



## RESTAURANT REVIEW

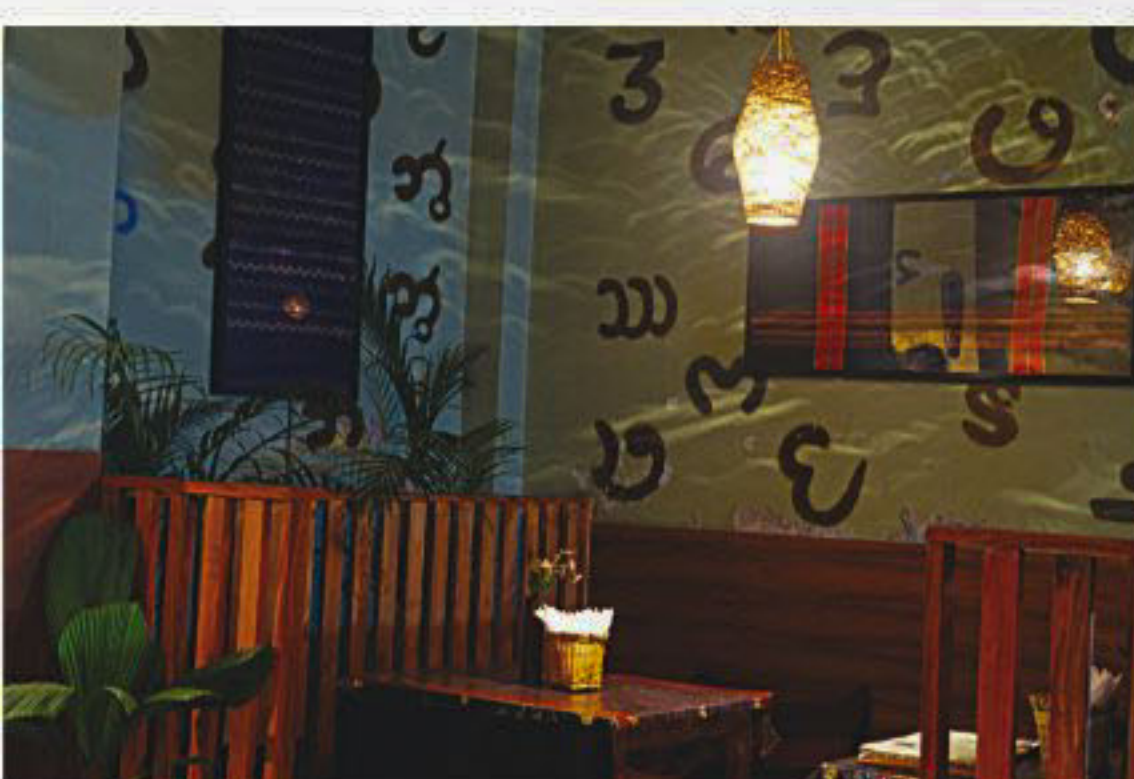
# CHT EXPRESS

## For an ethnic dine

Chittagong Hill Tracts is a realm of not just lush nature and rich languages, but ethnic cuisines as well. Sitting in Dhaka, you can indulge in the opportunity of tasting these traditional and truly unique flavours at CHT Express — a restaurant in East Kazipara.

