

½ tsp chopped garlic
5 dry red chillies, roasted
1 tsp mustard oil
Salt to taste

Method
Cut and wash daata shak. In a pan, cook the shak with a pinch of salt on low heat. Cook until the water is fully reduced. Allow it to cool. Now mash the cooked shak with other ingredients and make a bharta.

Oal kochu bharta (elephant foot yam)
In Bangla elephant foot yam is known as oal. It is also grown in abundance in Sri Lanka, the Philippines, Malaysia, Indonesia and other parts of Southeast Asia. In Bangladesh it is used mostly in curries, or in mashed form; even pickles. The leafy part of elephant foot yam is also eaten as a green vegetable and is called oal-shak.

Ingredients
250g elephant foot yam
2 tsp fried sliced onion
½ tsp fried sliced garlic
1 tsp fried mustard seed powder
1 tsp fried red chilli flakes
2 tsp mustard oil
2 tsp pickle
Salt to taste

Method
Cut and wash the elephant foot yam. Boil with little water until the yam is cooked and water is fully reduced. Allow it to cool. Now mash the elephant foot yam with other ingredients. Mix well. Mash and serve.

Chingri macher bharta
Ingredients
250g shrimps
4 green chillies, sliced

4-5 dried red chilli
2 medium sized onions, sliced
2-3 cloves garlic, sliced
1 tsp mustard oil
1 tsp chopped coriander leaves
Salt to taste

Method
Cut and wash shrimps. Let the water drain out. Heat a pan with mustard oil. Fry the shrimps. Transfer the fried shrimps onto a plate. In a same pan add green chillies, red chillies, onions and garlic, fry the ingredi-



ents as well. Set aside. Now grind all the ingredients. Mix in salt and coriander leaves. Mix well and serve.

Dal bharta
Ingredients
½ cup moshur dal
1 big onion, sliced
1 clove garlic, chopped
3 dry red chilli
1 tsp mustard oil
Salt to taste

Method
Boil the dal until the water evaporates and dal becomes soft. Set aside for cooling. Toast the dry red chillies till turn dark and crisp. On a bowl, mix the toasted dry chillies, onion slices, salt and mustered oil. Mix in the cooked dal with the onions and the chillies. Serve with plain white rice.

Potol bharta (pointed-guard bharta)
Potol bharta, a traditional Bengali recipe, very quick and easy to prepare with few



ingredients. It goes well with steamed rice or roti.

Ingredients
500g potol (pointed gourd)
2 chopped onion
½ tsp chopped garlic
1 chopped tomato
½ tsp nigella seeds
2 green chillies
4 slit green chillies
A pinch of turmeric powder

Salt to taste
3 tsp mustard oil
Method:
Take a potol, cut into halves and discard seeds. Wash them and chop roughly. Using ½ cup of water, grind potol, tomato and 2 green chilli into a paste. Heat oil in a frying pan, add nigella seeds. Stir fry for 30 seconds. Add onion and garlic and fry till light brown. Add the potol paste, turmeric powder and salt. Mix well. Keep stirring till all water evaporates. Add slit green chilli and stir till oil separates from the mixture. Remove pan from the heat. Cover the pan, give few minutes standing time.

Delicious potol bharta is ready to serve.
Raw mango bharta
This appetiser is loved by many. You can easily prepare it for yourself, for your friends and family members. Mango bharta is one of the ubiquitous items during summer in every Bangladeshi household.

Ingredients
1 cup raw mango, cut into small pieces
1 tsp chopped green chillies
1 tsp sugar
½ tsp salt
½ tsp toasted red chilli, ground
¼ tsp toasted coriander powder
Method
First take a small bowl. Pour small pieces of mango. Add chopped green chilli, sugar, chilli powder and salt. Toss and mix the ingredients with a spoon. Add toasted coriander powder. Mix and toss again. Make sure all the ingredients are mixed with each other well and spices are mixed with the mangoes. Raw mango bharta is ready.

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