

FOOD-O-GRAM

BY RUKHSARA OSMAN



KHEER

Rukhsara Osman has a bittersweet memory to relate for her dessert item, kheer — one that makes her smile with every spoonful she takes. Her earliest memories are of her mother feeding her lots of kheer as a child in order to increase her milk intake and also of kheer being a regular item on her grandma's dinner table.

Needless to say, Rukhsara was extremely fond of kheer as a child, to the extent that whenever she went to a wedding with her mother and there happened to be kheer for desserts, Rukhsara managed to sneak a few extra helpings back home with her, all the time hiding behind her mother's anchol, in fear of getting caught!

At one such dawat her mum ran into her school principal, and joked with her that school had taught Rukhsara everything except that she should not be sneaking away extra helpings of kheer from dawats. As if telling the principal was not enough, to the utter mortification of Rukhsara her mother then exposed her from behind her anchol.

The adults had a good laugh at this but

little Rukhsara was embarrassed enough to swear to herself then and there, never to take any extra helpings of kheer home again.

Ingredients

(serves 2-3)

1 litre milk, full fat
3 tbsp rice, preferably the finer atop chaal
½ tsp ghee
½ tsp green cardamom pod
¾ cup crushed date palm jaggery
Some chopped dry fruits (almonds, dates, cashew nuts and raisins)

Method

Put the milk to boil on a thick bottom pan. Meanwhile wash and drain the rice, heat a frying pan and just sparingly brush the pan with ghee. Add rice and reduce the flame to low, fry for just a minute until the strands separate but the colour of the rice does not change. Do not stir too much rather toss to avoid breaking the rice strands and keep

aside.

Once the milk has come to a full boil then reduce the heat and let it simmer for 5 minutes, then add the entire rice and using a long ladle stir it well. Leave the ladle in the pan and stir every 3-4 minutes scrapping down the cream from the sides and base of the vessel. Cook until the kheer thickens

then add the cardamom powder and remove from the heat.

Now stir in the crushed jaggery until incorporated. Taste and adjust the sweetener, cover and let it rest for 5-10 minutes.

Serve garnished with cashews and raisins serve warm in winters and chilled during summers.

Photo: Collected



MAKE IT OR BAKE IT

BY SHARMIN RAHMAN

Group Creative Director,
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BROTH IN A BOTTLE

Sharmin Rahman has given us a truly unique soup recipe. Its uniqueness lies in the method in which it is made, and it is this method that fascinated Sharmin as a child.

Whenever her mother made this soup, Sharmin found herself tailing her mum in the kitchen observing this soup being made. Her mother made it a point to feed her this soup whenever she was recovering from a bout of fever. Soon Sharmin made the connection between fever and this particular soup.

She recalls that in those days Tang and Horlicks were sold in glass bottles and her mother always preserved these bottles to use them to make this soup. It is a very basic soup with a simple taste, but as it was made in a bottle, she found herself feigning illness, especially claiming to have fever, even when she had a mild cold, so that she could watch her mother make this soup for her.

Ingredients

1 pullet (local baby chicken)
1 small onion (local)
1 garlic clove
1 small piece ginger
2 black pepper corns
1 cardamom
Pinch of salt

Method

Take an empty glass jar that contained more or less 750 grams of food item previously; wash and clean it dry. Put water in a large pot and bring to boil. Peel onion, garlic, ginger, and put into the jar as whole; throw in the cardamom and the pepper



corns; take pinch of salt, no more as it is going to be a very light broth and you can always add table salt later, as per taste, when consuming the soup.

Cut the chicken into quarters first and then to usual eight, bone in; batter lightly with the stone of your 'sheel-paata' and place inside the jar. Pour 1 cup water and

seal the jar as tightly as you can; make sure it is completely air tight.

Lower the heat of the stove, put the bottle carefully into the hot water; put lid on; slow cook for 20-30 minutes, depending on the size of the chicken. You can do the bain-marie in a rice cooker as well.

Open the jar when it has durably cooled

down; sprinkle with chilli flakes, lime zest or anything else to jazz it up, otherwise may taste a little bland. It's a great source to replenish nutrition post fever, surgery or any other illness and should be very comforting on winter or a rainy day.

By Samina Hossain

Photo: Collected