

FYI

# Better with butter

A key ingredient of European and continental cuisine, butter is perhaps the most delicious and versatile dairy product. Spread it on toasted bread; cook mushrooms in it; pour it melted over a steak or veggies; or put in those baked goodies - it just fits right in, adding a luscious taste.



Unadulterated butter packs a bunch of nutrients like protein, 'good' fats and a host of vitamins, including A, D, K and B12. It also adds a taste of richness to almost all dishes, and the smell of butter also boosts the appeal of the dish served.

## THE CLASSIC BREAKFAST STAPLE

Toast, butter and a sprinkle of sugar on top...need we say more? It can also serve as one of the best sides with pancakes, waffles and even 'parathas'!

## SUPER-COMBO: VEGETABLES AND BUTTER

A recently published Swedish study reveals that unless consumed with high-fat dairy products, eating fruits and vegetables does not lower the risk of coronary heart disease!

Adding dairy products to increase a dish's flavour is nothing new in our kitchens. Bangladeshi cooking practices have traditionally included a significant use of ghee - clarified butter, which is widely used for festival food. Butter, however, is a much healthier option.

Irrespective of the preparation, replacing oil with butter, or simply a dollop of butter on top, definitely adds to the palatability of any vegetable dish. Just two or three tea-

spoons of butter to pan-fried eggplants can transform the taste of this humble dish.

Same goes for almost all vegetables: dice them up, mix in a spoonful of butter, sprinkle a pinch of salt, and bake in the oven or on a stove.

## GRILL THEM UP

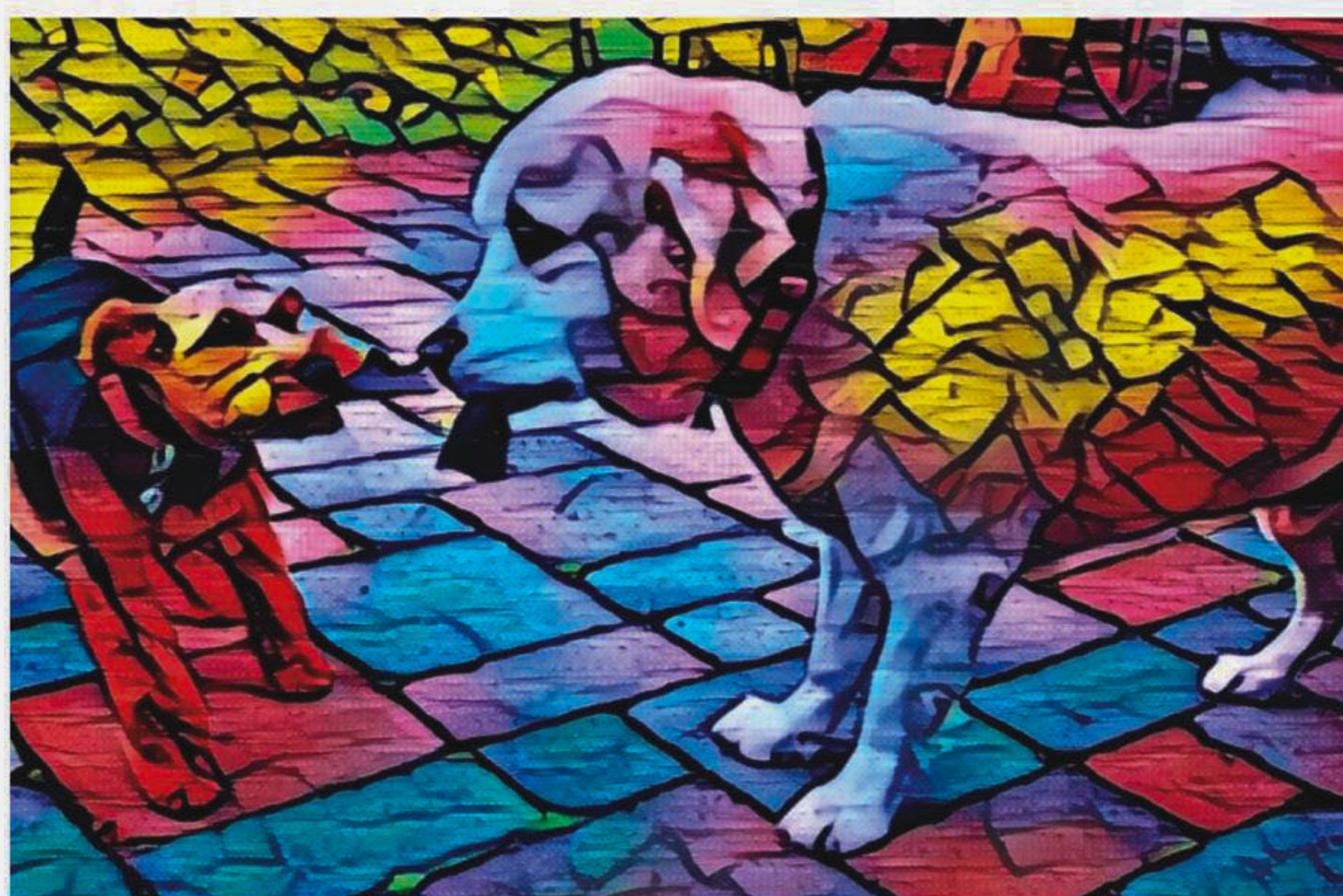
When barbecuing meat such as chicken, beef or mutton, it is important to keep the meat juicy and take care that it does not stick to the hot surface of the grill. Depending on the size and the type of meat, and also depending on the chef's preference, butter can also be a basting medium, and not just a flavourful add-on. Add some paprika, red chilli flakes, garlic or ginger to the butter, mix it well and add it to your meat of choice.

