method

Cut and wash the shrimp. Marinate the shrimp with a pinch of salt and turmeric powder and keep aside. Cut and wash the mustard leaves and leave them in a colander to drain. Meanwhile, heat oil in a pan. Add the chopped onion and garlic, and fry until brown. Now add the other spices and shrimp to it and cook for a few minutes. When the water has reduced, add the mus-

tard leaves and green chillies. Cover and cook for five minutes. When the water is fully reduced and oil floats on top, remove from heat. Serve hot with rice.

MUSTARD FISH

Bengalis are great food lovers and take pride in their cuisine. A meal, for Bengalis, is a ritual in itself. Bengalis spend a great deal of time thinking about the food and also preparation and presentation. Mustard fish one of the most common dishes in Bengali cuisine, mostly prepared with hilsha/ilish,



although this recipe uses rui. Other fish can be used as well.

Ingredients

8 pieces rui fish
1 tbsp mustard seed paste
2 bay leaves
1 tsp red chilli powder
1 tsp turmeric powder
4 tbsp mustard oil
1 tsp mustard seeds
1 tsp ginger paste
½ tsp garlic paste
4 medium onions, chopped
1 tsp coriander powder
4 green chillies, split lengthways
Salt to taste

LEMON JUICE

Fresh coriander leaves

Method

Marinate the fish with lemon juice, half a teaspoon of turmeric powder and salt. Set aside for half an hour. Heat 2 tbsp oil in a pan and shallow fry the fish pieces on both sides until they are slightly brown, and set aside. Heat the remaining oil in the same pan, add mustard seeds and bay leaves, cook for few minutes till the seeds crackle. Add the ginger-garlic paste and cook again for a short while. Add chopped onions and cook until brown. Add the mustard paste, red chilli powder, coriander powder and remaining turmeric powder. Stir and cook the spices till the oil starts separating. Add two cups of water with the salt, bring to a boil, and then add the fried fish. Add the green chillies and cook on low heat until the fish is cooked and oil starts floating on top. Remove from heat. Garnish with coriander leaves and serve hot with steamed rice.

OVEN FRIED CHICKEN WITH HONEY MUSTARD GLAZE

Ingredients

8 boneless, skinless chicken thighs
Kosher salt
2 large eggs
¼ cup milk
1 tsp smoked paprika
¼ cup vegetable oil
1 cup all-purpose flour
2 tbsp chopped fresh parsley leaves
For the honey mustard glaze



¼ cup mayonnaise
2 tbsp honey
1 tbsp mustard
1 tbsp Dijon mustard

Method

Preheat the oven to 190°C. Line a baking sheet with parchment paper or a silicon baking mat, and set aside. To make the honey mustard glaze, whisk together mayonnaise, honey and mustard in a small bowl, and keep aside. Season chicken thighs with salt and pepper to taste. In a large bowl, whisk together eggs and milk. In another large bowl, combine paprika and vegetable oil, season with salt and pepper. Working one at a time, put chicken in the flour, dip into the egg mixture, then dredge in the paprika mixture, pressing to coat. Place the chicken onto the prepared baking sheet and bake for 35-40 minutes, or until the crust is golden brown and the chicken is completely cooked through. Serve immediately with the honey mustard glaze, and garnish with parsley.

MUSTARD SEED BHORTA

Bhorta is the simplest and the ultimate comfort food for Bangladeshis. Mostly served with rice, bhortas are delicious, smooth, fiery and flavourful, made with chilli, garlic, onion, mustard oil etc.

Ingredients

¼ cup mustard seeds
5 cloves garlic
4 dry red chillies
Salt to taste

Method

Wash the mustard seeds and leave them in a colander to drain. Dry roast the red chillies and garlic. Grind all the ingredients into a paste using a mortar and pestle. Make a smooth bhorta. Now your bhorta is ready to serve.

Photo: Collected