

THE FEARLESS OLIVE
BY REEMA ISLAM



FOR A HEALTHY 2017 AND BEYOND!



As the wedding season hits Dhaka with its onslaught of dinners and lunches that make you totter out of the door feeling like you consumed your life's worth of food, here are an assortment of items you can offer those in-between-wedding 'dawat' guests while keeping their palates craving for more. Wishing all my readers a very happy New Year and as the Italians say: 'Mangiare bene e sano' (eating health and being well).

BUTTON UP HORS-DE-OEUVRES

Bbq-ed mushrooms, button ones and layer of eggplant and tomato on it like a bruschetta.

Ingredients

250g button mushrooms (try to choose the smallest ones available)
150g diced egg plant
200g diced tomatoes
½ large red onion, diced
Pinch of cumin powder (zeera powder)
1-2 cloves garlic, diced
2 cloves of garlic, ground into a paste
½ cup olive oil
Salt and pepper to taste
1 tbsp thyme
½ tsp basil
1 tsp dill

Method

Slice off the long stem from the mushrooms to leave the round top only. Saute this in half the oil and half the thyme with half the diced garlic. Add salt and pepper to taste. Saute for about 2-3 minutes but make sure the mushrooms maintain their shape. In a separate batch, saute the tomatoes with half the garlic paste, salt, pepper and rest of the thyme, adding basil towards the end. Saute till the tomatoes look cooked and the garlic is well absorbed. In the last batch, saute the egg plant with rest of the garlic paste, salt and a pinch of cumin powder.



NEW HOT & SOUR CHICKEN SOUP

NOW EVERY HOME WILL BE A RESTAURANT



Creative visualisation • Serving suggestion