

Method

Mix lemon juice, fish sauce and sugar in a mixing bowl. Add garlic and chillies. Set aside. Clean the fish. Do not cut any flings. De-scale. Rub the fish with salt on both sides. Make small cuts on both the sides. Rinse.

Fill the fish stomach with the crushed shallots and lemongrass. Arrange the fish into a steamer. Steam for 20 minutes in medium heat. Transfer the fish into a serving plate. Pour the lemon sauce over the fish and garnish with coriander leaves and lemon slices. Serve hot.

PAPAYA SALAD (SOM-TAM)**Ingredients**

1½ cup peeled and thinly sliced green papaya
½ cup thinly sliced carrot
3 bird's eye chilli
2 garlic cloves
2 halved cherry tomatoes
¼ cup (1-inch cut) green bean (borboti)
¼ cup peanut
2 tbsp dried shrimp (optional)
2 tbsp palm sugar
2 tbsp lime juice
2 tbsp fish sauce

**Method**

Crush garlic and chillies in a mortar until fine. Add green beans, dried shrimps and peanuts, crush them into half. Add tomatoes; crush a little just to break them. Add lime juice, palm sugar and fish sauce mix well. Adjust according to your taste. Add papaya and carrots. Crush a little just to break. Mix well with a spoon.

STIR FRIED CHICKEN WITH GINGER (GAI PAT KING)**Ingredients**

200g boneless chicken breasts
½ cup black fungus (ear mushroom)
½ cup shred ginger
1 tbsp soya sauce, 1 tbsp oyster sauce
1 tbsp fish sauce, 1 tbsp sugar
1 tbsp crushed garlic
2 red spur chilli (angled cut)

Method

Cut the chicken into bite size pieces. Heat 2 tbsp oil in a wok at medium high heat. Add garlic and fry till until softened. Add chicken, cook until the chicken is almost done. Add ginger cook until done (3 to 4 minutes). Stir in oyster sauce, soya sauce, fish sauce and sugar. Add mushrooms and chillies, cook until done.

Note: If you do not like too much ginger, use ¼ cup.

Photo courtesy: Shaheda Yesmin

CHECK IT OUT**Kurkure at DITF**

Kurkure stall at the Dhaka International Trade Fair '17 had created much hype. Five different variants of 'chaat' prepared with Kurkure were available there. Besides Kurkure, PepsiCo brands like Quaker Oats and Lay's were also available with attractive promotional offers. "American Style Cream and Onion", a new flavour of Kurkure had been available for consumer sampling. Well known actors and models had visited the stall (DITF: 33 A, B, C) of Kurkure and enjoyed the unique taste of the products on given dates - Toya on January 13; Sabila Noor on January 20 and Safa Kabir on January 27.

Romantic retreats from Four Points by Sheraton Dhaka

All the venues of Four Points by Sheraton are set to celebrate Valentine's Day. Wrapped, the 24/7 café, is ready to serve you small goodies like cookies, cakes, chocolates and freshly brewed coffee. Meanwhile, The Eatery is serving a special Valentine's dinner buffet (Tk 3,999 net/person) with a beautiful panoramic view of the city from 24th floor.

If you are a nature person and thinking of spending the evening in this soothing weather at an open space, then Panash is just the right option for you. Panash is a Japanese restaurant situated at Four Points Residence with an open garden area where you can enjoy combinations of Californian and Japanese buffet dinner under the open sky (Tk3,999 net/person).

On the other hand, The Beast, city's finest contemporary cuisine restaurant situated on the 26th floor of the hotel with a 360 degree panoramic view, will just take your breath away. Enjoy their 'Chef's Special 5 Course Chic Dinner' (Tk 4,999 net/person).

If you are thinking of a simple getaway with your partner, book our signature premier room for two people (Tk 9,999 net). You will relish yourself with complementary special Valentine's buffet dinner at The Eatery, with complementary buffet breakfast, 30 percent discount at Wrapped, and the option of late check-out up to 3pm.

For reservation, please call +8802986222, send email to reservations.dhaka@fourpoints.com. Visit Four Points at www.facebook.com/fourpointsdhakagulshan/.

Exhibition by Institute of Fine Arts

Annual Art Exhibition 2016 by the Department of Craft of the Faculty of Fine Arts is currently running at the Institute of Fine Arts (Charukola Institute), University of Dhaka. Professor Dr. Nasrin Ahmad, Pro-VC (Education) of Dhaka University, was the Chief Guest of the opening ceremony who inaugurated the exhibition and awarded the students. Famed artist Professor Abdus Shakoor Shah was the Special Guest. The opening ceremony was presided by Professor Nisar Hossain, Dean, Faculty of Fine Art, University of Dhaka.

The exhibition showcases crafts, designs, and sketches by the students and teachers of the Department of Craft. An ode to the Bengali tradition and femininity is being felt throughout the gallery.

The exhibition will continue till 8 February, 2017 (business hours: 10am to 8pm).

Persona on Falgun and Valentine's

Two colourful and joyous occasions are knocking on the door. On the upcoming occasions of Pahela Falgun and Valentine's Day, the beauty salon Persona is going to offer a 7 percent discount. To avail the discount, visit Persona's outlets on 13-15 February, 2017.

Fortune™
FORTIFIED
RICE BRAN
OIL

MAKE THE
HEALTHIEST
CHOICE FOR
YOUR HEART

The first
Rice bran oil in
Bangladesh with
1000mg Oryzanol



BEOL | adani wilmar

2 ORYZANOL: IMPROVES HDL / LDL RATIO. HEALTHIER HEART
HIGHEST CHOLESTEROL LOWERING OIL: HEART FRIENDLY

3 BALANCED PUFA / MUFA RATIO: CLEANER BLOOD VESSELS

4 BALANCED FATTY ACIDS: BALANCED NUTRITION. BALANCED HEALTH



Most researches show that for maximum health benefits daily 300mg Oryzanol is required by the body. An average Bangladeshi daily consumes about 33g edible oil. To get 300mg Oryzanol from the daily oil consumption of 33g, the oil must contain 910mg Oryzanol per 100g. That's why **Fortune™** fortified Rice Bran Oil has been designed with 1000mg Oryzanol per 100g so that sufficient Oryzanol is received by the body at normal levels of oil consumption. Oryzanol is present in many health oils, but is the quantity enough to benefit your health?

Like [facebook.com/FortuneRiceBranHealth](https://www.facebook.com/FortuneRiceBranHealth) for daily updates on amazing health tips & yummy recipes.

*Adequate exercise & balanced diet which includes balanced healthy cooking oil are keys to good health.

*BEOL is a subsidiary of Adani Wilmar Pte. Ltd.