

DESHI MIX

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# Durga's Bhoj

Festival season is around the corner with Durga Puja kicking off the celebrations. The festive period is a foodies' paradise with plenty of mouth-watering dishes to savour. From snacks to sweet dishes, Bengali food has something to offer to all food enthusiasts. Durga Puja is a four day festival which is celebrated with much pomp and splendor in West Bengal and Bangladesh. During this festival, Goddess Durga is worshipped. The festival is celebrated with fasting, feasting and worshipping. It is a time of great celebration in this day when special dishes are prepared. They are also known for some delicious delicacies unheard of in the other parts of the country. Here is a list of some recipes which are commonly prepared for Durga Puja:

## HILSA PULAO

Hilsa pulao is very popular in Bengali cuisine. People in Bangladesh make various kinds of dishes with Hilsa fish. No matter how big or small the occasion is, a platter of Hilsha fish is always there. It is delicious itself but you can eat it with a veg dish and chutney.

### Ingredients

8 pieces hilsha fish  
2 cups aromatic rice  
2 bay leaves  
1 tbsp ghee  
1 tbsp ginger paste  
1 tsp garlic paste  
2 tbsp onion paste  
1/2 cup chopped onion rings  
5 green chilli  
2 tbsp yoghurt  
4 tbsp oil  
Salt to taste

### Method

Clean and soak rice for 30 minutes and let the water drain completely. Wash and clean the fish and pat dry. Now in a bowl marinate the fish pieces with yoghurt and salt. Leave them for 30 minutes. Heat oil in a pan, add onion paste and fry till light brown. Add the ginger-garlic paste and fry for couple of minutes. When the oil starts separating from spices add the marinated fish into it and cover for sometime. Now open the lid and stir carefully. Then take the pieces out and place on a plate. Stir fry rest of the spices, which were in the pan and



take the pan of the stove and keep the pan aside. Take a large pan and heat oil in it, add sliced onions and fry till golden brown. Now add salt, sugar, water and cooked spices, bring to a boil. When the water has started boiling, add the rice and cook for 10 minutes. After 10 minutes, take half of the rice from the pan and place the fish pieces, slit green chillies, fried onion on half of the rice and cover the fish with rest of the rice. Cover the pan and cook on very low heat for another 10 minutes. Before serving sprinkle ghee on top.

### Ingredients

500 gm fish- filleted and cut into desired sized pieces  
For marination  
1 tbsp lemon juice  
1 tsp salt

## FISH PAKORA

### Ingredients

500 gm fish- filleted and cut into desired sized pieces  
For marination  
1 tbsp lemon juice  
1 tsp salt



For the batter  
200 gm gram flour  
Water  
1 tsp red chilli powder  
1/2 tsp turmeric powder  
1/2 tsp crushed cumin  
1 tsp salt  
1/4 tsp soda bi-carbonate  
Oil for deep frying  
Chaat masala

### Method

Cut and wash fish. Add lemon juice and salt to it. Marinate for half an hour. Make a thick batter with water, flour, red chilli powder, turmeric, cumin, salt and soda bi-carbonate. Heat oil in a pan. Coat each fish slice with the batter and deep fry till crisp and golden brown. Sprinkle with chaat masala and serve hot.

## MACHER JHOL

Macher jhol is a traditional Bengali fish stew. It is in the form of a very spicy stew that is served with rice. Macher jhol is liber-

ally seasoned with turmeric, garlic, onions and ginger.

### Ingredients

500 gm Rui fish, cut into thick slices, diagonally  
1 tsp turmeric  
1/2 tsp salt  
Grind together:  
1 cup chopped onion  
1 tsp chopped garlic  
1 tsp chopped ginger  
2-3 dried red chillies  
1/2 tsp turmeric powder  
Salt to taste  
1/4 cup mustard oil  
1/2 tsp onion seeds  
1/4 tsp cinnamon, broken in small pieces  
4 cloves  
2 green cardamoms  
1 bay leaves  
2 green chillies, slit lengthwise  
Coriander leaves for garnish

### Method

Wash fish and apply the 1/2 tsp salt and turmeric over all the pieces. Heat oil in a pan. Fry the fish pieces in it, till golden colour. Lift the fish out of the oil, and keep aside. In the same oil, add the onion seeds, cinnamon, cloves, cardamom and bay leaf, stir fry and add the ground paste. Saute till oil separates, then add the green chillies and stir fry a few times. Add the water and bring to a boil; add the fish then simmer for about 10 minutes. When it is done, remove from heat. Garnish with coriander leaves and serve.

## ALOO POTOL POSTO

It is a quick, tasty and light preparation. Poto posto is cooked in thick poppy seeds and coconut purée with red and green chillis that gives it a hot and rich taste. The perfect amount of salt and sugar gives the beautiful dish a tangy yet fiery flavour.

### Ingredients

3 medium potatoes, diced  
5-6 pointed gourd, peeled and diced

