

FLAVOURS OF MIDDLE EAST**MD BILLAL HOSSAIN**Chef Qatar Airways
First and Business Class Lounge

Middle Eastern Drinks

**Healthy and Halal
Everyday**
**BENGAL
MEAT**

নিরাপদ ও স্বাস্থ্যসম্মত

DATES AND MILKSHAKE**Ingredients**

10/12 pieces dates
2 tbsp sugar/as required
2 glass of boiled and chilled milk
2 tbsp pistachio
Some ice cubes

Method

Wash the dates and remove their seeds. Take a blender, add the seedless dates, pistachio, sugar and a glass of milk. Blend well for few minutes. Add the rest of the milk, ice cubes and blend all the ingredients together for 3-4 minutes. Strain the milkshake and pour the shake into the glass. Serve chilled!

Serves: 2

KHOSHAF DRINK**Ingredients**

5 dry apricots, cut into small pieces
3 cups hot water
½ cup raisins
1/3 cup dry prunes, cut into small pieces
A few dry figs, cut into small pieces, or any dry fruit of your choice
12 dates, cut into small pieces

A few walnuts

A few pinenuts

Pinch of pistachio slices

Pinch of almond slices

Honey or sugar

2 tsp orange blossom water

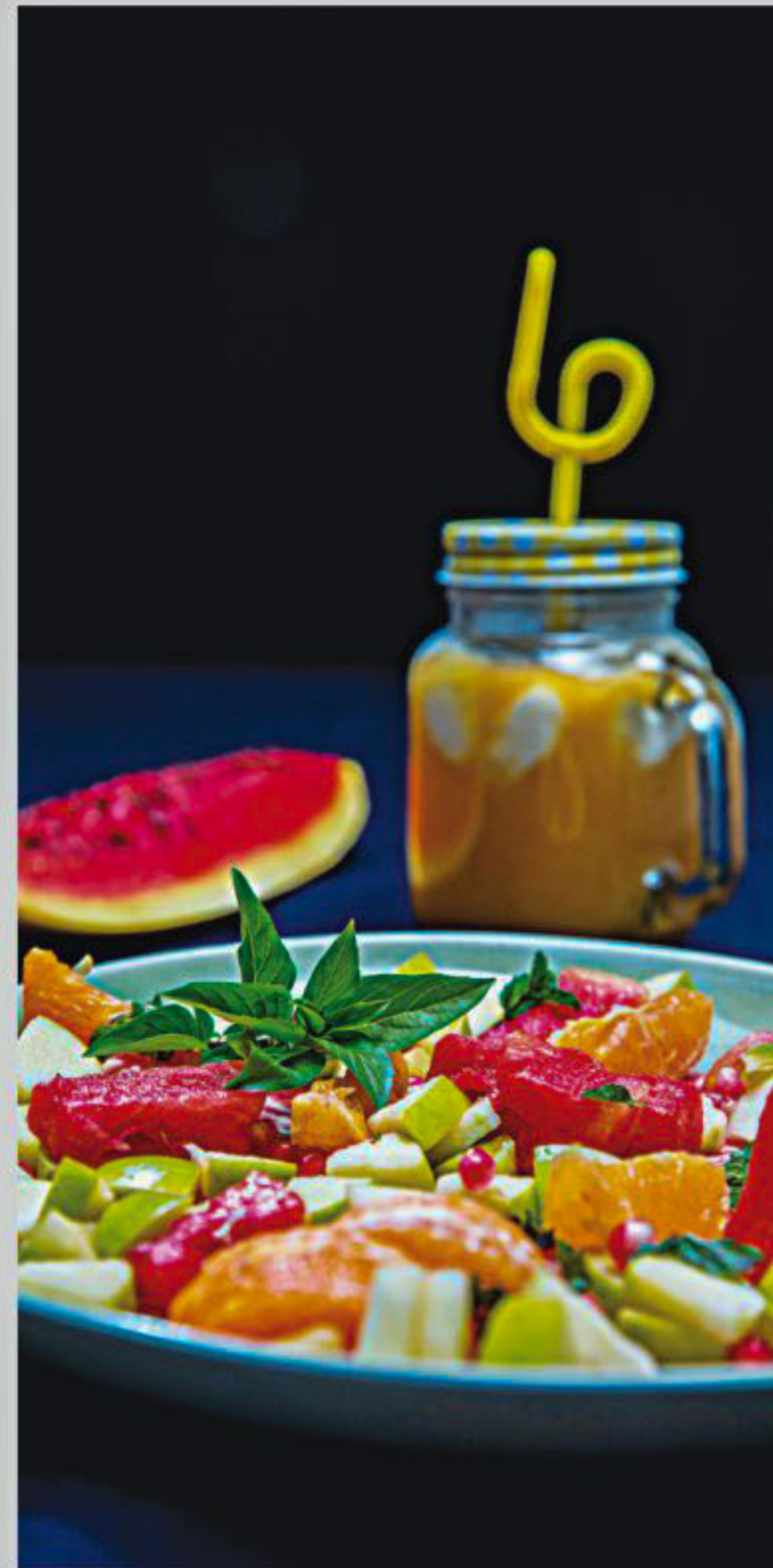
Mint leaf for garnish

Method

Mix all ingredient in a glass bowl, add 3 cups of hot water. Sprinkle the sugar on the fruits and mix again. Cover and let it set in the fridge for two to three hours. Serve chilled in a glass with mint leaf on top.

Serves: 3

To get into the full swing of this Summer Ramadan, why not incorporate some of our deshi fruits as well? Bel is in season, and mango is soon to follow, with some vanilla ice-cream and some garnish of your choice, make a tasty treat for yourself! And if your lactose tolerance is blessedly good, try malai or other milk based delicacies for a premium treat on your drinks.

**ROSE LEMONADE****Ingredients**

2 glasses of water or soda water (chilled)
4 slices of lemon
2 tbsp lemon juice
2 tbsp rose syrup, Some ice cubes
Mint leaves for garnish

