

**Method**

Heat oil in a pan. Fry the sliced onion till golden in colour. Add the daal and stir. Sprinkle the turmeric, cumin, red chilli powder and salt. Cook until the oil starts to float on top. Add ½ cup of water and green chillies. Cook for five minutes with the lid on. Take the lid off and add the jute leaves. Stir and mix well. Cook for another 5 minutes. A distinct flavourful smell will be released. The dish is ready. Serve with plain rice or roti.

**ALOO METHI**

Aloo Methi is a classic North Indian dish. It is a delicious combination of potatoes and aromatic fenugreek leaves and spices. It is a wonderful green leafy vegetable full of vitamins and good dietary fibre. Methi leaves have a unique strong flavour and slightly bitter taste. Methi is not only used fresh with other vegetables but it also used dry.

**Ingredients**

3 medium potatoes  
1 bunch fresh methi leaves  
½ tsp cumin seeds  
½ tsp coriander powder  
½ tsp red chilli powder  
½ tsp turmeric powder  
1 tsp mango powder (amchoor powder)  
2 tbsp oil  
1 tbsp ghee  
Salt to taste

**Method**

Wash and chop the potatoes with skin into small pieces. Wash the methi leaves in a colander. Now take some methi leaves, bunch them together and chop them coarsely. Heat 2 tablespoons oil in a pan, and add cumin seeds and fry them for 30 seconds. Add coriander powder, red chilli powder and turmeric powder and mix well. Add potatoes, chopped methi and salt. Mix well. Cover the pan and cook on medium

heat. Do not add any water because they cook on their own steam. In about 15 minutes, the potatoes will become tender. Once all the water evaporates, sprinkle mango powder and 1 tablespoon of ghee over the potatoes and methi. Mix and cook for another 1 minute. Turn the stove off and serve.

**KOI FISH WITH HELENCHA SHAK**

Helencha Shak grows in the water and is commonly seen widely all over Bangladesh. It is used for local herbal remedies as well as a vegetable. It is bitter in taste. The plant is rich in protein and good source of beta-carotene. It has plenty of medicinal benefits. It is useful against skin diseases. It is

useful for the treatment of prickly heat as well as anorexia. It also helps against liver disorders and sleeplessness.

**Ingredients**

1 bunch of Helencha Shak (watercress)  
6 pcs koi fish  
2 tbsp mustard oil  
4 sliced green chillies



Salt to taste  
Spices for tempering  
¼ tsp cumin seeds  
2 bay leaves  
2 whole dry red chillies  
Spice for gravy  
2 tbsp onion paste  
½ tsp turmeric powder

1 tsp red chilli powder

½ tsp garlic paste

**Method**

Cut and wash the fish. Marinate the fish with a pinch of salt and turmeric powder. Keep aside for 15 minutes. Cut and wash the helencha shak. Blend all the gravy spices in a blender and make a smooth paste. Heat oil in a pan. Fry the marinated fish until they turn light golden brown, and set aside. Heat the pan again with the fried fish infused oil, allow high heat until smoking point, now add the broken whole chilli, cumin seeds and bay leaves one after another. Add gravy spices paste, salt and fry a little. Now add a little water. Cook for few minutes till oil floats to the top. Add helencha shak and green chilli. And half cup of water. Add fried fish and cook for 5 minutes on medium heat. When it is done, serve with hot plain rice.

**GINA SHAKER BORA****Ingredients**

2 cups Gina Shak, washed, leaves separated  
1 cup gram flour  
½ cup rice flour  
½ tsp red chilli powder  
¼ tsp turmeric powder  
1 cup chopped onion  
4 green chilli, chopped  
Salt to taste  
Oil for fry

**Method**

Mix all the ingredients with a little water to make batter; the batter should be just moist enough to allow shaping by hand. Heat oil in a frying pan. Drop hand shaped dollops of the batter in the oil to make boras, and fry both sides until golden brown and crispy. Serve this with plain rice for a touch of old school authentic Bengali food.

**Photo: Collected**



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