



# Eid with sunflower oil

Sunflower oil is an edible oil extracted from the seeds of the sunflower plant. It is mild, light yellow in colour, and neutral in taste. There are several types of sunflower oils produced, such as high linoleum, high oleic, and mild oleic.

#### Health benefits

Sunflower oil is a concentrated source of energy; easily digestible and provides essential fatty acids. It is a rich source of vitamin E and polyunsaturated fatty acids, which may help regulate blood cholesterol.

#### Culinary uses

As sunflower oil is almost tasteless and odourless, it is a good choice for baking. Due to its high smoke point, sunflower oil is suitable for deep frying. Sunflower oil may also be used to prepare mayonnaise, salad dressings, or sautéing vegetables.

#### How to store?

Store the sunflower oil in a cool and dark place. Avoid reusing the leftover oil from deep frying as reheating oil again and again may affect the chemical composition and rancidity quotient of the oil. Unopened bottles or metal containers can be kept for about a year. Once opened, it should be used within two months, after which, it may turn rancid, and should not be consumed.

If possible, transfer the oil from the can into a glass bottle to avoid metallic tasting oil, plastic containers should not be used because they may lend a plastic taste to the oil.

#### BEEF CURRY IN SUNFLOWER OIL

##### Ingredients

4 tbsp KING'S SUNFLOWER OIL  
1 kg beef, washed and drained  
2 tsp red chilli powder  
1 tsp turmeric powder  
1 tbsp ginger paste  
1 tbsp garlic paste  
½ cup yoghurt  
1 tsp garam masala powder  
5 onions, sliced  
2 tomatoes, sliced  
Salt to taste

##### Method

Lightly wash the meat pieces, drain the water and keep in a mixing bowl. Marinate with salt, red chilli powder, turmeric powder, yoghurt and a little bit of ginger-garlic paste.

Heat oil in a pan. Add the chopped onions and sauté till they are almost light brown. Add the rest of the ginger-garlic paste and stir well. Add tomatoes and fry till oil separates, then add cumin powder and mix. Add mutton pieces and salt.

Stir and cook for 15-20 minutes on low flame. Add warm water, cover and cook on high flame till the meat is tender. When done, remove from heat and serve hot with rice or roti.

#### KAJU POLAO (CASHEW POLAO)

##### Ingredients

2 tbsp KING'S SUNFLOWER OIL  
1 tsp ghee  
500g aromatic rice, soaked and drained  
200g cashews

1 cup chopped onions  
1 bay leaf  
2 green cardamoms  
2 cloves  
2-inch size cinnamon  
5 green chillies  
1 tsp ginger-garlic paste  
3 tbsp finely chopped coriander leaves  
Salt to taste

##### Method

Heat KING'S SUNFLOWER OIL in a pan. Fry cashews until golden brown, then remove from heat and keep aside. In the same pan, add chopped onions and fry until crisp and golden brown. Remove and set aside. In the same pan, add 1 teaspoon of ghee and add bay leaf, cardamom, cloves, cinnamon, and ginger-garlic paste.

Fry until the raw smell is gone. Add water and let it come to a boil. Now add soaked and drained rice and green chillies. Mix well. Cook covered, on medium heat, for 10 minutes. Stir and cook on very low heat for 5 minutes. Remove from heat and set aside for 5 minutes. Sprinkle fried onions, fried cashews and finely chopped coriander leaves on top. Serve hot.

By Salina Parvin

##### Product:

King's

Sunflower Oil

Food

prepared

by Bashir

Ahmed

**KING'S**  
Fortified

Sunflower Oil