Method

Mix ingredients in a pitcher and taste. For a sweeter drink, add more rose syrup. add more lemon for a tarter drink. Add ice, A lemon slices and serve in decorative glasses with mint leaf and lemon slices on top.

Serves: 2

SOBIA DRINK**Ingredients**

2 tbsp cornstarch
2 cups water
1/4 cup sugar, as per taste
1/4 cup powdered milk or 1 cup evaporated milk
4 tbsp shredded coconut
1 cup coconut milk
A bit of mixed nuts

Method

Add the water, sugar and cornstarch mix. Place the pot over medium heat and stir continuously until it boils, and add the other ingredients -- coconut milk, evaporated milk,

shredded coconut, and stir until it comes to boil. Add more sugar if needed. Leave on the heat and stir up every once a while. Take it off the heat and chill in a refrigerator before serving. Serve cool in glass, garnish with mixed nuts on top.

SAHLAB**Ingredients**

3 tbsp cornstarch,
1 cup water
2½ cups milk
1 tsp vanilla,
Sugar (to taste)
A pinch of cinnamon (to taste)
A bit of shredded coconut
A bit of raisin and pistachio for garnish

Method

Combine cornstarch and water in a bowl mix well. Put milk in a heavy soup pan or Dutch oven over medium heat. Before the milk warms, stir in the cornstarch mixture. Add vanilla and sugar, tasting to achieve preferred sweetness. Raise the heat and bring the mix to a boil, stirring constantly. Boil for 2 minutes, continuing to stir. Pour into dessert cups or glasses. Top with cinnamon, coconut, raisin and pistachio.

Serves:3

JALLAB**Ingredients**

5 tbsp store-bought Jallab syrup or grape molasses/ pomegranate molasses
2 tbsp date molasses
2 tbsp golden raisins
2 tbsp pine nuts
Crushed ice

Method

Put the Jallab syrup in a tall glass, top with cold water and stir. Add as much crushed ice as you like. Top the drink with the raisins and pine nuts.

Serves: 2

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