



### TAL-ER LUCHI

*The ultimate dream and truth in a Bengali's life is 'luchi-torkari' (poori-bhaji)' on a weekend breakfast. Although 'luchi' seems to be a very simple dish, it requires considerable cooking prowess; even years of practice and expertise can fail sometimes.*

*Traditionally 'luchi' is made using flour; adding palm is a personal twist. As the extract is sufficiently sweet, any addition of sugar can be avoided.*

#### Ingredients

2 cup all-purpose flour  
1½ cup palm pulp  
2 tbsp ghee (for kneading)  
Oil for deep frying  
A pinch of salt

#### Method

In a big bowl, take flour, salt and 2 tablespoons of ghee. Mix ingredients well to form a grainy mixture. Pour the palm pulp and knead well. Add little water if needed. Knead again for 10 minutes. When you feel the dough is not sticking to your palm, it is ready.

Keep the dough for about thirty minutes covered by a wet cloth. Divide the dough into twenty small balls; roll into 4-5 inch diameter circles.

Heat oil in a deep wok till it is smoking hot. Reduce the flame and slide in the rolled out 'luchi'. Press the 'luchi', while frying with the back of a slotted spatula, this helps in making the 'luchi' fluffy. Take it out of the oil. Drain out the excess oil and serve.

### PALM BALLS (TAL-ER-BORA)

*These balls are made from the fresh ripe and juicy palm fruit. The process of making 'tal-er-bora' is not as easy as it seems. At first we have to take out the pulp of each kernel, boil the pulp to reduce and thicken the pulp. Afterwards we have to add all the ingredients and slowly fry the*

*palm balls. This is a time tested recipe straight from my mum's cookbook!*

#### Ingredients

2 cup thick palm pulp  
2 cup rice flour  
½ cup semolina  
2 cup sugar  
1 cup grated coconut  
Oil for fry  
A pinch of salt

*sweet and slightly bitter.*

#### Ingredients

2 cup rice flour (fried)  
1 cup ripe, palm pulp  
3 cup sugar  
3 cup scraped coconut (over-ripe)  
2 tsp baking powder  
2 eggs  
1 cup milk cream  
1 cup palm oil  
A pinch of salt

#### Method

Fry the rice powder slightly, as you do before cooking semolina. Keep aside to cool. Beat the egg thoroughly and mix all the ingredients except rice powder. Mix well. Now slowly add the powder and mix. Make a thick and smooth batter. Grease a mould of about 8-inch diameter with ghee or oil. Pour the batter in a mould. Add water in a steamer for steam baking; place the mould and steam-bake for 1 hour. Keep the lid on so that the steam does not escape. Remove the mould and prepare to serve when cool.

#### Tip

You may use your rice-cooker or even pressure-cooker for



#### Method

In a bowl add all ingredients but one at a time. Mix well with the thick palm pulp. Make a smooth batter. Rest them for 15 minutes. Now heat enough oil in a deep frying pan. Add one tablespoon of the mixture and fry it. Continue the process. Remember: the oil should not be very hot.

Fry on low heat, so that they are cooked from inside and crispy from the outside. When the 'bora' will be golden in colour, remove from the oil and put on a paper towel. Serve hot or cold.

### STEAM PALM CAKE

*These cakes are made with rice flour, palm sugar, and coconut milk. Palm cakes have a sponge cake like consistency. They are soft,*

