



absorption of iron, making this one power packed meal!

CHICKEN SOUVLAKI

The Greeks have been grilling their meats since the 17th century BCE, as skewers were found during excavations in Santorini. The word 'skewer' itself is a derivation of the word 'souvlaki', a very popular street food available all over Greece. Souvlaki is mostly served as a wrap in a pita bread, with yoghurt and a sauce and fries.

Ingredients

6 pieces chicken thighs
1 tsp Ajwain (caraway seeds)
2 bay leaves
½ cup diced garlic
1 cup diced onions
¼ cup dried oreganos
1 cup chopped green spring onions
1 tsp coriander paste, or handful of chopped parsley
Salt and pepper to taste
½ cup olive oil

For yoghurt sauce -

1 cup tok doi (sour yoghurt)

¼ cup roasted zeera or cumin seeds

Salt to taste

¼ cup chopped coriander

Method

Tips -

For this recipe you may use a skewer but for best results, go for a marinade and a bake. Boil the bay leaves for 2-3 minutes and then crush with hand. Finely chop the chicken thighs into skewer sized pieces. Mix up the chicken with all the ingredients and the crushed bay leaves and leave them covered, for about ½ hour. Heat the oven for about 10 minutes at 180 before lowering the heat to about 120 degrees. Wrap the marinade in foil and stick it into the oven. The chicken should take about ½ hour to cook. Do not forget to turn it over and check on it. You may want to sauté it initially but as again, an entire baked experience is suggested. Bake until chicken is tender to your taste.

Serving -

Serve with pita bread, naan and the

yoghurt sauce. Sprinkle some paprika and zeera powder. You can wrap it up inside the bread with extra salad and the yoghurt poured over and eat it like a roll.

ROASTED POTATOES

The story goes that sometime in the 1820s, the first prime minister of a newly independent Greece imported potatoes and ordered them to be locked up so no one could have them. A man who knew his people well and their intrinsic mistrust of anything to do with the state, the potatoes were stolen overnight! And now, a Greek dinner table looks incomplete without the presence of this wondrous starch, thanks to the reverse psychology of a politician!

Ingredients

1 kg potatoes, cut up in wedges
½ cup lemon juice
1 tbsp dried oregano
¼ cup diced garlic
1 tbsp semolina or suji (will add a crust)
Salt and pepper to taste
½ cup olive oil (you can add more if the

potatoes seem too dry)

Optional: Dhaka poneer for a top layer sprinkle

Method

Toss all ingredients together and mix them up properly. Preheat oven at 180 for 10 minutes. Layer an oven dish base with foil and spread the potato mix. You may sprinkle the semolina on top of it instead of mixing it together. Stick the dish into the oven and let it cook for about half hour. Keep checking and turning over the potatoes. They should turn light brown with a top crust.

Serving

You may serve it with the above Souvlaki dish as an alternate to the French fries or just with the yoghurt dip.

Health focus

A great alternative to French fries, baked potatoes can be your child's favourite snack and release you of the guilt of serving them unhealthy snacks!

Photo: Collected

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