



with different names in different parts of India, like tovar dal. In northern part of India it is known as yellow dal. Arhar is nutritious and very easy to cook with simple tempering of cumin seeds and asafoetida, but with addition of onion, garlic, tomato and green chillies, it becomes more spicy and flavourful. Every family has its own combination of seasoning and cooking style of cooking arhar dal. This dal is usually served with roti.

#### Ingredients

1 cup arhar dal  
1 tomato, finely chopped  
1 onion, finely chopped  
½ tsp asafoetida  
1 tsp coriander powder  
1 tsp red chilli powder  
2 springs coriander leaves  
½ tsp fenugreek seeds  
2 cloves garlic minced  
2 inch ginger minced  
2 tbsp lemon juice  
½ tsp turmeric powder  
2 tbsp ghee  
Salt to taste

#### Method

Soak the dal for half an hour. Place the dal in a pan with salt and turmeric powder and let it cook until tender. While the dal is cooking, heat ghee in another pan; sauté onions, tomatoes, ginger garlic, red chilli powder, asafoetida and fenugreek seeds for 5 minutes. Add the above mixture to cooked dal; add lemon juice, cook for 5 minutes. When it is done garnish with chopped coriander leaves and serve.

### NARIKEL ILISH

#### Ingredients

6-8 pieces Ilish  
2 tbsp mustard seeds paste  
1 tsp chopped ginger  
½ tsp cumin powder  
¼ tsp turmeric powder  
1 cup coconut milk  
4 green chillies, chopped  
2 tbsp mustard oil  
Salt to taste

#### Method

Wash the fish pieces well. Mix all the ingredients except the fish. Make a thick, creamy and smooth paste. Keep it aside. Heat little oil in a skillet and add the paste and sauté till the oil leaves the side. Add half cup coconut milk and mix well. Now put the fish pieces into it and cover the lid and cook for 10 minutes. Open the lid, check the seasonings and add rest half of the coconut milk. Mix them well



and cook for two minutes. Serve coconut Ilish with steamed rice or pulao.

### BADAMI LAMB KORMA

Korma is a mild, creamy, meat stew made with yoghurt, saffron and spices. Korma was created in the royal kitchen of Akbar during the mid 1500s. It appears in Akbarnama. It is surmised that korma was fusion of Persian and Indian cuisine by Rajputs employed in the service of Jodhabai. Rajputs created korma and named it after 'kurma'. Most likely ingredients were mutton, cardamom, black peppercorn, ginger and lots of saffron. The almonds were soaked in water overnight, peeled and ground, and added to give it thick creamy texture.

#### Ingredients

For the lamb -  
1 kg lamb  
3 onions, thinly sliced  
½ cup almond paste  
5 tsp ghee  
2 cinnamon sticks  
5 green cardamoms  
3 cloves  
1 piece mace  
2-3 bay leaves  
3 tsp garlic paste  
1 tsp ginger paste  
½ tsp garam masala powder  
Salt to taste  
For the cream -  
1 cup yoghurt  
½ tsp black pepper powder  
1 tsp coriander powder  
1 tsp cumin powder  
1 tsp red chilli powder  
¼ tsp turmeric powder

#### For the paste -

2 thinly sliced onions  
1 cup cream

#### Method

For the cream, take the yoghurt and black pepper powder, coriander powder, cumin powder, red chilli powder, turmeric powder and mix well.

For the paste, fry the sliced onions till they turn golden. Strain the onions, mix the cream

and blend to a fine paste. Heat ghee in a pan and add cinnamon, green cardamom, cloves mace, bay leaves. Roast these spices and add the ginger and garlic paste. When the paste turns brown, add the sliced onions and 1 tsp ghee and fry till the onions are pale pink. Now add the lamb and the salt, and roast.

Once the lamb has seared, add yoghurt, cream and almond paste. Add water and let it simmer to cook in its own heat. When it is almost done, add the garam masala powder. Cook on low heat. Add the onion paste and cook on low heat, another 10 minutes. When the meat is tender and oil floats over, remove from heat and serve hot.

### TOMATO RAISINS CHUTNEY

Chutney is similar in consistency to jelly, salsa or relish, and is used as a sweet and sour condiment. Usually made fresh, it can contain a wide variety of fruits, vegetables and spices. The ingredients are mixed together and then simmered slowly. While chutney is primarily sweet and sour, there can also be many variations of spices, often giving it a hot and spicy flavour.

Ingredients

2 tomatoes, finely chopped  
3 tbsp raisins, 2 red chilli, broken  
¾ tsp red chilli powder  
½ tsp mustard seeds  
1 tbsp jaggery  
1 bay leaf, 2 tbsp oil  
Salt to taste

#### Method

Heat oil in a pan. Add bay leaf to it. Sauté for one minute till it is fragrant. Add mustard seeds to it. Add broken chillies to it. Sauté



for one minute. Add chopped tomatoes and stir it well. Add red chilli powder, jaggery, raisins and salt to it. Mix all the ingredients. Cover it with a lid and cook on low heat until the chutney mixture thickens and water evaporates. Serve as a side dish with rice or biryani.

### ROSHOGOLLA

Roshogolla is made from ball shaped dumplings of cottage cheese and semolina dough, cooked in light syrup made of sugar. Among all the Bengali sweets, roshogolla takes the first place in our home for various occasions. It is delicious, and needs only basic ingredients from the kitchen. You can make these a day prior to Pohela Baishakh and surprise your loved ones.

#### Ingredients

2 cup chhana (cottage cheese)  
2 tsp semolina  
2 cup sugar  
6 cup water

#### Method

Knead chhana and semolina until smooth and form a soft dough. Divide chhana dough into marble size portions. Roll each dough into smooth balls. Be careful that there are no cracks. Keep aside.

In a heavy bottom pan, boil water and sugar in medium heat. Stir occasionally until sugar dissolves and bubble just starts to form. Add the chhana balls to the sugar syrup and immediately cover with a tightly snugged lid.

Cook for 30 minutes in medium heat. Do not open the cover, remove from heat keeping the lid on. Let cool for about 25 minutes. Open the lid and pour the roshogolla in a large bowl. Let the roshogolla soak in syrup and completely cool before serving.

Photo: Sazzad Ibne Sayed

Food prepared by Bashir Ahmed, Head Chef, DS Cafe

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