

RECIPE TIPS

Hello Honey

You never fail to hear about all the adversities related to consuming refined sugar, which has created a large demand for the artificial kinds, which itself, is not much healthier. There is, however, a natural sweetener with more benefits than one can list; honey.

Honey is medicinal, gentle on blood sugar, anabolic and just overall, humbly amazing in any way you choose to consume it. Keeping that in mind, here are a few tips on how to use honey the next time you cook:

Using honey to make a salad dressing or marinade in place of sugar. Honey and ginger make quite the deadly combination in sweet or savoury foods.

Great for browning or crisping, especially when roasting or baking

Honey can retain moisture for long periods, which is great when baking cakes with it.

Substitute your powdered glaze with a drizzle of honey. Because it is sweeter, you will need less. Just make sure to apply the glaze right after the baked good comes out of the oven

It has a natural golden colour when added to sauces, dressings or jellies

Can be used as a dip with fresh fruits

Honey can substitute for the orange juice you use in a smoothie. Just add some water and honey instead.

If you can't leave without a daily morning dose of sweet sin, just substitute the sugar with honey, let that be on your toast, cereal or even oatmeal.

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For the perfect boil



Eggs are amazing in that they have been pre-packaged to keep. For our ancient ancestors they were a valuable source of protein and fats whenever they could 'find' them. The domestication of chickens, however, made eggs available all year round.

SOFT-BOILED EGGS

Soft-boiling an egg is not as easy as it sounds and producing a perfectly soft-boiled egg is in fact, all down to the timing. You may have to experiment a number of times until you find the best method of producing the perfect soft-boiled egg for you. For 'soft-boiled eggs' the eggs are not actually boiled; they are in fact simmered for a minimum of three minutes, depending on how well or how runny the diner likes

the egg to be. However, with the yolk so soft, there is a danger of the white remaining undercooked.

First of all, the temperature of the egg before it goes in the pan to be cooked is important. The egg should be cooked at room temperature, otherwise when you place it into the pan of boiling water; it will most likely crack from the pressure. If you store your eggs in the refrigerator, they should be removed at least an hour before you start to prepare them, as this will bring them up to room temperature.

Secondly, eggs that are too fresh, that is, less than five days old from the packaging date, are horrendously difficult to peel. Therefore, "older" eggs would be ideal for boiling.

BENGAL
MEAT

নিরাপদ ও স্বাস্থ্যসম্মত

Battle of the eggheads

Pun Intended.

The Liliputs believed that the only logical way of breaking an egg is from the small end; the Belfuscos simply could not disagree more. They held fast to the idea that eggs should always be broken from the larger end!

Centuries may have passed since Gulliver bought peace to the land, yet fault lines are still being drawn and battles over eggs are still being fought. Leaving aside the common poached and omelette, the infinite manners of consuming eggs still baffles even the best of chefs.

We are familiar with sunny side up, but know this, the 'over easy' does not refer to the simplicity of the process, but the 'runny' state of the yolk, even after the flip. Science is yet to conclude whether eggs are 'must haves' or 'matter of caution' as we age, but battles still rage, let's all rejoice the street side 'six minute egg' in all its gooey glory!



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