

MUSING

The Ice Cream Love Affair

In this scorching heat, a shower might cool your body but what is going to cool your soul? Whoever you are, whatever your age is, ice cream is probably something you cannot say no to. If you can, you might be pure evil. Be in the form of smoothies or sundaes, everyone has a preferred ice cream flavour that they like to indulge in after a stressful day or even just like that.

With Ramadan having started, everyone will be looking for something refreshing like lemonade or fruit juices after a hectic day to break their fast. Especially in this heat, most of us would appreciate iced drinks or cold desserts to cool our systems. Ice cream is probably the last thing on anyone's mind in such a situation. Some might argue that ice cream for iftar is too heavy or does not settle well with an empty stomach. In the evening we all like to refresh our minds in some recreational way. Some of us like to read our favourite books or watch a TV series or any other activity to take the monotony away. Why not do that over a tub of ice cream? Or if you prefer to engage in conversations with your loved ones, why not do so over some ice cream? Ice cream goes well with soft drinks and can be healthy when paired with fruits. There are multiple ways to cater to everyone's tastebuds.

Personally, I prefer my ice cream drenched with any kind of chocolate syrup or as a side with any pastry or cake. In case of flavours, there is a variety to choose from. Some might enjoy mint chocolate flavour but to some, chocolate and vanilla are classics and the best way to go. If you are not up for the conventional, kheer flavoured ice creams or frozen yoghurt ice creams are also available. In my opinion, kheer ice cream is a good comfort food for ice cream lovers.

It may not always be convenient for us to go to ice cream parlours but luckily, parlours like Movenpick and Cold Stone Creamery offer tubs of ice cream all sorts of flavours. It is never a bad idea to have a tub in the freezer just in case. Not only that, ice cream from local labels are available in any convenience store.

A sweaty brow is a good excuse to have ice cream, so this summer, give yourself the chance to let loose and enjoy some ice cream. We have all earned it. Added to that, ice cream gives your body a good dose of protein, vitamins and calcium, which contributes to maintaining your body framework. However, remind yourself not to have just ice cream for your iftar as it contains a large amount of sugar but to indulge in it as a treat and to stay healthy. And an ice cream treat on Eid day is certainly welcome!

By Puja Sarkar

RECIPE



Dina's Table

FALUDA!

There's something about faluda. Cooling, perfumed, and creamy – it is both indulgent and nourishing; although the latter part may be only minimal, and it always reminds me of Ramadan and Eid.

It is the ice cream sundae of the East, and was once the dessert that adorned the gilded tables of Mughal emperors, who are said to have brought it with them.

There are many variations of this dessert; some include candied fruits and jelly, and some include kulfis – the popular reduced-milk South Asian ice cream.

These may be perfect for a lavish dinnertime dessert, but for something that settles your faluda cravings quickly, my recipe can be put together (with a little prep) in a matter of minutes. Dollops of vermicelli and basil seeds, also known as 'tokma' are layered with rose syrup and topped with chilled milk, a scoop of vanilla ice cream, and nuts.

Ingredients

700ml whole milk
2 tbsp basil seeds (tokma)
40g fine vermicelli noodles
6 tbsp rose syrup (Rooh Afza)
4 scoops vanilla ice cream
1 tbsp almonds, finely sliced
1 tbsp pistachios, finely chopped

Extra rose syrup
Mint leaves (optional)

Method

In a pan, bring the milk to a boil and then simmer for 5 minutes on medium heat, stirring continuously. Cool completely, pour into a jug and chill in the fridge. Meanwhile, soak the basil seeds in around 300ml cold water for 30 minutes.

Prepare the vermicelli by boiling for 5-7 minutes, or until soft. Drain and rinse with cold water. Set aside. Finely chop a tablespoon each of almonds and pistachios and set aside for the garnish. After 30 minutes, drain the basil seeds. The milk should be chilled after an hour in the fridge, so remove the jug and stir in 6 tablespoons of rose syrup.

Start assembling your faluda. Take four glasses and first add 1½ tablespoon of the soaked basil seeds to each glass. Next, divide the vermicelli in four portions, and layer onto the basil seeds. Pour equal amounts of the rose syrup and milk into each glass and top with a scoop of vanilla ice cream.

Drizzle with extra syrup if desired and sprinkle with the chopped nuts. Garnish with a mint leaf if you wish to.

Add a spoon and dig in!

Recipe and photo: Dina Begum



আগামী তিন
দিন ইন্টারনেট
বন্ধ থাকতে
পারে

অনলাইন ডেক্স
সার্বমোবিল কেবলমাত্রে কার্ডে আগামী তিন দিন সারাদেশে
ইন্টারনেট সংযোগ বন্ধ থাকতে পারে। সার্বমোবিল কেবলমাত্রে কার্ডে
কার্ডে আগামী তিন দিন সারাদেশে ইন্টারনেট সংযোগ বন্ধ থাকতে পারে।

পোলার-এর নতুন রাজকীয় জাফরান মালাই,
সাথে মজাদার ছানা, কিসমিস, ধেঁজুর ও বাদামের দারকণ মিশ্রণ-
অন্যান্যে ভালো করে দেবে আপনার মন।



ত্রিপুরা
নগা
গুম্বো
থার্ফ

জাফরান
মালাই

আইসক্রিম