It is a common misconception that margarine is a good substitute for butter due to the similarity in taste and texture. This, in fact, is far from the truth! The trans-fatty acids in margarine contributes more to heart attacks, harms the immune system, increases LDL (the 'bad' cholesterol) and can induce diabetes.

Butter, consumed in moderation, has tremendous health benefits. So, here is to a buttery smooth life!

**By Mormee Mahtab**

**Photo: Collected**



Prisma naysayer why he hates the app, all he will let out is an exhausted "it is awful" without giving anything definitive away.

Although social media or peer pressure may have forced you to download the app, if you hate it there is no turning back. While the supporters find the unique charm of being animated into a cartoon character, the opposers loathe it to their bones. The tacky transformation of a normal selfie into a comic strip does not always bring out the best in pictures. Nevertheless, the individual, cartoon-esque effects may work well on landscape portraits or the natural

scenery. Not all apps and filters are fitted for mainstream selfies. But what really lets the app down is the tragic fact that it cannot be operated offline. If you have a Wi-Fi connection out to test your patience, using Prisma will be the most time-consuming thing of your day!

Prisma's success was sealed when it had one million downloads in its bag. While the pursuit of staying in trend continues, so does the debate of Prisma users over their eternal love and hatred.

**By Ramisa Haque**

**Photo: Collected**

CHECK IT OUT

## Bang's new lineup



Youth-centric fashion house Bang has brought in elegant and festive attires for their customers. Shoppers will find modern and fashionable formal and casual half-sleeve shirts, T-shirts, polo shirts, fatuas, pants and much more. For more information, please call 01977112264 or visit their website, [www.bang-bd.com](http://www.bang-bd.com).

## Workshop on children's learning held

'Super Maa', a popular radio show on ColoursFm 101.6, participated in a workshop organised by 'Light of Hope' in the EMK Centre. Designed for parents, the workshop was on 'learning through fun and games'. The event took place on August 6.

'Light of Hope' is an organisation whose aim is to improve the quality of primary education through technology, innovation and creative products or services.

Tasnuva Ahmed, host of the show on ColoursFm 101.6 and Zinia Jesmin Karim, early childhood development specialist were speakers at the workshop. In order to maintain a more positive approach towards raising children, the team of Super Maa contributed through knowledge and experience sharing at the day-long workshop.

The workshop presented the different stages of a child's learning curve, as well as finding innovative and joyful methods of engaging children into studying and more importantly, finding methods to make studies a wonderful learning experience. In this programme, they demonstrated how to teach children through fun.

Among the other speakers present were Rakiba Abedin, Waliullah Bhuiyan and Mukul Alam from Light of Hope.

TRENDING

## Prisma

2016 is the year of the debilitating dilemma of joining the prisma wagon and embracing the AI-powered photo editing app. There is no doubt "being prismaed" has taken over Instagram but has it been a unanimous favourite?

The answer is a big no!

When it comes to Prisma, you probably stand tall in your viewpoint and you can expect either one of two answers of the question, "Prisma: Yay or nay?"

Prisma is well preceded by its reputation. If you have said 'yes' to Prisma, you are probably an excited one, ready to turn your selfies into a Rembrandt. Playing a make-believe game where you've dubbed yourself Picasso or Van Gogh is pretty exciting and appeals to the inner artists in some of us. Filters enabling its users to contort images to the patterns of famous artists, creating timeless art lure even the most experienced editors among us into downloading the app. Other pros working for the photo editing app are that it is currently free and, arguably, the most superior among its competitors.

On the other hand, Prisma haters are absolute in their dislike. If you ask a