

Grind everything into a fine paste.

Now heat a pan with 2 teaspoons of ghee. When it melts, add almond paste and powder sugar to it. Keep stirring constantly and cook the mixture on medium flame until the mixture becomes thick.

As the mixture becomes thick in consistency turn off the flame and transfer to the plate. Once the mixture cools down slightly, roll into a big dough with a ghee-greased hand. Place this dough ball on the greased butter paper and shape it as a rectangle.

Now roll it out into 1/3 cm thick sheet with greased rolling pin. Keep aside to set. Now cut it into desired sized barfis with a pizza cutter and serve them on a platter.

Tip

If it gets difficult to cut the barfi, transfer the mixture into a pan and cook on low flame until it turns thicker. Now set the mixture to make the barfi.

KAJU/CASHEW NUT BARFI

Ingredients

1¼ cup (200g) cashew nut
½ cup (100g) sugar
2 tsp ghee

Method

Grind the cashew into fine powder in a mixer grinder. Place sugar and 3 table-spoons of water in a wok to simmer until the syrup reaches a consistency. Then add the cashew powder in the wok and cook on low flame while stirring constantly.

Transfer the mixture on a greased plate and let it cool down. Now roll the mixture into big a ball with greased hands. Place the ball on greased butter paper and roll out gently with greased rolling pin into a square shape. Then cut it into desired shape and transfer the barfi on a plate.

You can even use silver warq to garnish it.

BESAN HALWA

Ingredients

250g gram flour (besan)
250g milk
250g ghee
6 cardamoms
1 cup sugar and ½ cup water for syrup
Almond, pistachio and silver paper for garnish

Method

Heat ghee and add green cardamom to gram flour. Roast on low flame for 10 minutes. Keep adding a little milk every few minutes and keep frying. When all the milk has been dried, add sugar syrup and mix well immediately.

As the mixture becomes thick in consistency

turn off the flame and transfer to a plate. Level well with a spatula. Sprinkle sliced almonds and pistachios. Garnish with silver warq and cut into desired shape and serve.

WALNUT BARFI

Ingredients

4 cups cottage cheese
2 cups condensed milk
1 stick butter
½ cup ghee
2 cups walnuts
1 tsp cardamom powder
2 tbsp molasses
Pistachio and almond for garnish

Method

Grind walnuts in the mixer. Melt ghee and



butter in a frying pan. Add cottage cheese; roast till the colour changes. Now add condensed milk, little by little, and cook on low heat. Add molasses, the crushed walnuts. Mix well.

Sprinkle cardamom powder. Stir continuously till it completely dries up. Put pistachio and almonds for garnish.

CARROT CAKE

Ingredients

1 block cream cheese (250g)
¼ cup melted butter (56g)
2 cups powder sugar (240g)
1 tsp vanilla extract
Mix all the above ingredients together and

beat with the beater

1 cup flour
1 cup powder sugar
2/3 cup oil
2 cups grated carrot
2 eggs
½ tsp baking soda
1 tsp baking powder
1 tsp ground cinnamon
1 tsp vanilla extract

Method

In a bowl add eggs and oil, and beat well. Then add sugar and vanilla extract. Mix all dry ingredients; flour, baking powder, baking soda, cinnamon. Add this mixture into the batter and beat well. Now add grated carrots. Mix all together.



Grease the baking dish, pour the mixture and bake for 180 degree C in a preheated oven for 35 minutes.

Let the cake cool down, then pour the cream cheese mixture over the cake and keep into refrigerator for 30 minutes. Slice the cake and serve.

MILK POWDER BARFI

Ingredients

2 cups dry milk powder
½ cup fresh milk
¾ cup sugar
½ cup ghee
1 tsp rose water
7-8 chopped pistachio

7-8 chopped almonds

Method

Put a wok on low heat, add ghee and fresh milk. Immediately add powder milk (if the milk becomes hot then lumps can form). Mix all till they blend well and become like a smooth paste.

Make sure to keep the heat low. It takes around 2 minutes to get a smooth paste.

Add sugar and rose water for flavouring. After adding sugar the paste should become thin, and as it does increase the heat from low to medium and cook for 6-7 minutes more till it becomes thick. Keep stirring to get the perfect texture.

As the mixture becomes thick in consistency, turn off the flame and transfer the mixture on a greased tray and let it cool down. As it does, press gently using a greased spatula. Now add chopped pistachio and almonds, and press gently so nuts set well on barfi.

Now cover the tray using a cling wrap and let it cool down. Then take a sharp greased knife and cut layer into shapes of your choice. The tasty milk powder barfi is now ready to serve.

KUNAFI

Ingredients

2 packet lachcha semai or roasted vermicelli
1 cup crushed almonds
1 cup raisin
1½ cup condensed milk
4 tbsp ghee
2 tbsp rose water

Method

In a pan fry shemai with ghee till it turns golden in colour. Mix condensed milk with rose water. Then pour the condensed milk into the semai and mix well on medium heat. Add chopped almonds and raisins; mix all. Now transfer this mixture in the greased tray. Leave it to cool, then cut in pieces and serve the fabulous kunafa.

BASBOUSA

Ingredients

1 cup melted butter
1 tin condensed milk
1 cup semolina

Method

In a bowl, with the help of a spatula, mix butter, semolina and condensed milk. Grease the baking dish, pour the mixture and bake at 180 degree C in a preheated oven for 35 minutes. Let the cake cool then slice it. Mouth-watering basbousa is ready to serve.

Photo: Collected

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Tamanna Chowdhury
Principal Dietician
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