



MUKHI KOCHUR DALNA (TARO ROOT CURRY)

In Bengali it is called mukhi or gathi kochur dalna. As a root vegetable, it tastes well with shrimp. This recipe, however, is strictly vegetarian. Some prefer to cook it with a mix of onions and ginger, though I prefer to not use them. The mukhi has its own flavour which should not be overshadowed by the use of other vegetables.

Taro root contains dietary fibre and carbohydrates. It is full of vitamin A, C, E, B6 and folate, as well as magnesium, iron, zinc, phosphorus and potassium.

Ingredients

10 pieces taro root (slice into halves)
1 medium potato (cut into cubes)
1 medium tomato, chopped
½ cup green peas, blanched in warm water
3 green chilli, silted
½ tsp cumin seeds (kalo jeera)
2 to 4 red chillis, powdered
2/3 cups mustard oil
Salt to taste
¼ tsp garam masala powder

Method

Heat oil in a pan, fry taro root and potatoes with little salt and turmeric powder one by one and keep aside. Add onion seeds in the



rest of the oil; add green chilli and chopped tomato. Sauté for a while. Add salt and all the spices powder with little water to the pan. When the oil comes out, add 2 cups water and let simmer on the stove. Add fried taro root, potato cube and green peas and bring to a boil. Adjust salt and sprinkle garam masala powder and turn off the stove. Serve with plain rice.

Tip

Before cooking the taro root, marinate with lemon juice for 10 minutes to avoid the infamous itchy reaction.

KOCHUR LOTI WITH CHINGRI (TARO STOLON WITH PRAWNS)

Kochur loti with chingri is yet another popular Bangladeshi delicacy. I have added some new flavour to it by adding shredded coconut. You can cook these taro stolons in different ways, but this one is my personal favourite.

Ingredients

500g taro stolon
½ cup small size prawns
1 medium size onion
4 to 5 tbsp mustard oil
2 pinch nigella seeds
5-6 green chilli, 1 tsp red chilli powder
Salt to taste
2 tbsp grated coconut

Method

Cut the loti into 2 inch pieces and boil them for five minutes in salted water. Drain water and keep aside. Clean, de-vein and wash prawns thoroughly under running water. Marinate them with some salt and turmeric powder and set aside. Heat oil in a pan and fry the prawns until light golden brown, then take them out and set aside. In the remaining oil, add nigella seeds and green chilli. Then add sliced onion and sauté for 2-3 minutes. Now add the boiled loti, red chilli powder, turmeric powder and salt. Mix them well and cook on medium heat for 10 minutes.

Do not add any water because the loti will release water. When the released water dries up and oil appears, add fried prawns and grated coconut, stir and cook for 3-5 minutes and take it off the stove. The dish is ready to serve.

KOCHU SHAK ER GHONTO (MASHED TARO LEAVES CURRY)

Ghonto is a semi thick preparation where veggies are mostly used in a mashed form and sometimes some portion of fish is also added, mostly the head.

Ingredients

2 bunches of edible taro/kochu stems

2 pieces hilsa fish-heads
½ cup onion, chopped
1 tsp garlic, chopped
2 tsp red chilli powder
1 tsp turmeric powder
4 pieces green chilli, ½ cup oil
Salt to taste

