

RECIPE

FROM PAGE 16

KEEMA KHICHURI

Ingredients

2 cup aromatic rice
 ½ kg ground meat (beef, mutton or chicken)
 1 cup red lentils (masoor dal)
 4 tbsp oil
 1 tsp cumin seeds
 2 large onions, finely chopped
 1 tsp ginger paste
 1 tsp garlic paste
 1 tsp coriander powder
 1 tsp cumin powder
 ¼ tsp turmeric powder
 ½ tsp garam masala powder
 2 large tomatoes, finely chopped
 Salt to taste

Method

Wash the rice and lentils in a bowl. Add water and soak the rice and lentils for 20 minutes. Heat the oil in a deep pan. Add the cumin seeds and cook until they stop spluttering. Add chopped onions and fry until transparent. Add ginger garlic paste and fry for 1 minute. Add the remaining spices and mix well. Add the tomatoes and cook until the oil begins to separate from the spices and tomatoes turn pulpy. Add the ground meat and cook till the meat turns evenly brown. Add the rice, lentils and 4 cups of water. Season with salt. Mix well and bring to a boil. Cook for 3 minutes, then lower the heat to a simmer. Put the lid on and cook until the rice and lentils gets soft. When it is done, turn off the heat and allow the Khichuri to rest without removing the lid for 10 minutes. Stir before serving.

KHUDER BHAAT (SPICY BROKEN RICE)

Khuder Bhaat/ boukhudi or boua is a typical Bengali delicacy. It is typically cooked in mustard oil but you can use vegetables oil or ghee. This dish is specially served with different types of bharta, dal chorchori, dim

bhaja etc.

Ingredients

2 cup broken rice (khud)
 ¼ cup chopped onion
 ½ tbsp grated ginger
 ½ tsp grated garlic
 4 dry red chillies
 3 tbsp mustard oil
 4 green chillies
 3 cup hot water
 Salt to taste

Method

Wash the broken rice and put into a strainer. Heat oil in a pan. Add the dry red chillies. Add onion, ginger and garlic. Fry for 3 minutes. Add broken rice and salt. Fry for 2 minutes. Add water and green chillies. Cook it for 6-7 minutes with the lid on. After 7 minutes give a nice stir and cook over low heat for 5 minutes, with the lid on. When it is done, serve hot with bharta of your choice.

BEEF BHUNA KHICHURI

Ingredients

1 kg beef
 3 cups rice
 2 cups moong dal
 3 cups sliced onion
 2 tbsp ginger paste
 3 tbsp onion paste
 1 tsp turmeric powder
 1 tbsp chilli powder
 1 tbsp coriander powder
 1 tsp roasted cumin powder
 1 tsp mace
 7-8 green chillies
 3 cardamoms
 2 inch-long cinnamon sticks
 4-5 cloves
 2 bay leaves
 ½ cup oil
 4 tbsp ghee
 Salt to taste

Method

Roast moong dal on slow heat until it is crisp and golden in colour. Wash and soak in water at least 15 minutes, and drain the water. Soak the rice for 15 minutes, wash

