

HOROSCOPE



ARIES
(MAR. 21-APRIL 20)

Try to be a leader in group functions. Don't let situations get out of control. You can mesmerize anyone you meet. Your lucky day this week will be Saturday.



TAURUS
(APR. 21-MAY 21)

Try to help those less fortunate. You can make extra cash by moonlighting. It is time to clear your decks. Your lucky day this week will be Thursday.



GEMINI
(MAY 22-JUNE 21)

Valuable information will be available if you listen. Risky ventures will result in losses. Concentrate on home improvement. Your lucky day this week will be Tuesday.



CANCER
(JUNE 22-JULY 22)

You will be quite excitable this week. You need some rest. Partners may try to argue with you. Your lucky day this week will be Thursday.



LEO
(JULY 23-AUG 22)

Your energy will allow you to accomplish anything. Make changes to heighten your appeal. Your lucky day this week will be Thursday.



VIRGO
(AUG. 23-SEPT. 23)

Arguments could prevail. Don't use emotional blackmail on loved ones. Arguments may flare up in your home. Your lucky day this week will be Tuesday.



LIBRA
(SEPT. 24-OCT. 23)

You can enjoy social events. You may find your nights sleepless due to bad dreams. Don't make promises you can't keep. Your lucky day this week will be Thursday.



SCORPIO
(OCT. 24-NOV. 21)

Emotions may run amok this week. Don't be too eager to help. Your mate may be unsure about your intentions. Your lucky day this week will be Saturday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Don't leave things unfinished at work. You may find yourself changing crowds. Your lucky day this week will be Wednesday.



CAPRICORN
(DEC. 22-JAN. 20)

Opportunities to get ahead are evident. Avoid spending too much. Don't be too eager to give a piece of your mind. Your lucky day this week will be Sunday.



AQUARIUS
(JAN. 21-FEB. 19)

Your high energy will help you through hectic days. Try to make arrangements with loved ones. Your lucky day this week will be Saturday.



PISCES
(FEB. 20-MARCH. 20)

You will find it easy to learn and excel. Empty promises are evident. Make your intentions perfectly clear. Your lucky day this week will be Saturday.

FYI

Leave the Gluten be

Basically Gluten is protein, which is found in our local flour. The human body requires hardly 15% of this element. Unfortunately, in our country most of the white flour contains 35%-45% gluten which is harmful for our body. Most of the people are still unaware about the problems associated with having too much gluten. Lately, seeing a lot of my friends suffering from gluten intolerance, my concern for the issue has spiked.

I don't have any problems eating gluten myself but I do keep a few containers of gluten free flour blends on hand for those occasions when I need to do some gluten free baking for friends and family members who might prefer it. I also experiment with various recipes in between those occasions, so I know that whatever I'm serving is as good as it can be. In our baking world, for Bangladesh, we don't have any soft flour or gluten free flour. Most of the baking items are produced from soft flour, like cookies, cake, tart etc. I recommend using a gluten free flour blend that is designed to be substituted 1:1 for regular flour, as most of these blends produce cookies with a light, tender texture.

Cornstarch is a fine, powdery starch that is made out of corn. The cornstarch is



actually made from the endosperm of the corn, which makes up most of the kernels that we eat when enjoying popcorn or corn on the cob. Cornstarch, also sometimes called corn flour, is produced by grinding, washing and drying the endosperm of the corn until it reaches that fine, powdery state. The benefit of Cornstarch is that it is absolutely gluten-free. It also has many uses in the kitchen, mostly used as a thickener for sauces, gravies and fruit pie fillings. Since Cornstarch is gluten free, it helps in providing a structure to a baked good while increasing its tenderness. You will also often see it included in batters, where it helps contribute to a light crust after frying.

I love to bake Gluten Free Chocolate Oatmeal Chip Cookies. These cookies happen to be gluten free, but they're delicious cookies that are well worth making regardless of what dietary restrictions you might be dealing with! Like most oatmeal cookies, these start with butter, sugar and eggs. I used a gluten free flour blend and added a generous amount of unsweetened cocoa powder to the dough, along with quick cooking oats and chocolate chips. Interestingly, I have never understood how sugar free cookies can be made. Because without sugar, cookies do not make blend or texture, although calories are lesser. I also know that not all oatmeal is certified gluten free, so be sure to check your packaging carefully if you're baking for someone with dietary restrictions. You can also make your own cooking oatmeal with a little help from your blender or food processor. I find that quick cooking oats are the best choice for these cookies because they don't take away from the chocolaty look of the cookies and blend in nicely with the other ingredients.

By Sharmin Nasrin
Photo: Collected

CHECK IT OUT

Meet the Cartoon People!

Cartoon Show Dhaka is Bangladesh's first ever cartoon/drawing based show. Channeled officially through YouTube, it was launched on 27 October, 2016.

Imagine getting to meet and learn from a host of our very local cartoonists over YouTube!

Cartoon People, a group of slightly eccentric art enthusiasts, is bringing this very hip show for today's youth who are interested in art, cartoons, drawing, sketching, doodling and so on.

Cartoonist Syed Rashad Imam Tanmoy, the originator/initiator of the show, says that for many years he has been feeling a huge need for a media platform for the art lovers. This, intensified by the fact that the youth are mostly hanging out on social media and YouTube as opposed to watching television, led to the idea to start the show on YouTube and create a social media existence (check out their Facebook Instagram pages).

This show has green screens and high-end visual editing to create the most engaging and informative content for audiences who want to learn the art of cartooning. Not only tutorials, the show also promises to come up with artist interviews, funny skits and other interesting things in the upcoming seasons.

Cartoon Show Dhaka welcomes you to join them through your computer screens every Thursday at 8pm. Contact number:



01819400147. YouTube channel: www.youtube.com/c/cartoonpeoplebd. Facebook page: www.facebook.com/CartoonPeopleOfficial.

Peyala's enticing vegetarian menu

In recent years, we can notice an increase in popularity for vegetarian diets or vegetarian items. Not only for cultural reasons but also more and more people are converting to vegetarianism for health benefits nowadays. Peyala, the upbeat restaurant located at Gulshan- 2, understands this growing need among people perfectly. Thus, it has introduced new and tasty vegetarian items, keeping its promise to bring down to you the 'ticket to spice routes' from all around the globe -alongside its other mouthwatering meaty flavours.

Recently, Peyala added stir-fried mixed vegetable to its multi-cuisine mash-ups, which is a very popular dish in North India. It is made with fresh vegetables like potato, carrot, cauliflower, capsicum,

long beans, and zesty spices to entice your taste buds. It is great to eat both in a wrap or a salad bowl. Then, there is 'Cauliflower Manchurian', which is a Chinese specialty - equally crunchy and tasty whether you eat it in a wrap or bowl. And like always, you can definitely customise it from Peyala's range of tasty add-on options, such as tomato salsa, garlic mushroom, etc.

Another tasty item that has been introduced recently is everyone's favourite 'aloo tikki'. The flavourful tikki, having a crunchy crust around it, makes it a perfect option to enjoy the goodness wrapped up in Peyala's fresh tortilla bread. From spicy Tofu of Thailand to falafel prepared with chickpeas, parsley and spices, Peyala has a wide range of mouthwatering delicacies.