

knead to a firm, smooth dough. Cover and keep aside for 30 minutes. Knead again and divide into 2 equal parts. Shape them into 7 inch long logs, divide each into 8 equal parts. Roll each part into balls - keep covered with a moist towel, until ready to use. On a lightly dusted bench roll out the dough balls to thin 3 inch diameter circles. Make sure to have a thicker centre than the edges.

#### Stuffing

Add a pinch of salt to the cabbage, toss and leave aside for water to be released. After 20 minutes, squeeze water out of the cabbage, discard the water. Heat up the oil in pan, cook the onions covered, till translucent. Add the ginger and garlic and stir for about a minute. Then add the carrot till softened, then add the cabbage and mushrooms, along with the soy sauce. Stir fry until everything is cooked.

#### Dip

Place the red chilli flakes and paprika in a little bowl and give it a good mix. In a deep pan heat the sesame oil till its smoking hot. Carefully pour the hot oil in the chilli-paprika mixture. Stir. Let it cool. Mix in the honey.

#### Assembly

Spoon 1 tablespoon of the stuffing into the wrappers. Dab some water around the edges make into half circle, and seal well. Then bring the edges together and pinch. Make all 16 of the momos and freeze any leftover stuffing. Heat up a steamer, oil the steamer rack well. This is critical because it will prevent dumplings from sticking. Arrange momos in the steamer. Close the

lid, and allow steaming until the momos are cooked through, about 10 minutes. Take momos off the steamer and serve immediately. Alternatively, if you don't have a steamer you can place uncooked momos directly in slightly salted boiling water and cook until done, approximately 10 minutes. Be careful not to over boil the dumplings.

Arrange the momos around a bowl of the dip in the centre. Garnish with chopped chives to serve.

### SPICY FALAFEL

#### Ingredients

2 tbsp sunflower or vegetable oil  
1 small onion, finely chopped  
1 garlic clove, crushed  
400g can chickpea, washed and drained  
1 tsp ground cumin  
1 tsp ground coriander  
Handful parsley, chopped  
Handful of fresh coriander  
1 tbsp toasted sesame seeds  
1 egg, beaten  
Salt to taste

#### Method

Heat 1 tsp oil in a pan. Sauté the onions and garlic until softened, about 2 minutes. In a large bowl, chuck in the chickpeas, along with the spices and the onion-garlic mixture and mash till chickpeas are completely crushed. Stir in the herbs, sesame seeds and seasoning. Mix in the egg until everything is well incorporated. Divide into 6 equal parts, and shape into patties. Heat up the remaining

oil and fry the patties until golden brown. Serve with some pita bread and some fresh salad.

Now on to some deserts...

### MANGO-GRAPEFRUIT SAGO!

#### Ingredients

½ cup sago (sago pearls)  
1 litre water for boiling the sago  
1/3 cup sugar  
2/3 cups of water  
2 large mangoes, peeled and cubed  
1 red grapefruit, peeled and segmented  
1 can (400ml) coconut milk  
1 cup milk  
2 pandan leaves, tied in a knot (optional)

#### Method

Put sago and pandan leaves into a pot of boiling water. Bring it to boil again. Remove from heat and keep the lid on. Let the sago cook in the residual heat for about 10 to 15 minutes, until translucent. Drain through a sieve. Rinse with running cold water. Discard the leaves and drain well. Set aside.

#### To make syrup

In a small saucepan, put sugar with water together. Bring it to a boil over medium heat and cook until the sugar is completely dissolved. Let it cool completely.

In a large mixing bowl. Put in the mango and grapefruit. Pour in the coconut milk as well as milk. Mix in the sago and syrup. Refrigerate for 2 hours.

#### Note

You can experiment with any combination of fruits you want, get those creative juices flowing!

Ending with the decadent...

### OVERNIGHT PEANUT BUTTER OATS

#### Ingredients

1 large ripe banana, mashed (about ½ cup)  
¼ cup creamy peanut butter  
1 cup regular oats (do not use quick cooking oats!)  
1 cup coconut milk  
1 tbsp chia seeds (optional)  
½ tsp vanilla extract  
½ tsp ground cinnamon  
1 tsp honey

#### Optional toppings

Sliced bananas  
A drizzle of maple syrup  
Cinnamon powder  
Dark chocolate shavings or chips  
Coconut shavings

#### Method

Beat the banana to a pulp, and by beat, I mean mash it up real well. Then combine with the peanut butter and mix in until well combined. In a jug, combine the coconut milk, vanilla extract, ground cinnamon and honey. Mix well. Pour into the banana and peanut butter mixture, oats and chia seeds, and "swirl it in". Cover well and refrigerate for at least 4 hours, or overnight. When serving, stir and scoop into individual bowls. Top with banana slices, sprinkle some cinnamon, drizzle some maple syrup and garnish with shaved chocolate/chocolate chips, and coconut shavings.

Photo: Kazi Tahsin Agaz Apurbo  
Food prepared by Nabila Basher



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