

# HOROSCOPE



**ARIES**  
(MAR. 21-APRIL 20)

Be diplomatic and honest. A colleague may cause problems. You can make money through your own creative efforts. Your lucky day this week will be Tuesday.



**TAURUS**  
(APR. 21-MAY 21)

Cultural activities will be enlightening. Don't let other people meddle in your private affairs. Don't blow situations out of proportion. Your lucky day this week will be Thursday.



**GEMINI**  
(MAY 22-JUNE 21)

Disagreements could lead to isolation. Depression may be likely if you're away from home. Be careful with any secret information. Your lucky day this week will be Monday.



**CANCER**  
(JUNE 22-JULY 22)

Consider making residential changes. Entertainment can be pleasing. Look out for those wanting to push you into a disagreement. Your lucky day this week will be Monday.



**LEO**  
(JULY 23-AUG 22)

Don't make large purchases. Try to avoid unnecessary conflict. Romance is on the horizon. Your lucky day this week will be Sunday.



**VIRGO**  
(AUG. 23-SEPT. 23)

Love could develop with someone of a different cultural background. Don't lose your cool. Disputes due to lack of trust is likely. Your lucky day this week will be Sunday.



**LIBRA**  
(SEPT. 24-OCT. 23)

Face emotional problems head-on. Your talent will be recognised. Don't lead someone on for the wrong reasons. Your lucky day this week will be Friday.



**SCORPIO**  
(OCT. 24-NOV. 21)

Get involved in projects that will bring you some glory. Romance would do you well. Enjoy the company of relatives. Your lucky day this week will be Monday.



**SAGITTARIUS**  
(NOV. 22-DEC. 21)

Try to offer your insight. Don't consume more than necessary. Don't let others exhaust you financially. Your lucky day this week will be Wednesday.



**CAPRICORN**  
(DEC. 22-JAN. 20)

Travel in pursuit of pleasure and knowledge. Take care of your lover's needs. Be prepared to deal with opposition. Your lucky day this week will be Saturday.



**AQUARIUS**  
(JAN. 21-FEB. 19)

Your problem-solving ability will be paramount at work. Don't jump the gun. Assist a loved one as best as you can. Your lucky day this week will be Friday.



**PISCES**  
(FEB. 20-MARCH. 20)

Make your intentions perfectly clear. You will be able to communicate well this week. Put your efforts into money-making ventures. Your lucky day this week will be Saturday.



QURBANI SPECIAL

## EID SPECIAL RECIPES

Don't we all love Eid Ul Azha? The perfect time for indulgence into savoury beef items and flavourful mutton cuisine!

Star Lifestyle always believes in staying right by its patrons through every occasion on the calendar and it certainly will not miss the chance of helping you plan a food bonanza after the much celebrated Eid of sacrifice.

In this issue we are assembling mouthwatering recipes from 5 star hotels and restaurants like Four Points Sheraton and Khazana, home cooked recipes by veteran cook Shawkat Osman, fantastic guidelines from our very own prolific recipe columnists ReemalIslam, Salina Parvin,

Shaheda Yesmin and a very special section covering a well-guarded secret family recipe (Nawabi cuisine) from one of our much valued readers and a great deal more.

If you consider yourself an enthusiastic food connoisseur and have been bragging about it to your friends and family all this long; the coming issue should be a souvenir and your ticket to prove to the world how good a cook you are as well as being a food taster.

Finally our wish to the readers is that you have an appetizing Eid!

-- LS Desk

**Photo: Sazzad Ibne Sayed**

**Food styling and preparation: RBR**

**AAPPAYON**  
BY SHAWKAT OSMAN



## KNOW YOUR GOAT

Whenever the Eid-ul-Azha comes around, there is a distinct shuffle of enthusiastic fingers on the keyboard looking for all those mouth-watering recipe tutorials on Youtube. But the first hurdle thrown by most recipes are the various cuts of meat. So let us dissect the issue, pun intended.

### 1. NECK

The neck consists of the neck vertebrae and coarse-textured meat containing a large amount of white connective tissue (collagen). Long, slow cooking will convert this connective tissue into gelatine and make meat tender. The yellow connective tissue (elastin) is not affected by the heat and should therefore be removed prior to cooking.

