

**Method**

Mash the chhana into a smooth paste. Take half of the chhana in a heavy bottom pan and add sugar. Cook on medium heat, stirring continuously for 3-4 minutes. Remove the pan and allow it to cook down. Now add the remaining chhana, powder milk, ghee and milk cream to it. Mix till smooth. Take a small amount of mixture at a time and give them perfect round shape with the palm of your hands. Coat mawa over it and prepare to serve.

KACHAGOLLA

Kachagolla is a famous Bengali sweet dish. This delicious sweet recipe is made from cottage cheese, sugar and cardamom. It requires few ingredients and is quick and easy to prepare.

Ingredients

250g chhana (cottage cheese)
200g sugar, ¼ tsp cardamom powder
Raisins and nuts to garnish

Method

Knead the chhana with the palm of your hand for 8-10 minutes. Combine chhana and sugar in a non-stick pan. Place the pan over low heat. Stir continuously for 2-4 minutes. The sugar will melt and release moisture; quickly remove the pan from heat. Add cardamom powder and stir the mixture continuously for 5-6 minutes. Let the mixture cool down.

Take small portions and shape them into round balls, garnish with raisins, nuts and serve.

**DARBESH**

Darbesh is a popular and classical Bengali sweet which looks like a boondi laddu but tastes different. One of the main ingredients is mawa, while we don't add mawa in the boondi laddu. These are prepared in a lot of Bengali households and enjoyed by all.

Ingredients

750ml oil
200g mawa
1 big cardamom seed
1 pinch baking powder
250g gram flour
2 tbsp cashew nuts
50g rice flour
½ tsp nutmeg powder
2 tbsp raisins
Few drops red and yellow food colour

4 cups water
4 cups sugar

Method

Take rice flour, baking powder and gram flour in a bowl and whip them together with water to make a batter. Split the batter into two equal halves. Add the red colour to one half of the batter and the yellow to the other.

Heat oil in a pan. Pour the batter through a perforated ladle. Fry the drops until crispy. In a separate pan, add water to sugar and boil till it forms a thick syrup. Dip the fried

boondi in the syrup. Simmer on medium flame for about 5 minutes and keep stirring frequently. Turn off the flame and cover it with the lid.

Mix nutmeg powder, raisins, mawa, cashew nuts and crushed cardamom seeds with the boondi when it is still warm. Let it cool down. Use your hand to make round shaped boondi laddus. Darbesh is ready.

RASHMALAI**Ingredients**

For saffron flavoured milk —

5 cups full fat milk
½ tsp saffron strands
1 tbsp warm milk
¼ cup sugar
¼ tsp cardamom powder

For the roshogolla—
5 cups milk
1½ tbsp lemon juice

1 cup sugar

To garnish —

1 tbsp pistachio (slivers)
1 tbsp almond (slivers)

Method

For the saffron flavoured milk, boil the milk in a non-stick pan on high flame, stirring twice in-between. This will take approximately 4-5 minutes. Reduce the flame to a medium and cook for 15 minutes or till the milk reduces to half its quantity, while stirring occasionally and scraping the sides of the pan.



Meanwhile, combine saffron and warm milk in a small bowl. Mix well and keep aside. Add the sugar to the boiling milk. Switch off the flame, add the saffron-milk mixture and cardamom powder and mix well. Keep aside to cool for 30 minutes and refrigerate for at least 1 hour.

For the roshogolla, boil the milk in a deep non-stick pan on high flame, add the lemon juice gradually and keep stirring gently till it curdles. It is completely curdled when the chhana and the whey (greyish) separate.

Strain using a fine cotton cloth. Place the cloth with the chhana in a bowl of fresh water and mash it gently for 1-2 minutes. Tie and hang it for 30 minutes for the extra water to drain out. Squeeze the cloth to drain any more water remaining. Now knead the chhana well using your palm for 3 to 4 minutes or till it is smooth and free of lumps.

Divide the chhana into 10 equal portions and roll each portion into a small ball between your palm and flatten it lightly and gently. Keep aside. Put 5 cups of water in a pan, add the sugar and bring it to boil, stirring occasionally until the sugar dissolves completely. Put the chhana balls into the sugar water and steam for 7-8 minutes. Switch off the flame and allow it to stand in the steamer for 30 minutes.

Remove the roshogolla from the sugar syrup, squeeze them gently and add them to the saffron flavoured milk and stir gently. Refrigerate them for at least 30 minutes. Serve chilled, garnished with pistachios and almonds.

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