



Add a few drops of lemon to this)
 1 cup Dhaka paneer cubed
 ½ tsp diced garlic
 1 large spring onion, diced
 1 bunch of lettuce
 1 tsp balsamic vinegar
 1 tbsp fresh basil
 ½ cup olive oil
 Salt and pepper to taste

Method

Grill the gourd after smearing it with half the oil, salt, pepper and garlic, for about 20 minutes during which they will soften or brown. Dry roast the walnuts in a pan until they crackle. Chop up all the other ingredients as for a salad. You may fix the acidity through the balsamic vinegar or lemon.

Serving

Toss up the salad and finally pour the honey and let it immerse for about 10 minutes before serving. The natural heat of the roasted ginger will come through, cutting the sweet-sour flavours of the honey mix.

Health focus

Honey is also rich in B vitamins that are needed for testosterone production, as well as boron that helps the body to metabolise

and use oestrogen effectively. Not only that, some studies have also suggested that it may also enhance blood levels of testosterone.

GINGER

Known as the universal medicine in ancient India, ginger was heavily used in Ayurveda to cure a plethora of ailments, but was also considered a great aphrodisiac.

CARROT AND GINGER SOUP WITH ROASTED PUMPKIN SEEDS AND LEMONGRASS

Ingredients

½ kg carrots
 ½ cup ginger, peeled and ground into a paste
 2 large green onions (spring onions) diced
 1 sprig lemongrass
 ½ cup pumpkin seeds
 Beef broth (optional for non-vegetarians)
 Salt and pepper to taste
 Olive oil about ½ cup

Method

Sauté onions until transparent then add carrots and boil for about 10 minutes or 3-4 whistles on the pressure cooker, then add

ginger (and beef broth) and boil for another 10 minutes. Add the salt, pepper, lemongrass and boil for up to 5 minutes. The soup should have reached your desired consistency. Scoop out the lemongrass and after cooling the soup, pass it through a blender to smoothen it out. Roast the pumpkin seeds.

Serving

Serve them with a sprinkle of the green parts of a spring onion, sprig of parsley or coriander leaves and the pumpkin seeds spread on top. You may add some extra virgin olive oil on top and serve with a crispy bread.

STAR ANISE

From the ancient Greeks and Romans to the Asians, the seeds of the star anise a.k.a. aniseed have held a high ranking on the kitchen shelf due to its aromatic qualities and many health benefits.

LAMB WITH CUMIN, CHILLIES SMEARED ON IT AND SERVED WITH A GINGER-ANISE SEED CHUTNEY OR SOME SORT OF ORANGE AND GINGER



Ingredients

2 lamb chops
 1 tsp garlic paste
 1 tbsp cumin powder
 2 large oranges, 5-6 star anise
 Salt and pepper to taste
 Ginger, half of it made into a paste (1tbsp) and the other half cut into thin strips and dry roasted (1 tbsp)
 ½ cup olive oil

Method

Marinate the lamb chops for about 1 hours in a mix of olive oil, the juice of 1 orange, the garlic paste, salt, pepper, cumin powder and powder of the star anise seeds or aniseed.

In a baking paper smeared with olive oil, place these in the oven and cook for about 30 minutes turning over the sides and ensuring it cooks up to your desired level of softness.

You can also grill this but ensure it does not burn as the orange will let it burn faster, in which case leave out the orange from the marinating mix. Cut the other orange in round wedges and caramelize them in a drop of oil until they turn golden.

Carefully extract this juice only taking the pulp. Mix this with the roasted ginger strips. Add a pinch of aniseed powder to this. Season with salt and pepper. You might blend it to get the required sauce consistency.

Serving

Serve the lamb chops with the orange and ginger sauce and a side of roasted potatoes or some bread.

Health focus

Anise contains estrogenic compounds (female hormones) which have been reported to induce similar effects to testosterone, thus increasing libido. The seeds are an excellent source of minerals like iron, magnesium, calcium, manganese, zinc, potassium and copper.

Photo: Collected

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