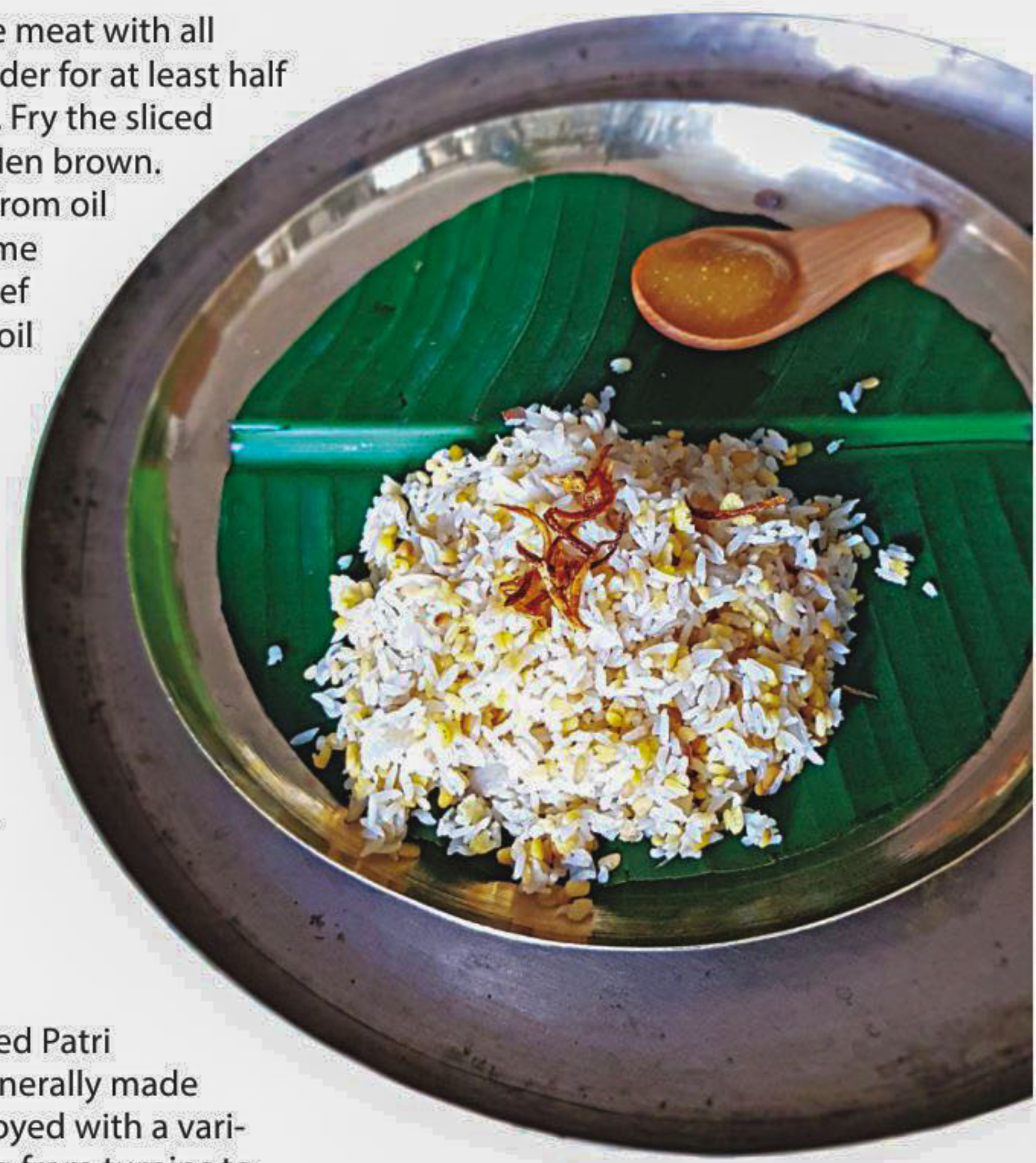
and strain it. Marinate the meat with all spices except cumin powder for at least half an hour. Heat oil in a pan. Fry the sliced onion till it becomes golden brown. Take out the fried onion from oil and keep aside. In the same oil, add the marinated beef and bay leaves. Sauté till oil comes out. Add three cups of water and cook until the meat is tender with the lid on. Add rice, lentil and water. Mix well and cook for 10 minutes with the lid on. Add roasted cumin powder and fried onion. Cook on low heat for 15 minutes. When it is done, garnish with fried onion. Serve hot with salad.