Method

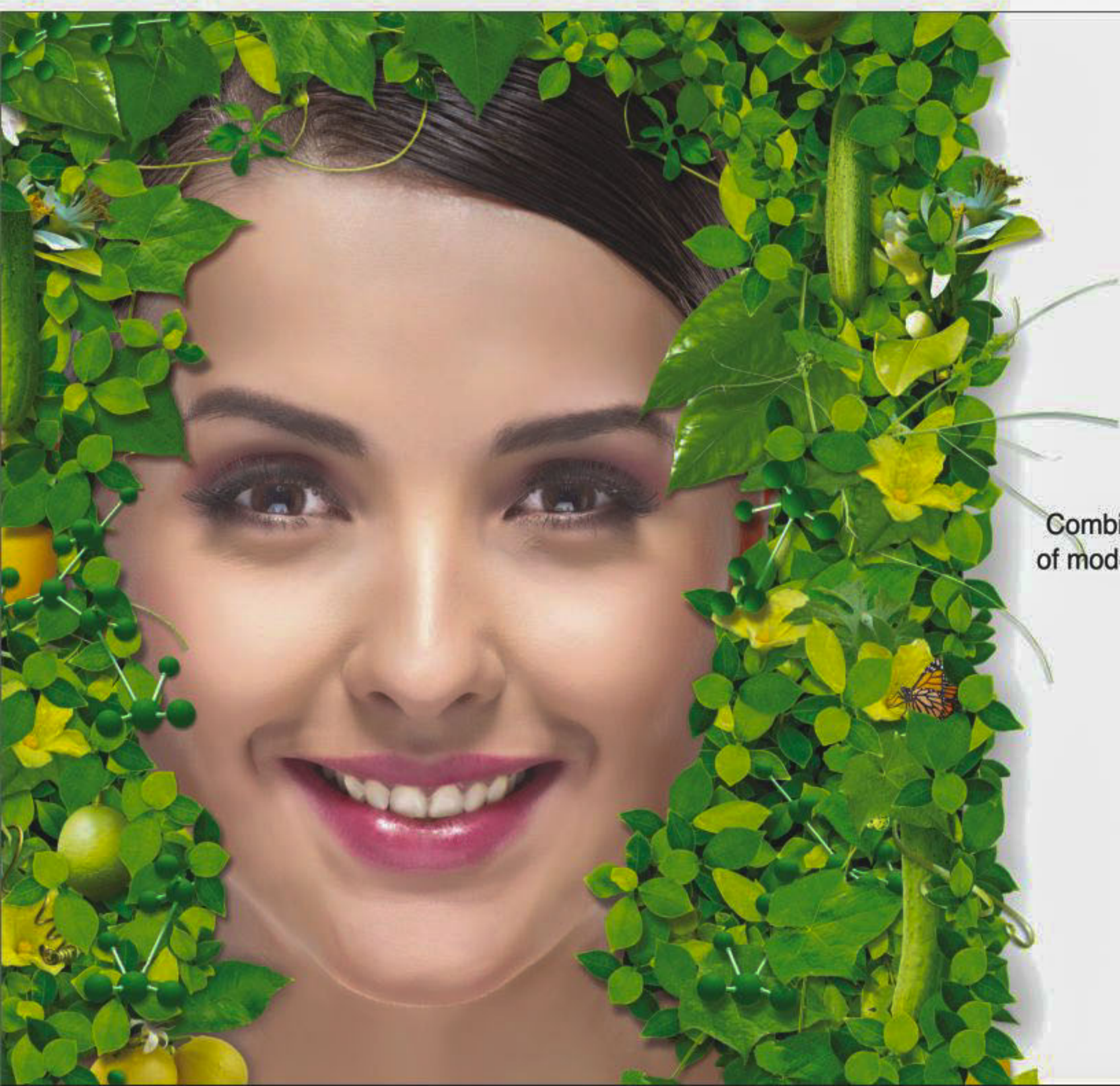
Cut and wash the kochu. Boil the kochu with the salt and 2 cups of water until tender. Strain it in a colander and keep aside. Heat oil in a pan and put in the chopped onion and garlic, frying them until brown. Now add red chilli powder, turmeric powder and salt to it. Cook for few minutes. Put in the fish-heads. Mix well and cook for 5 minutes, with sprays of water to stave off any burning. When the water is fully evaporated, add boiled taro and green chilli and keep stirring. When the mixture looks well done, take it off the stove and serve hot with plain rice.

Tip

While chopping and washing the (kochu) stems, either use gloves or rub oil on your hands as a precaution, as kochu might cause slight irritation or itching.

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