

3 green chillies  
Salt to taste  
2 tbsp mustard  
1 tbsp lemon juice

#### Method

Mix all the ingredients except the green chillies. Leave the mix for half an hour. Now, grease an aluminium container with mustard oil, and put the fish on it. Pour a bit of mustard oil and green chillies on top. Now, heat water in a deep bottomed vessel. Put the aluminium container on the water and cover it. Put something heavy on the lid. Water should not get inside the container. Cook for 1 hour or until the fish is completely done. Remove from heat and serve.

#### DRY BEEF CURRY

##### Ingredients

1kg beef chuck steak, cut into small cubes  
2 tbsp ground coriander  
1 tbsp ground cumin  
1 tsp turmeric powder  
1 tsp chilli powder  
4 garlic cloves, crushed  
2 inch ginger, crushed  
3 tbsp lemon juice  
4 tbsp oil  
2 tbsp tomato purée  
Salt to taste  
Mint and fresh chilli for garnishing

##### Method

Combine coriander, cumin, turmeric, pepper, chilli, ginger, garlic and lemon juice in a bowl to form a paste. Set aside. Heat oil in a large pan over high heat. Add the beef. Cook, while stirring, for 4-5 minutes, or until browned. Transfer meat pieces to a bowl and reduce heat to medium. Add the spices' paste. Cook for a few minutes or until meat is coated with spices paste. Add tomato paste and a little water. Bring to a boil, and reduce heat to low. Cover and cook for 1 hour. Remove lid. Cook uncovered, for a further 15 minutes. When oil floats over to

the top, remove from heat. Serve topped with mint and fresh chilli.

#### ALUR JHURI BHAJA (GRATED BENGALI FRIED POTATO)

##### Ingredients

½ kg potato, grated or thinly sliced  
½ fried chilli powder  
Salt to taste  
Oil for deep fry

##### Method

Peel the potatoes and wash them. Soak the grated potatoes for 30 minutes. Drain water well and spread the potatoes over a paper towel. Heat oil in a deep frying-pan. Fry the potatoes until light brown and crisp. Drain from oil and keep on a paper towel. Sprinkle salt and pepper according to your taste and serve.

#### PEANUT HALWA

##### Ingredients

2 cups peanuts  
1 cup milk  
4 tbsp ghee  
1 cup sugar  
¼ cup mixed nuts

##### Method

Take 2 cups of peanuts in a pan and roast for 5-7 minutes. After roasting, let it cool down completely. Then in a blender, add roasted peanuts and grind it into coarse powder.

Now, heat ghee in a pan and add peanuts, stirring continuously on low flame, until golden brown in colour. Then add milk into the pan and stir continuously. Cover and simmer on low heat until peanuts soak all the milk. Open the lid and stir in between repeatedly. Once the milk gets soaked, add sugar into the halwa. Add mixed nuts. Mix well and stir. Stir halwa for a further 4-5 minutes to let the sugar dissolve completely. Remove from heat. Garnish with the mixed nuts, and serve.

#### POTATO HALWA

##### Ingredients

2 cups potato, boiled, peeled and mashed  
1 cup full cream milk  
1½ cup sugar or as per taste  
¼ tsp cardamom powder  
¼ cup ghee  
¼ cup mixed nuts, chopped

##### Method

Heat ghee in a non-stick pan. Add mashed potatoes and fry on low heat till it turns slightly golden in colour. Add milk, sugar, cardamom powder, and mix well. There should not be any lumps. Stir continuously until halwa turns dry. Add mixed nut and mix well. Cook for another 2 minutes. Garnish with nuts, and preserved rose petals, and serve.

#### PUMPKIN HALWA

##### Ingredients

2 cups pumpkin, grated and blanched  
¼ cup sugar  
¼ cup mawa  
2 tbsp cashews or pistachio, chopped  
1 pinch cardamom powder  
½ cup milk

##### Method

Heat ghee in a pan. Fry the nuts till golden and keep aside. To the same pan, add grated pumpkin. Fry for 4-5 minutes or till the raw smell is gone, then pour the milk and cardamom powder and cook until milk is absorbed. Add sugar and cook till the sugar melts, and the halwa thickens. Add mawa and half of the fried cashews. Mix well and stir continuously for 1 minute. Remove from heat, garnish with rest of the cashews and serve.

#### DOODH DULARI

Doodh Dulari is a popular sweet dish of Pakistan. This dessert is often featured in weddings too. The base for this recipe is regular shahi vermicelli kheer. And this kheer is then peppered with colourful gems like varieties of jelly, roshogollas or

golapjamun, some nuts, and finally, fresh homemade mawa.

##### Ingredients

2 litre milk  
½ cup condensed milk  
1 tbsp corn flour  
½ cup roasted vermicelli  
1 packet strawberry jelly  
1 packet green jelly  
250g rabri  
200g cream  
250g mini roshogolla  
½ cup mawa, scrambled

##### Method

In a large pan, boil milk for 20 minutes or till thick, add ½ cup vermicelli, and 1 table-spoon of corn flour dissolved in ¼ cup of milk. Add condensed milk and mix well and cook till thick. Remove from heat and allow it to cool completely. Dissolve each jelly packet with 1 cup of water and set till firm, cut into cubes, and add to the cooled milk gently. Now add cream, rubri and mawa. Pour the mixture into a serving bowl. Garnish with the mini roshogollas and mawa. Serve chilled.

#### STUFFED SWEET PITA

##### Ingredients

4 mini pitas, split open  
¼ cup almond butter  
¼ cup chocolate-hazelnut spread  
1 banana, thinly sliced  
Confectioners' sugar for dusting

##### Method

Spread one side of the inside each pita with 1 tablespoon almond butter and other side with 1 tablespoon of chocolate-hazelnut spread. Sandwich one quarter of the banana slices of each pita. Cook on a grill pan over medium heat until the chocolate spread has melted, 4-5 minutes per side. Dust with confectioners' sugar and serve immediately.

Photo: Collected



## রাঁধুনী কাসুন্দি ছাড়া কাঁচা ফলের স্বাদ থেকে যায় অসম্পূর্ণ

বাছাই করা সরিষা থেকে অত্যাধুনিক মাননিয়ত্বে তৈরি  
রাঁধুনী কাসুন্দি-ই স্বাদে-স্বাস্থ্যে সেরা কাসুন্দি।  
ফলের এই মৌসুম জুড়ে এবারও তাই রাঁধুনী কাসুন্দি'র গুণে  
পাকাপোক আর পূর্ণ ক'রে নিন কাঁচা ফলের স্বাদ।



কাসুন্দি

