

LS SUGGESTS



Cookbooks for rookies

Cooking is an art, but all art requires knowing something about the techniques and materials.

- Nathan Myhrvold

Cooking, like all other forms of art, is no rocket science; yet it requires passion, taste and a lot of practice. Nobody is going to become Matt Preston in a day but that being said, most amateur cooks do not usually know where to begin.

You watch shows, note down recipes every time you enjoy a good meal at a friend's place, and the seemingly easy way out, you log on to YouTube and skim through hundreds of recipes until you forget where you started!

However, one of the easiest ways to learn how to cook, and also one of the oldest are the time tested, cookbooks.

There are many pros of using a good cookbook that outweigh the pros of the Internet or YouTube or cooking shows, for that matter.

Cookbooks will break down recipes - ingredient by ingredient, and step by step, giving you a clear idea of what you are expected to do.

A good book will not only help you learn, but also give you a clear idea on the history behind the cuisine. You can start reading them anytime, anywhere; catch.

RANNA KHADDO PUSHTI

This book by the renowned nutritionist and culinary expert Siddika Kabir is a cult classic! Almost every house in Bangladesh has a copy and in this book, you will find the A to Z of Bangladeshi cooking. While some prefer to trying cosmopolitan dishes, others prefer to stick to the variants with a local 'twist' and this is where this multi-award winner reigns supreme.

BIRD RECIPES BY SHAWKAT OSMAN

The celebrated author and cooking-show host, Shawkat Osman, is known for his splendid coverage of cuisines and their history. This particular book focuses on fowls, from ducks to pigeons, in both the traditional and contemporary styles. You will find a detailed explanation on the spices used, their appropriate proportions and possible combinations that will fascinate any would-be chef!

MAGGI 10 MINUTE RANNA BY RAHIMA SULTANA

Noodle, despite being a foreign culinary tradition; is close to our hearts. The instant variant enjoys a cult status, especially among children and for this reason alone this book makes a cut into our short list.

Maggi 10 Minute Ranna includes short recipes that you can stir up in no time, along with health advice accompanying each recipe.

If you are a busy person wanting to stay fit, this book will give you what you desire - good food, good health and good instructions!

MICROWAVE E RANNA, ALSO BY RAHIMA SULTANA

Microwave is godsend and we all love it for a quick and an easy food fix. To make an extended use of a microwave from just heating food to actually cooking it, this is the book for you. An essential book for an easier, modern living!

NAKSHA 100 RANNA - MISHTANNO

Bengalis have a sweet tooth. Indulge in your appetite for sweetness through experimenting in one of the hundred simple recipes outlined in this book. This series of books also include - 'Nakhsha 100 Ranna Mangsho' for meat lovers and 'Naksha 100 Ranna Mach' for fish lovers. All get our thumbs up.

BOSHA BHAT TO BIRYANI: THE LEGACY OF BANGLADESHI CUISINE BY NIAZ ZAMAN

The author is a highly revered scholar of our country. Her recipe book can be a bible for anyone who wants to learn about Bangladeshi cuisines. From beverages to desserts, she has covered myriad foods that are cooked in our country. Moreover, the very informative 'Introduction' section provides a fascinating glimpse into the culinary aspect of our country, culture and heritage.

All books mentioned are available in stores like New Book Society and Bangladesh Co-operative Book Society and a few others at New Market.

By Anisha Hassan

Photo: Sazzad Ibne Sayed

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 Ultracontour
by MedisSystems

ULTRACONTOUR. The non-invasive option for trimming your abs, love handles, hips and thighs and enhancing curves. Do you know that the fat cells are



limited in number. They swell up when we gain weight and shrinks when we lose. The goal of ULTRACONTOUR is to reduce the number of fat cells without surgery or pain with better shape than Liposuction or other surgical option and makes it easy for you to maintain the curves with even weight gain. You may have tried diet or exercise which may help you to burn calories and lose overall body weight but most women have fitness goals beyond just slimming down. Since a slimmer waist is key to having captivating curves, you may find ULTRACONTOUR worth doing.



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