

**DESHI MIX**

BY SALINA PARVIN



# Sumptuous celebrations

**TIL ER BORA****Ingredients**

250g white sesame seeds  
1 tbsp rice powder  
3-4 chopped green chillies  
2 large onions, chopped  
A pinch of turmeric powder  
Salt to taste  
Oil for deep frying

**Method**

Wash the sesame seeds and blend to make a paste. Mix all the ingredients except the oil. Now make small balls from the mixture. Heat oil in a pan. Fry the bora on medium low heat till it turns light brown and crisp. Remove from oil and serve hot.

**ACHARI KHICHURI****Ingredients**

2 cup rice  
¼ cup red lentil  
¼ cup yellow lentils  
2 onions thinly sliced  
2 clove garlic roughly chopped  
4 green chillies  
1 tsp paanch phoron  
½ tsp turmeric powder  
1 tsp red chilli powder  
½ tsp garam masala powder  
½ tsp cumin powder  
3 tbsp mustard oil  
2 tbsp mango pickles  
Some green peas  
Salt and sugar to taste  
Warm water

**Method**

Wash rice and lentils properly in a bowl. Add onion, garlic, and all the above mentioned spice powders in the bowl. Then add 2 tablespoons of mustard oil and a little salt. Mix everything very well and keep aside for 15 minutes. Heat oil in a pan. Add paanch phoron and dry red chilli. Sauté for few seconds. Add the rice and lentil mixture in the hot oil. Mix well and fry for 3-4 minutes. Then add water and salt. Add green chillies, green peas and a pinch of sugar. Cook on high heat, and let the water come to a boil, after which add mango pickle and turn down the heat. Cover the pan and cook for 15-20 minutes. Stir and cook on very low heat for another 4-5 minutes. Now turn off the heat and let it rest for a few minutes.



Serve with a dollop of ghee on top.

**COCONUT AND SEMOLINA BARFI****Ingredients**

1 cup semolina  
2 cups coconut, desiccated  
2 cups sugar  
¼ cup ghee  
½ cup full cream milk  
½ tsp cardamom powder

**Method**

Grease a square baking tray with ghee. Heat ghee in a heavy bottom pan and add semolina, and roast it until slightly golden and fragrant. Once the semolina is done, remove it, and in the same pan, add desiccated coconut. Dry roast for 3-4 minutes, and remove from pan and keep aside. Into the same pan, add sugar and milk and boil it for 5-7 minutes, or until it starts thickening. Add cardamom powder, semolina and coconut. Mix well and stir continuously, and cook for a few minutes until the mixture starts thickening and forms a solid mass. Transfer the mixture to the greased tray. Let it set and cool for about an hour, and cut into desired shaped pieces. Serve.

**CHEESE STUFFED PITA POCKET BREAD**

This is a Middle Eastern recipe with a generous portion of various cheeses filled inside the pita before baking. It is simple, and works as a treat for breakfast, snack, or even as a warm sandwich. The cheese stuffed pita also makes great tiffin for children.

**Ingredients**

*For the dough*  
250ml warm water  
2¼ tsp instant dry yeast  
2 tbsp honey  
4 tbsp olive oil  
1 tbsp salt  
3 cups all-purpose flour  
½ cup all-purpose flour, for kneading  
*For the filling*  
1 cup cheese  
¼ cup sautéed onions  
½ tsp garlic minced  
½ cup parsley, finely chopped  
¼ tsp pepper  
½ tsp salt

**Method**

For the dough, combine warm water, yeast, honey, salt, and oil. Stir well and leave to rest for 5 minutes, until foamy. Place 2 cups flour in a bowl, add the yeast mixture, use a

wooden spoon or spatula and mix thoroughly for a minute; then add the remaining flour and combine.

Transfer the dough to a lightly floured surface. Knead for 3-4 minutes until the dough is still soft, but elastic (when you press the dough with your fingers, the dough should spring back). Cover with cling-wrap and let rest in a warm place for about 1½ to 2 hours. The dough should at least double in size.

Prepare the filling while the dough is proving. In a bowl, combine cheese, sautéed onions, garlic, and herbs. Mix well and season with salt and pepper at the end.

Roll the pita, once the dough has doubled in size. First transfer to a lightly floured surface again, and divide the dough into 12 equal portions. Roll each ball into a 6-inch disc. Place on a parchment-lined the baking tray, lightly dusted with flour, to prevent sticking. Place about 2-3 tbsp of the cheese filling on one half of the pita. Lightly brush the edges with water and fold the other half over the filling. Press gently to hold the edges. Let rest on the tray for 30 minutes. Covered with a dry towel or cheesecloth.



To bake the pita, heat the oven to 220°C/ 440°F for at least 20 minutes. Brush the proofed pitas with an egg wash. Sprinkle with black sesame seeds. Place the baking tray on the centre rack. Bake for 8-10 minutes until puffed up and golden. Cool them on a wire rack for 10 minutes. Then keep them wrapped in a kitchen cloth/towel to keep them soft.

**PANEER ER KHEER****Ingredients**

1 cup grated paneer  
3 cups milk  
½ cup condensed milk  
¼ tsp cardamom powder  
¼ cup chopped nuts

**Method**

Boil milk and grated paneer in a pan. Stir continuously. Now add the condensed milk to this mixture. Let it be on low flame for 5-6 minutes. Add the chopped nuts and cardamom powder. Stir well. Kheer is ready to be served. You may serve it hot or cold.

**BHAPA ILISH****Ingredients**

6 pc Ilish fish  
1 tbsp mustard seeds paste  
1 tsp red chilli powder  
½ tsp turmeric powder