LIFE STYLE

VOLUME 16, ISSUE 3, TUESDAY JUNE 21, 2016
A publication of The Daily Star
E-mail: lifestyleds@yahoo.com, 64-65 Kazi Nazrul Islam Avenue, Dhaka-1215

3/4 cup melted butter
1 tsp vanilla essence

Method

Pre-heat the oven to 170 Degrees Celsius. Sieve together flour, baking powder, cinnamon powder and nutmeg powder. Grind dates with half the milk and yogurt. Mix with the sieved dry ingredients. Add powdered sugar and mix thoroughly. Mix in melted butter and vanilla essence. Add the remaining milk to correct the consistency. Pour the mixture into a greased cake tin and place it in a pre-heated oven for 25 minutes. Remove and cut into pieces when completely cooled.

TAMARIND DATES CHUTNEY

Sweet, tangy, gooey chutney is made with tamarind, dates and jaggery that is often accompanied with snacks. It is a one stop chutney recipe solution for fried savoury snacks.

Ingredients

½ cup seedless dates
½ cup seedless tamarind
½ cup grated jaggery (as required-adjust for preferred taste)
2 cups water
½ tsp roasted cumin powder
½ tsp coriander powder
½ tsp red chilli powder
¼ tsp dry ginger powder
Black salt to taste

Method

In a pan, take the tamarind, dates and water. Cook for about 10 minutes on low heat till they soften. Now add jaggery and continue to cook. Let the jaggery dissolve and the mixture thicken a bit. Add the powdered spices, stir and let simmer for a further 2 minutes. Season with salt. Let the chutney mixture cool down. In a grinder, grind the mixture till smooth. Pour the chutney through a strainer. Store the tamarind date chutney in an airtight container in the refrigerator, and use whenever you make snacks at home!

DATE AND CASHEW COOKIE

This iron rich treat will ensure optimum high brain function and development and assist your child's growth as well. Wholesome soy flour replaces refined flour in these cookies, while iron-rich dates and energy-rich cashews add flavour and texture.

Ingredients

½ cup white millet
½ cup deseeded and chopped dates
½ cup soy flour
3 tbsp chopped cashew nuts
½ cup butter
4 tbsp powdered sugar
1½ tbsp cocoa powder
½ tsp butter for greasing

Method

Combine the dates and 3/4 cup of water in a deep pan and bring to boil. Cook for 10 minutes or till the dates are fully mashed. Keep aside to cool. Combine the soy flour, white millet, butter and sugar in a bowl using your fingertips till the mixture resembles bread crumbs. Add the dates mixture, cashew nut and cocoa powder, mix and knead the dough well, until it becomes semi-stiff. Cover and refrigerate for 15 minutes.

Divide the dough into 10 equal portions and roll each portion into a small sphere and lightly flatten. Grease the baking tray with butter and bake in a pre-heated oven at 180 degree Celsius for 20 minutes. Cool and serve, or store in an airtight container.

DATE AND APPLE KHEER

Kheer has always been a part of the Bengali food spread. Times have changed, but kheer continues to find a special place in our meals, especially during festivals. Over time, several variations of kheer have emerged. Today, I bring you a very healthy version, a dessert made with apples and dates cooked in low fat milk.

Date and apples impart their natural sweetness and fibre, while walnuts add crunch and taste to this kheer. Milk has abundant protein and calcium, and the goodness of apples and dates, of course, needs no explanation.

Ingredients

½ cup chopped apples
¼ cup chopped dates
2 tbsp sugar
2 cups thickened low fat milk
2 tbsp chopped walnuts
1 tbsp finely chopped apples for garnish

Method

Combine apples, sugar and 3 tbsp of water in a non-stick pan and cook over medium heat for 2 minutes. Refrigerate to chill. Combine the milk, dates and in a pan, mix well and simmer for 10 minutes while stirring continuously. Refrigerate to chill. Just before serving add cooked apple to the milk and dates mixture and mix gently. Serve chilled, garnished with walnuts and apples.