



RICE CAKE KHIRTOSH PITHA

(Serves 12)

Ingredients

3.5 litres milk
10 green cardamoms, gently cracked
2 cups sugar
500g fragrant kalijira (fragrant rice) flour
1/2 cup mawa (reduced milk), grated
2 cardamoms, seeds only, milled
1 cup moida (wheat flour)
2 cups oil for deep frying

Method

Pour 2 litres milk into a deep pot and toss in the cardamoms, stirring frequently over a gentle flame, until the milk reduces to 1 litre.

Add 1/2 cup sugar, stir until the sugar dissolves, and take pot off the flame and set milk aside.

Now make the kheer. Bring 1.5 litres milk to a boil in a steel pan. Slowly reduce it to 750ml, stirring constantly all the time. Add 1 cup sugar and reduce milk further to 500ml.

Put 2 tablespoons rice flour in a large mixing bowl, pour 2 tablespoons milk from the cooking pot, and then whisk to integrate.

Pour the milk back into the pot and toss in mawa and cardamom powder. Bring back to boil, stirring constantly.

Cook for 2 minutes, make sure the mawa dissolves, and take pan off the flame and set kheer aside. Wait until the kheer sets and is solid enough to handle. Alternatively you can have it set in the refrigerator.

Now make a batter that's easy to pour by

mixing 500g rice flour, wheat flour, 1/2 cup sugar and enough water.

Heat oil in a pan, and make small patties with the kheer. Dip these kheer-patties in the batter and deep fry in the hot oil, until they turn golden.

With a slotted spoon, scoop out the kheer-patties and drain on absorbent tissue napkins. Soak the well-drained kheer-patties in thickened milk and refrigerate for 4 hours. Serve Khirtosh Pitha chilled.

MEALS OF MEMORY
BY SYEDA NAFISA AHMAD



while stirring continuously.

Blend powder milk in 3 cups of cold water and boil the milk, then pour it into vermicelli mixture, stirring continuously until it becomes thick. Add some raisins, almonds and pistachios into vermicelli mixture. Then pour it into a bowl and garnish with slice almonds and pistachios. Let it cool before refrigerating. Serve cold.

SPICY VERMICELLI

Ingredients

2 cups vermicelli
1/2 tsp ajwain, 1/4tsp turmeric powder
1/2 tsp chilli powder
1/4tsp garam masala powder
1 onion, finely chopped
2 green chilli, finely chopped



1 capsicum, chopped
1 cup carrots and peas, chopped
2tbsp oil, 1 cup milk
2 cups water
Salt to taste
Coriander leaves for garnish

Method

Dry roast the vermicelli on medium heat till it turns light golden in colour, stirring continuously. Once done remove it to a plate.

Heat a pan, add oil on medium heat. Once hot, add ajwain and cook for 15 seconds. Add green chilli and sauté for 30 seconds. Add onions, cook for 2-3 minutes.

Then add carrots, peas and capsicum. Mix well. Cover and let them cook for 2-3 minutes.



Add turmeric powder, red chilli powder, garam masala powder and mix well. Add roasted vermicelli and mix.

Add milk, water and salt. Mix well. Let the water come to a boil.

Once it is boiling, cover the pan and lower the heat. Cook for 8-10 minutes.

Now switch off the heat and allow it to sit, covered for another 5 to 6 minutes.

Open and fluff it gently. Garnish with coriander leaves. Delicious spicy vermicelli is ready to serve.

Photo: Sazzad Ibne Sayed

Food styling: RBR

Food prepared by: Syeda Nafisa Ahmad