

DESHI MIX
BY SALINA PARVIN



A Date with the Date

Dry and soft dates are eaten out-of-hand, or maybe pitted and stuffed with fillings such as almonds, walnuts, pecans, candied orange and lemon. Pitted dates may also be glazed with glucose syrup for use as a snack.

Chopped dates are used in a range of sweet and savoury dishes. They can also be processed into cubes, pastes, spreads, syrup and powdered. This may come as surprise but date oil is suitable for use in soap and even cosmetics!

Dates, the wonder fruit, provide a wide range of essential nutrients and are a very good source of dietary potassium and also a rich source of carbohydrates. The remainder consists of protein, fibre, and trace elements including boron, cobalt, copper, fluorine, magnesium, manganese, selenium and zinc.

DATE AND SESAME WONTONS

Date and sesame wonton is a delightfully innovative dessert of wonton wrappers filled with a nutty date mixture. It is crispy from outside, sweet and soft from inside. This sweet dish originates from the Canton speaking regions in China, and is traditionally stuffed with walnuts. When served after a Chinese meal, hot wonton with chilled vanilla ice-cream is a delight in itself.

Ingredients

20 wonton wrappers
For the stuffing -
½ cup chopped dates
¼ cup sesame seeds
¼ cup brown sugar
1 tbsp butter
2 tbsp powdered sugar
Oil for deep-frying

To serve-

Vanilla ice-cream

Method

Toast sesame seeds on a slow flame for 2-3



minutes or till brown in colour. Keep aside to cool. Blend the seeds in a processor to a coarse mixture. Combine the sesame seed mixture, dates, brown sugar and butter in a deep bowl and mix well. Keep aside. Now place a wonton wrapper on a flat, dry surface and place 1 tbsp of stuffing in the centre. Bring the sides to the centre, twist and seal like a money bag. Repeat to make more wontons. Heat oil in a pan and deep fry the wontons, on a medium heat till they turn golden in colour from all the sides. Allow them to cool slightly and sprinkle powdered sugar evenly on the top of the wontons. Serve immediately with vanilla ice-cream.

DATE AND RICE PULAO

A main course that is as elegant as a dessert, the date and rice pulao features a unique combination of rice with dry fruits and nut, enhanced with rose water, and garnished with fried onions and coriander. Milk gives a nice wetness to this rice, and keeps it from being too dry to taste. The cardamom flavour goes well with the mellow sweetness of this rice preparation, which combines wonderfully with spicy accompaniments.

Ingredients

¼ cup chopped seedless dates

3 cup cooked rice
3 tbsp ghee
¼ cup sliced almonds
¼ cup raisins
1 tsp rose water
3 tbsp milk
½ tsp cardamom powder
¼ cup deep-fried sliced onions
1 tbsp chopped coriander
Salt to taste

Method

Heat the ghee in a non-stick pan; add the almond and sauté on a medium flame for 1-2 minutes. Add the dates, raisins, cooked rice, rosewater, milk, cardamom powder and salt, mix gently. Cook on a medium flame for 2 minutes, while stirring occasionally. Garnish with coriander and fried onions, and serve hot.

DATE CAKE

Ingredients

½ cup chopped dates
2 cups refined flour
3 tsp baking powder
A pinch cinnamon powder
A pinch nutmeg powder
1 cup milk
½ cup yoghurt
1 cup powdered sugar

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