

Spring is the prince of seasons. It is the symbol of colours and rejuvenation, often glorified in prose and poetry, and serves as the muse for many an artist. It is the symbol of life and its resilience. It comes with the message of hope and joy. Nature seems to burst with joy at spring's arrival, the trees and plants adorned with leaves anew, with buds blossoming into blooms. The skies are a happy blue, inviting to the soul. The cool and refreshing south west wind begins to blow...

DESHI MIX

BY SALINA PARVIN



Stay well in spring



SAJNE DATAR CHORCHORI

Ingredients

10 drumsticks (peeled and cut into 3 inch long)
1 quartered yellow pumpkin, around 15-20 chunky pieces
1 potato, large (cut into medium size chunks)
1 tsp minced ginger
½ tsp Allspice mix (panch phoron)
3-4 green chilli
½ tsp turmeric powder
1 tbsp mustard powder
½ tbsp mustard oil
Salt and sugar to taste

Method

Wash and cut all the vegetables as mentioned. Heat oil in a pan. Temper the oil with five spices, add the minced ginger, and saute. Add all the vegetables and fry them for 10 minutes or until they become tender.

Add salt and other spices except mustard, and fry for a while on medium heat. Add the green chillies and mustard powder and fry for few more minutes. Add water to just cover the vegetables and let it simmer on low heat till done. You can add few drops of ghee before serving it with steamed rice.

PAAT SHAK DAAL (LENTIL WITH JUTE LEAVES)

Ingredients

1 cup red lentils
250 gm jute leaves, 2 tbsp oil
½ cup onion, slices
4-5 green chillies, sliced in half along the length
½ tsp turmeric powder
1 tsp red Chilli powder
½ tsp cumin powder
Salt to taste

Changing seasons call for a change in food habit. It is necessary to modify our food habits according to season. If we follow our diet as per the season then we will be fit and will not fall sick. In spring those foods include a wide array of veggies and fruits that will make you feel nourished while also gently cleansing and resetting your digestive and immune systems. Enjoy these few delicious spring foods.

NEEM BEGUN (NEEM LEAVES WITH BRINJAL)

I am sharing with you a very nutritious recipe made with Neem leaves and brinjal. It is a typical Bengali recipe and very popular in Bengal. This dish has a bitter taste, is quick and easy to prepare, and requires few ingredients. This dish is perfect for spring and summer.

Ingredients

¼ cup newly grown neem leaves
2 brinjals, cut into small cubes
1 tbsp chopped onion
¼ tsp turmeric powder
2 green chillies
Salt to taste
1 tbsp oil

Method

Soak the brinjal cubes in water for 10 minutes, drain and keep aside. Put the neem leaves in a colander and wash. Heat oil in a pan. Add chopped onion and fry them for a few minutes. Add brinjal and turmeric powder, fry for 4-5 minutes. Remove it from the pan. Keep aside. In the same pan, add the neem leaves and reduce the heat and fry the leaves until crisp (do not add oil). Now add the fried brinjal to the neem leaves. Add salt and green chillies. Mix and fry for 3-4 minutes. Remove pan from heat. Neem begun is ready. Serve the healthy dish as a first item for lunch.

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