



### DHAKA PONEER LIGHTLY GRILLED IN OLIVE OIL, WITH ONION PICKLE AND SOME VEGGIES IN AN OPEN FACED SANDWICH

Pickles have generally been around for a few millennia now and were always a great way to preserve vegetables.

#### Ingredients

200g Dhaka Poneer  
Any seasonal vegetables, like gourd or lau, carrots, potatoes, peas, long yard beans (borboti), shim and even leafy greens like shaak  
Salt and pepper to taste

Chopped basil and oregano powder

Olive oil

Whole brown wheat bread

#### For the onion pickle

1 large red onion cut in thick round slices

1 cup apple cider vinegar

1 tsp brown sugar

Optional some whole bay leaves

(1-2), peppercorns and rosemary leaves

#### Method

Chop vegetables in round slices. Sprinkle them with salt and pepper and smear some olive oil on them and stick them into the grill oven for about 25-30 minutes to let

them cook. In a grill pan or a thick non-stick pan, lightly fry the chopped Dhaka poneer in olive oil. Add some pepper to this and do not fry for more than 2 minutes. Take off the fire and mix with the vegetables.

For the pickle, take thickly sliced round onion rings and separate each ring. Mix them up with salt and stick them into the apple cider vinegar and add sugar. You may avoid the sugar or add more if you want. The other spices are also optional but add all this and cover in glass jar for a few days until the vinegar turns pink in colour.

#### Serving

Mix vegetables with the Dhaka poneer and add pickles and herbs and mix well. Toast bread and make a sandwich with this filling and serve with the feta stuffed jalapeno

#### Health benefits

Pickled onions can have their benefits but the key word here is moderation. They are a good source of dietary fibre, vitamin B6, folate, potassium and manganese, and also vitamin C.

**Photo: Sazzad Ibne Sayed**

**Food Styling: LS Desk**

#### CHECK IT OUT

## Register for culinary competition!

The nationwide hunt for culinary talents has begun. 'Meizan-Malaysian Palm Oil Shera Rondhoshilpi 2017' is inviting entries for the reality show. The programme is going to be presented by the country's popular TV channel ATN Bangla (from the third week of August 2017) and leading tourism and aviation fortnightly publication, The Bangladesh Monitor.

Culinary artists need to submit at least one entry to participate in the competition. Each entry should contain: a recipe of Bangladeshi main dish for four adults, participant's name, passport size photo, contact details, division from which he/she intends to compete. One participant may send more than one entry.

Registrants will be divided into four greater regions. Based on the recipes, a jury committee (comprising of culinary experts, nutritionists, and celebrity chefs), will select 8 participants from each region and invite them to take part in the TV show. The participants will go through several elimination rounds.

The winner will receive a cash prize of Tk 3,00,000, while the first and second runners-up will be awarded Tk 1,00,000 and Tk 50,000 respectively. One contestant will be honoured with 'Prof. Siddiqua Kabir Trophy' for knowledge in nutrition.

The last date of registration is July 10. Details of the competition are available on web-link [www.bangladeshmonitor.net/rondhoshilpi](http://www.bangladeshmonitor.net/rondhoshilpi)

## Karupalli's Eid collection

Bangladesh Rural Development Board's Karupalli (which specialises on handicrafts and products of small and cottage industries) has prepped up for Eid with their special collection, which includes saris, shalwar kameez sets, fatuas and panjabis. The collection comprises attires for men, women, and children. The designs and colours feature the festive look of Eid.

Karupalli's outlet is located on the ground-floor of Palli Bhaban in Karwan Bazar.

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