



4 tbsp poppy seed paste  
3 tbsp mustard oil  
1/2 tsp turmeric powder  
1 tsp chilli powder, 2 green chilli  
1 cup water, Salt to taste

#### Method

Heat mustard oil in a deep bottomed vessel. Add the potato wedges and the pointed gourd. Sprinkle salt and turmeric powder and slightly fry them on medium flame. Now add poppy seed paste, chilli powder and mix the paste with the potato and the pointed gourd. Stir it for another 4-5 minutes on medium low heat. Then add water and cover it. Cook until the potato and pointed gourd become tender. Add the green chilli and sprinkle one teaspoon of mustard oil on the top of the curry. Turn off the flame and serve hot with rice.

#### DOI FULKOPI

It is a cauliflower dish cooked in spicy yogurt curry. This lip smacking curry is thick in texture and rich in flavours, wrapped in garam masala, cinnamon, bay leaf, ginger paste and chillies. It has the right amount of moisture that provides a balanced amount of spice to the dish.

#### Ingredients

250 gm Fulkopi (cauliflower)  
4 tbsp curd

1 tbsp onion paste  
1 tsp ginger paste  
1/2 tsp garlic paste  
2 green chilli paste  
1/2 tsp cumin powder  
1/2 tsp coriander powder  
3 tbsp onion slices  
1/2 tsp sugar, 10-12 raisins  
2 tbsp ghee, Salt to taste  
1 tbsp coriander leaves

#### Method

Cut the cauliflower into small florets and wash them thoroughly. Now marinate them with curd, onion paste, ginger-garlic paste, green chilli paste, cumin powder, coriander powder, sugar, salt and keep it aside for 20 minutes. Heat ghee in a pan and fry sliced onion till golden brown. Now add the marinated cauliflower and stir. Cover the pan and cook for 5-6 minutes. When the cauliflower is cooked, add raisins and remove from flame. Garnish with the coriander leaves and serve hot.



#### BRINJAL WITH SESAME SEEDS (TIL-ER-BEGUNI)

It is an easy Bengali midday food preparations that you could have with rice. Long slices of brinjal, battered and crisp fried, are a favourite addition to a meal. They can also make up an individual snack to enjoy with tea and muri (puffed rice).

#### Ingredients

1/2 cup gram flour, 2 tbsp sesame seeds  
1/2 tsp red chilli powder, 1/4 tsp turmeric powder, -3 brinjal, thinly sliced, Oil for deep frying  
Salt to taste

#### Method

Mix gram flour with water, red chilli powder, turmeric powder and salt to create a batter. Dip brinjals in the batter to coat. Sprinkle with sesame seeds on each side. Heat enough oil in a pan. Deep fry the coated

brinjal until crisp. Drain on kitchen towel, serve at once with rice and dal.

#### GOL PAPDI

#### Ingredients

1/2 cup wheat flour  
1/3 cup jaggery, grated  
1/2 tsp poppy seeds  
1/4 tsp cardamom powder,  
4 tbsp ghee

#### Method

Sprinkle the poppy seeds on a four inch diameter greased tray. Keep aside. Melt the ghee in a frying pan and add the wheat flour to it. Keep stirring until flour turns golden brown in colour. Turn off the flame. Add the jaggery and cardamom powder while the mixture is hot. Stir well so that the jaggery melts. Pour the mixture into the greased tray with poppy seeds, spread it evenly while still warm. When the mixture gets set, cut into diamond shapes. Gol Papdi is ready to serve.

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