

MEALS OF MEMORY
 BY SYEDA NAFISA AHMAD


Kitchen mash-ups

CHICKEN OLIVE

Ingredients

1 whole chicken, deboned
 4 olives, 4 onions
 2 tbsp corn flour
 1 tbsp sugar
 Salt to taste
 Vegetables (½ cup of each) -
 bean, carrot, papaya, cauliflower

Method

Wash and clean chicken, cut the pieces lengthwise. Cut all vegetables as well, each piece 2-inch in length. Boil chicken with salt and 3 cups of water. When chicken becomes soft, add chopped onion and all the vegetables. Cook for 5-6 minutes. Add sliced olives and sugar, and cook for a few minutes. Add corn flour with 1 cup of water, stir continuously, and mix well. Take off from heat, and serve hot.

FISH COCKTAIL

Ingredients

4 slices rui fish
 1 cup prawn (medium size)
 2 eggs
 1 cup chopped onion
 3 tbsp ghee
 2 tbsp tomato ketchup
 Vegetable (small amount) -
 papaya, bean, and pointed gourd

Method

Boil fish pieces and remove skin and bones. Devein prawn and boil. Boil all vegetables with salt. Heat ghee in a pan, add onion. Stir fry onion. Add fish, prawn and ketchup. Stir fry for a few minutes. Add all the vegetables, and mix well. Add eggs and mix well with this. Take off from heat and serve hot with rice.

DHOKAR DALNA

Ingredients

125g channa dal
 5-6 green chilli, 3 tbsp onion paste
 1 tsp ginger paste, 1 tsp cumin paste
 1½ tbsp coriander paste
 1 tsp turmeric paste
 ½ tsp red chilli paste
 ½ tsp five spices (pachforon)
 ½ tsp fennel
 Oil as required

Method

Soak the channa dal overnight, then drain water and grind. Grind green chilli. Mix 'channa dal' and green chilli together with some water and salt. Make a thick paste. Heat a pan and pour the dal in to cook, stirring continuously till it is of a thick consistency. Remove from heat and pour dal onto the greased tray. Spread dal evenly on the tray. Let it cool completely. Cut the mixture into squares and keep aside. Heat oil in a

pan, add the five spices and fennel. Add masala paste, stir. Add some water. Cook till it thickens. Add dal into this mixture, and mix well. Serve dhokar dalna with rooti.

MONTOOSH PITHA

Ingredients

1 cup flour or rice flour
 1 cup coconut shaving
 ½ cup sugar, ½ cup ghee
 ½ cup milk

Method

For filling -
 Heat a pan, add coconut shavings and sugar. Mix well. Remove from heat and keep aside. In a bowl, mix together flour and milk with 1 tablespoon of sugar and 1 tablespoon of ghee. Lightly knead to make soft dough. Divide dough into ten equal portions, and roll out into five-inch round dices. Place a portion of coconut filling on one side of the wrapper and roll tightly, folding the sides to seal the ends with water. Heat sufficient ghee in a wok and deep fry two rolls at a time, till they are crisp and golden in colour. Drain onto an absorbent paper and serve hot.

Photo: Collected



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