



portions and shape them into laddus. Coat the laddus in remaining roasted rice powder. Store or serve.

GOJA

'Goja' is the traditional, Bengali version of North Indian 'sakkara para.' Flour dough is rolled and given the desired shapes. Afterwards they are deep fried and dipped in a thick, sugar syrup. It is sweet and crunchy, and is known for its wavy designs. This sweet is served to guests during Boishakh.

Ingredients

1 cup flour, ¼ cup water
2 tsp ghee for dough
2 cup oil for deep frying
Salt to taste

For syrup -

1 cup sugar, ¼ cup water

Method

Take flour in a bowl. Add oil, and salt, mix well for 2-3 minutes. Then add water to make it into a tight dough. Knead well for 5 minutes. Make sure the dough is not loose. Keep aside covered for 15 minutes. Divide the dough into twenty small balls. Take at a time one ball and roll into a thin, small roti. Heat oil in a pan till medium hot. Add the prepared small, thin roti to oil and fry on low heat.

Remove the roti when brown and keep aside. In a separate pan, mix sugar and water, and boil on high heat; after about two to three minutes the syrup will thicken and become sticky. When white bobbles start to show from bottom, add the fried small round roti immediately and stir smoothly on low heat so that all rotis are coated evenly. Turn off heat after fifteen to twenty seconds. Spread on greased tray. Allow it to cool and serve.

Tip

This is a delicious teatime snack can be stored away in a tight container for a long time.

MALAI CHOP

Ingredients

2 kg whole milk
1 lemon
3 cups water
1½ cup sugar
3 cardamoms
For the malai topping -
1 cup whole milk
1 tbsp flour
½ cup whipping cream
A few strands of saffron

Chopped pistachios and almonds

Method

Place milk in a heavy bottomed pan and bring to a boil. Cut the lemon in half and squeeze in the juice and stir; the milk should begin separating. Add in the remaining half and the milk should separate into 'chhana' curds. Drain into a cheesecloth and hang the 'chhana' for at least two hours, to drain out the whey. Remove the 'chhana' and knead well with about one tablespoon of flour. Knead till oil comes out. Shape them into round flat cakes, cover and let this rest for about 20-25 minutes.

In a pan add water, sugar and cardamoms, bring to a boil. Gently place the

creamy and definitely comforting. 'Kheer puli pitha' is delicious and easy to make.

Ingredients

2 cups flour
4 tbsp ghee
Pinch of salt
2 cups thickened milk kheer
Oil for deep frying

Method

Place the flour in a mixing bowl. Add salt and ghee. Mix well. Now add little water to make the dough. Knead the dough for 5 minutes to make it smooth. Cover and keep aside for 30 minutes. Meanwhile heat and stir the kheer. Take a small part of the dough and roll it out like a medium sized tortilla.



chhana cakes into the syrup and poach them for about 25 minutes. At this point, they should become spongy and porous. Remove from the syrup and set aside to cool. Place the remaining milk in a pan and thicken to ¼ volume, you will end up with very little of this thickened milk. Whip the cream, and mix in the cool, thickened milk, and saffron strands. To assemble, place a little of this creamy mixture over the spongy chhana cakes. Garnish with pistachios and almond, chill and serve.

KHEER PULI

'Kheer' is a kind of concentrated milk that is often used as a filling to make a wide variety of pitha. Kheer puli has a lot of kheer. It is soft,

Cut out a circle with cookie cutter. Place a small amount of kheer filling on each circle. Brush the edges with water and seal tightly to form a crescent shape. Keep aside. Now heat oil in a pan. Deep fry until the 'pithas' are light, crispy and golden brown. Repeat to make more 'pithas' of varying size.

TIL-ER-NARU (SESAME SEEDS LADDU)

Til-er-naru or sesame seed laddus are traditionally prepared with jaggery, and lightly flavoured with cardamom powder.

Sesame seeds are a good source of magnesium, calcium, iron and other nutrients. There are different varieties of white sesame seeds available in the market; some tastes

bitter, so use the best quality ones that taste nutty and fresh without bitterness.

Ingredients

200g white sesame seeds
200g jaggery
Ghee for greasing

Method

Place a frying pan on slow heat. Add sesame seeds and dry roast till they are light golden in colour. Remove pan from the heat, transfer the seeds to a bowl. Dissolve jaggery in one cup of water and strain. Add jaggery in a pan and place the pan on low heat. Stir continuously till it thickens. Remove pan from heat, add the roasted sesame seeds, and mix very well. Grease your palms and a tray with ghee or oil. Take a small portion of the mixture with a spoon and roll it between your palms. In this way make all the 'narus' and keep in a greased tray. Til-er-naru is ready. It can be stored in an air tight container.

CHIRAR PAYESH (SWEET DISH MADE OF PRESSED RICE)

Payesh made of pressed rice is not a common preparation. I have never seen it being cooked anywhere outside my family, and I am not even sure of its origin. My grandmother used to prepare this dish for her husband, which he appreciated very much. You will notice that I have not used any spice in it so that the original taste and flavour of fresh, date-jaggery and pressed rice are not over-powdered.

Ingredients

1 cup pressed rice (preferable brown)
2 litres milk
1 cup date jaggery
2 tbsp grated almond and pistachio

Method

Wash the pressed rice and let the water drain away. In a pan boil the milk and reduce it to half. Now add the pressed rice to the boiled milk and cook in low heat for ten minutes. When the mixture thickens, add jaggery and cook until the desired thickness is arrived. Remove the pan from the heat and pour in the serving plate and garnish with grated almond and pistachio. Serve hot or cold.

Tip

Milk often curdles when jaggery is added to it. This can be avoided if you can maintain a steady temperature while mixing them.

Photo: Sazzad Ibne Sayed
Food prepared by Salina Parvin