### 2. THICK RIB

The thick rib consists of a few vertebrae, 5 to 6 ribs, and part of the shoulder blade and an even layer of fat. If shoulder is removed round, the upper muscle layer and fat layer of thick rib are removed with the shoulder blade.

### 3. FLANK & BREAST

The breast is sawn off with flank for convenience. The cut contains the breastbone and ribs in a triangular shape where the flank joins the breast. A large proportion of white connective tissue occurs in the flank and the meat has a coarse texture.

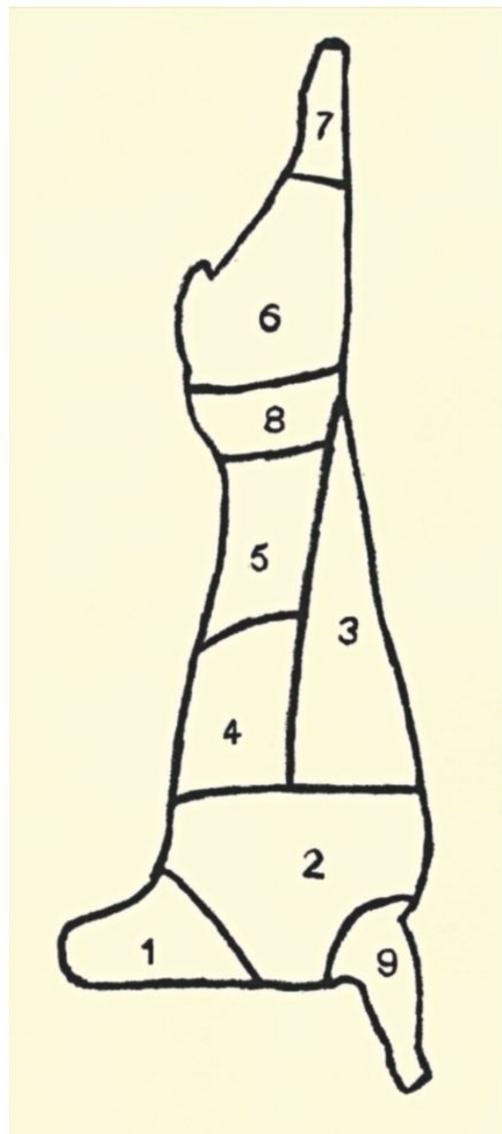
### 4. RIB

The rib consists of vertebrae, ribs, a single eye muscle and an uneven fat layer. Meat has a fine texture. It is heavily marbled meat with a thick outer layer of fat. In fact, over 50 percent of its calories come from fat, even after trimming.

### 5. LOIN

A feature of the loin is the T-shaped vertebrae flanked by the very tender fillet on

the one side and the eye muscle on the other. If removed before the carcass is halved, this cut is known as the saddle. This



section is considered the choicest part of the goat.

### 6. LEG

The leg contains the pelvic bone, marrowbone and shank bone and is possible the most popular cut. The hind shank is among the leanest cuts of the goat.

### 7. SHANK

The shank contains the shank bone, meat with a coarse texture and a large proportion of white connective tissue. When well cooked the muscle is very soft and buttery.

### 8. CHUMP

The chump contains the pelvic bone and a large proportion of meat. The chump can be left on the leg for a longer leg oven-roast.

### 9. FORE SHANK

The fore shank, which is connected to the breast, is a lean, stringy cut--only 29 percent of its calories come from fat. It is usually tenderised by cooking in liquid for long periods and is cubed for stewing. The shoulder blade, marrowbone and shank bone are situated in the raised shoulder, which is covered with an even layer of fat. Attached to the shoulder blade is the softer cartilage section. If the shoulder is removed round, the upper portion of the thick rib is included.

### DIETARY VALUE:

Mutton, with visible fat trimmed contains 665 Kcal of energy, 6.6 grams of protein, 70.6 gram fat, (saturated-32.2 gram, polyunsaturated-5.4 gram, monounsaturated-29.1 gram), 90 mg cholesterol, 31 mg sodium, and 1.7 mcg vitamin B12. (Dietary Fiber-0 g, Total Carbohydrates-0 g, Total Sugars-0 g)

**Photo courtesy: Recipes from the Rasoi by Shawkat Osman**