



DESHI MIX
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Winter pitha

Agrahayon, the eighth month in the Bengali calendar, marks the beginning of a traditional harvest festival of Nabanna, meaning 'new crop' in Bengali. Rice is our principle crop, harvested during this time. Another attraction of 'new crop' is the beginning of 'pitha' season.

In Bangladesh, winter is the season for 'pitha-puli.' We have hundreds of different pithas. Some are associated with the harvest (Nabanna) in winter, while others are prepared on grand and festive occasions like weddings, Eid or puja. Some are crunchy, some steamed and others, delightfully soaked in sugar, molasses, milk or date palm syrup. Most of them are sweet, though there are some savoury



pithas as well.

NARIKEL-TIL PITHA

Ingredients

1 cup rice flour
½ cup plain flour
½ cup sesame seeds, roasted
½ cup coconut, freshly grated
1 cup sugar
1 cup milk
2 tbsp butter

Method

Combine milk, plain flour, and rice flour in a bowl and whisk well so that no lumps remain. In another bowl, combine sugar, sesame seeds and coconut. Mix well and

keep aside. Heat a non-stick pan and grease with butter. Pour approximately two tablespoons of the batter and spread to form a small, round and thin pitha. Cook lightly on both the sides. Spread a little of the coconut-sesame mixture on half side and cover with other half to form a semi-circle. Repeat the same to make more pithas using the remaining ingredients. Serve immediately.

SUJIR PITHA

Ingredients

2 cups suji or semolina
4 cups water
2 tbsp ghee