## FIRST IMPRESSION

With an intelligently lit space, and simple

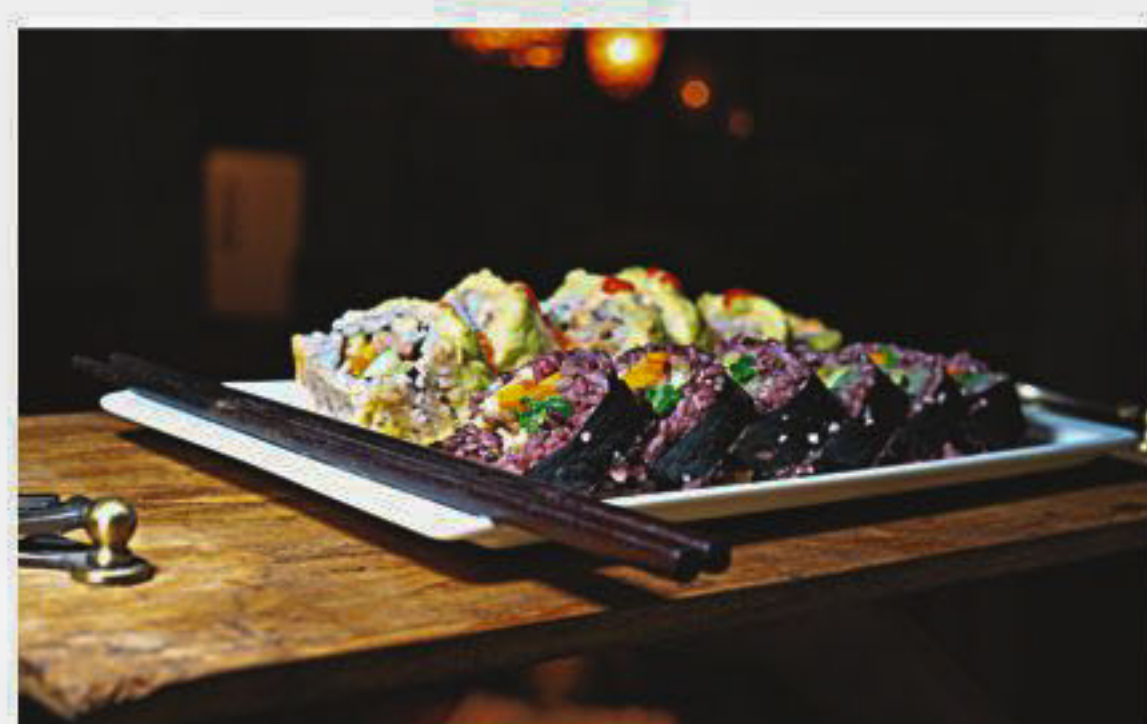


but elegant seating, the small eatery has a snug and comfy feel to it. And with the walls boasting alphabets of tribal languages and textiles, the decor complements the cuisine — an attempt to set the mood for ethnic food.

The menu, in a way, may simply be divided into two sections: ethnic delicacies and Pan Asian food, from Vietnamese to Japanese.

## THE FOOD

The Pan Asian delicacies have the CHT-



twist to them. Take sushi for example. Arpon Chakma, head chef and owner, trained in the culinary studies, has used different kinds of rice from the hill tracts.

"Our ingredients are organic and come from tribal areas," he said.

On the other hand, when it comes to the ethnic treats, he strives for authenticity.

"The idea is to present our guests with the same flavours they would find when they visit the hill tracts, or the tribal community villages as tourists," he said.

And the flavours are indeed very different from what we are used to in Dhaka — a refreshing change.

Their Bamboo Chicken, for example, distinguishes itself from the normal curry, with the taste of bamboo, as the dish is cooked inside it.

Similarly, the 'hebang' delicacies are cooked inside banana leaves, thus featuring an interesting taste and aroma. The Egg Hebang, to illustrate, comes to your table wrapped in banana leaves; and the delicacy, complete with herby flavours, is an enchanting treat.

The serving dishes often have a traditional and rustic sense to it; earthy and natural.

CHT Express will not fail to provide an exotic culinary experience. Try their Pajon, which is an eclectic mix of a wide array of vegetables, and even shutki.



"Different communities prepare this item using staggering numbers of ingredients," Arpon said.

"There is a saying: shat pade ghon-to baish pade pajon," he further said, explaining the fervour over the use of ingredients.

Complete with drinks and desserts — a few more ethnic than others — CHT Express offers in Dhaka a rare treat of delicacies of Chittagong Hill Tracts.

The restaurant sets itself apart from the clutter of myriad eateries by offering food, which you do not get at every other restaurant whilst also having options of Pan Asian delicacies.

## VALUE FOR MONEY

Dining at CHT Express will not put a dent in your wallet. In fact, the menu even has a Budget Meal category. Individual items are not very expensive either. Fish Hebang, for example, will cost you Tk 180. Generally speaking, for one person, a budget of around Tk 600 should easily suffice for a full-course heavy meal, probably with some change returned.

## ESSENTIAL INFO

Address: 541 East Kazipara.  
Facebook page: CHT Express.  
Contact number: 01730470957.  
Business hours: 12PM — 10PM.

By M H Haider

Photo courtesy: CHT Express

## LS EDITOR'S NOTE

## It's good to be back

If it was a 25-day Caribbean holiday (mum says you always have to dream big, that's beside the point though) coming back to work would have been a dread and almost a matter to contemplate desertion.

However, going back to work after staying at home for being a rather, how shall I put it, 'a difficult patient,' my office desk seems like that dreamlike Caribbean beachside café.

You can probably tell that the reason for being holed up was more than just a matter of borderline psychosis, rather it was an urgent requirement of overhauling malfunctioning body parts.

Anyway, my dusty desk, my precious meeting doodle, my stress-balls, my tens of dysfunctional pens, my colourful post-it pads, my almost deaf office help who can do a Houdini at a moment's notice, my advertisement executives betting their lives on content support — I missed them all.

But I missed my shazam teammates. "Nothing to worry boss all under control" was like a soothing balm on my throbbing temples. "Boss hurry back your dragons are breathing fire," — such a bliss; I have trained them well. Everything looks pretty fine on the surface, it's the inner cracks I am worried about.

As soon as the niceties and courtesies are done, chocolates devoured and the sugar highs waned, the emails are opened, and an almost hypoglycaemic level reached when the ever smiling ad Tweedledum and Tweedledee walk in with immediate pressing matters.

But at this moment in time, I love them all, especially my colleagues who did a fantastic job this week.

Don't forget to read our style council on how to flaunt bags, then a shop special on our favourite 'deshi' sari store Tangail Saree Kutir, and some yummylicious date recipe, which you can do with your Ramadan leftovers.

Happy reading Lifestyle.

— RBR

## NIGHT'S WATCH

## On the watchlist

With the weather being unpredictable and moping over the long Eid break, the best way to start off the weekend early is by staying in. Ask friends to join in, or just take a breather with some one on one me time. Wind down the day with a DIY face mask/hair mask and some delectable and addictive fried goodness — my current obsession is chomping on cheese parathas using yak cheese, recently bought back from my Nepal trip.

Let your watch begin with our favourite picks for this week:

Big little lies (TV series)  
Chernobyl (TV series)  
Detective Pikachu (movie)  
Aladdin (movie)