SINDHI KHICHURI

Sindhi style Khichuri, called Patri (liquid like) Khichuri is generally made during summers and enjoyed with a variety of vegetables, ranging from turnips to spinach, smooth gourds to potatoes. The rice and lentils are cooked together along with some black pepper corns, till creamy, and usually served with a dash of ghee, pickle and papar. A light meal in summer, simple, healthy and delicious. Generally lentils and rice are cooked in plain water. But I used vegetable stock. To make quick vegetable stock, just chop vegetables like carrot, beans, cauliflower, cabbage, pressure cook with 6 cups of water till 8-10 whistles of the pressure cooker. Strain and reserve this liquid to use for cooking rice and dal.

Ingredients

1 ½ cup rice
 ½ cup red lentil, ½ cup moong dal
 ½ tsp turmeric powder
 2 tbsp chopped onion
 2 clove garlic, chopped
 6-7 black pepper corn
 2 tbsp ghee
 5 cup vegetable stock
 Salt to taste



Method

Mix rice and lentils. Wash and soak in water for 20 minutes. Drain and keep aside. Heat ghee in a pan. Add pepper corn, onion and garlic. Sauté for a few minutes, and add rice and lentils. Mix well and fry for few minutes. Add turmeric powder, vegetable stock, salt and mix well. Close the lid and cook for 30-35 minutes. Open the lid, just mash the Khichuri with wooden masher till creamy. Some prefer it without the mashing, so choose the way you want to eat. The consistency of this Khichuri is thick paste like, so if needed add some water and boil for 5 minutes. Serve immediately with a dash of pure ghee, along with any vegetable of your choice. Hot Sindhi Khichuri tastes equally good with pickle.

Photo: Sazzad Ibne Sayed
 Food and styling: LS Desk

READER'S CHIT

Who else remembers LeAnn Rimes?

FROM PAGE 14

I looked back at her sitting on the bench, and I have never looked back since. While I obsessively worshipped the brute, lifeless summer, at the end of the day, I could not resist the soft beams of the sparkling moon penetrate though the curtains that separated me from everything around me.

She was a face I had seen for countless years, but from that moment, she was...and perhaps she is...still.

She was not the first, but definitely an introduction to new forms of bizarre confusion, frustration, and unvented rage. She was me, and I were her — opposite sides of the same coin.

Suddenly, emotions that previously felt obscure, took shape and became real.

I was listening to the same Alanis and her blunt, wild outrage and finding new meanings in her words; Tuesday Night Music Club became my own, along came the question: Am I strong enough? Some sang about birds and being free enough to fly in the sky, no home and no soul. Liars!

It took me a while, and it was way beyond the nineties that I realised, we all need a home. A restless soul may want to roam free and we all do. But by the end of it, we need a nest to call our own. A hug, a calming voice, and that kiss to bring life to the grey!

I am today, as I was back then, bewildered by things that I cannot possibly comprehend. I know that there is a world out there that I cannot possibly understand. All I have are clues left behind in words and moods, poetry and music, and colours in oil.

The nineties was a rollercoaster ride for all the experiences that I was experiencing every day and every night. Songwriters were writing poems and melody was just a by-product. And till this day, that is how I feel — words are provocative.

That was the nineties and eighteen summers have passed since. How will I see this day, this hour, minute and second two decades from now? I will let time decide, while I put Rimes on repeat for the umpteenth time.

By Mannan Mashur Zarif

CHECK IT OUT

Khichuri Festival at Radisson Blu Chittagong Bay View

Celebrate the monsoon season the only way you should; with a plate of khichuri! With that in mind, Radisson Blu Chittagong Bay View is hosting a khichuri festival at its 'Asian Fusion' restaurant up till 5 July, 2018.

To commemorate this event, they have a 'Buy One Get One' offer. Priced at Tk 2600, when guests order one, they will get another one for free.

The event starts at 6PM and lasts till 11PM. The food will be prepared by Chef Khalilur Rahman, guests can enjoy chicken and mutton khichuri, accompanied by Rupchanda fish, chicken tandori, mutton and beef curry, followed by cream caramel for dessert.

For more information, please call 01777701164