



MEALS OF MEMORY

BY SYEDA NAFISA AHMAD

We love our veggies

STEAM COLOCASIA (KOCHU)

Ingredients

700g colocasia
4 tbsp oil + to deep fry
3 medium sized onions
1-inch piece ginger
10 cloves garlic
3 tbsp poppy seeds
2 cups yoghurt
1 tsp red chillies powder
1 tsp cumin powder
½ tsp turmeric powder
4-6 green cardamom
1 tsp coriander powder
¼ tsp nutmeg powder
½ tsp garam masala powder
Salt to taste
¼ cup fresh cream

Methods

Wash, peel and cut colocasia into one-inch sized pieces. Heat sufficient oil in a pan and deep fry colocasia till it is crisp and golden brown. Keep aside. Peel and wash onions and cut into halves. Add 2 cups of water and boil till soft. Drain out excess water and cool and grind to soft paste. Grind ginger and garlic to a fine paste. Dry roast poppy seeds and soak in half a cup of water for half an hour. Grind to smooth paste. Whisk the yoghurt along with red chilli powder, cumin powder and turmeric powder. Heat 4 tbsp oil in a pan, add green cardamom and boil onion paste. Sauté till light golden brown. Add ginger, garlic paste and coriander powder. Mix well.

Stir in poppy seeds paste and cook for a minute. Add whisked yoghurt and bring it to a boil. Add fried colocasia, grated nutmeg, garam masala and salt. Cover the pan with a tightfitting lid or seal the lid with flour dough (atta) and simmer for 30 minutes. Just before serving open the lid and stir in fresh cream.



EGGPLANT YU XIANG STYLE

Ingredients

8-10 eggplant small sized
3 tbsp cornstarch
Salt to taste
Oil to deep fry
Sauce —
2 spring onions
2 green chillies
2-3 cloves
1-inch piece ginger
1 tbsp hoisin sauce
½ tsp sugar
1 tbsp malt vinegar
¼ tsp tasting salt
1½ tbsp soya sauce
Salt to taste
1 tbsp cornstarch
2 tbsp oil



Method

Wash, pat dry, and quarter eggplant lengthways. Sprinkle salt and leave aside for 15 minutes. Wash, drain well and pat dry with an absorbent kitchen towel. Add salt to taste and 3 tbsp of cornstarch to the eggplant and mix lightly. Heat sufficient oil in a wok and deep fry the eggplants until they are crisp and light golden brown. Drain and remove onto an absorbent kitchen towel. Wash, trim and finely chop spring onions. Deseed and slit green chillies. Finely chopped ginger and garlic. Blend the hoisin sauce, sugar, vinegar, tasting salt, soy sauce, and salt to taste. Blend 1 tbsp cornstarch in one cup of water.

Heat oil in a wok, add chopped garlic, ginger, slit green chillies and stir fry briefly. Add chopped onions and continue to stir fry for a minute more. Add blended sauce and seasoning mix and stir in blended cornstarch. Cook till it starts to thicken and add fried eggplants. Toss well and serve hot.

AVIYAL

Ingredients

1 medium sized carrot
200g pumpkin
1 medium sized raw banana
100g sweet potato
½ cup scraped coconut
4 green chillies
1½ tsp cumin seeds
1 tbsp rice
¼ cup green peas
10-12 curry leaves
2 tbsp butter
6-8 French beans
6-8 broad beans
1-piece drumstick
1½ cup yoghurt
Salt to taste

Method

Peel and wash carrot, pumpkin, raw banana, and sweet potato. String French beans, broad beans. Cut these vegetables into finger sized not more than two inches in length. Cut drumstick into finger size. Boil sweet potato separately in salted water, drain and reserve. Wash and drain green peas. Grind coconut, green chillies, cumin seeds, and rice with a little water to a fine paste. Whisk yoghurt with this paste and keep aside. Boil rest of the vegetables and curry leaves in one and a half cups of salted water. When the vegetables are almost done, add the yoghurt mixture and stir thoroughly. Bring to simmering point and remove from heat. Add butter on the top and serve.

BEOL

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