

# FROM KOLKATA WITH LOVE

## Celebrating the divine

Durga Puja is synonymous to celebration, none of which are complete without an elaborate table spread, with dishes ranging from the simplest 'bhorthas' to the most delicious variety of fish.

Here are some fabled recipes from Sharmila BasuThakur, for the entire duration of the puja.

### BANANA FLOWER SHAMI KABAB

#### Ingredients

1 banana flower  
100g chana dal  
1 onion  
1-inch piece ginger  
1 tsp green chilli, chopped  
½ tsp turmeric  
Salt and sugar to taste  
½ tsp garam masala powder  
Black pepper powder, to taste  
1 tbsp lime juice  
Oil for frying

#### Method

Chop banana flower finely and wash thoroughly. Boil the flower with all the spices and the daal. There should be no excess water. Now grind the entire thing. Check seasoning. Make small kababs from the mixture and shallow fry. Serve with polao, or steamed rice with ghee.

### PINEAPPLE DALNA (CURRY)

#### Ingredients

1 small pineapple, cubed  
2 potatoes, cubed  
1 tsp ginger paste  
6-7 slit green chillies  
2 Bay leaves  
½ tsp cumin, for tempering  
3 tbsp white oil

1 tsp ghee  
½ tsp garam masala paste  
Salt, and sugar, to taste

#### Method

Fry the cubed potatoes and keep aside. Put bay leaf, cumin and 1 green chilli. When the aroma spreads, add turmeric powder and ginger paste along with little water. Cook for some time on low heat, add potato, and pineapple. Stir well.

Add a little water, salt, and sugar, and cover it. After a while, add green chilli, garam masala paste and ghee. It should be semi-dry when ready.

### PINEAPPLE AND POTATO CURRY

#### Ingredients

1 small pineapple, cubed  
2 cubed potato  
2 bay leaves  
Cumin, for tempering  
1 tsp ginger paste  
6-7 slit green chilli,  
1 tsp garam masala paste  
3 tablespoon white oil

1 tsp ghee

Salt, and sugar, to taste

#### Method

Fry potato and keep aside. Put cumin, bay leaf and 1 green chili. Add ginger paste and a little water. Stir on low heat. Add pineapple, potato, and mix well. Add a little water, green chilli and cover it. Cook over low heat. When it is almost dry, add garam masala and ghee and remove from heat.

### MASALA PRAWN

#### Ingredients

500g prawn, bagda  
½ tsp garlic paste  
8 green chilli, coarse paste  
½ tsp ginger paste



1 tsp coriander paste  
1 tbsp Kashmiri chilli powder  
2 onions (large, coarsely blended)  
1 tsp tamarind pulp  
½ tsp turmeric powder  
3 tbsp mustard oil  
Salt, and sugar, to taste

#### Method

Wash prawns and marinate with salt, turmeric powder, and tamarind pulp for 10 minutes. Put oil in a pan. Add onions, fry for a while, then add all other spices, sugar, and stir thoroughly. Add marinated fish and mix

well with the spices. Add a little water and cover it.

It should be a semi dry curry.

### MUTTON IN COCONUT GRAVY

#### Ingredients

500g mutton  
1 onion, chopped  
1 tsp garlic, coarsely blended  
1 tsp turmeric powder  
1 tsp ginger paste  
1 tbsp red chilli paste  
½ tsp cumin paste  
3 tbsp coconut paste  
3 tbsp oil  
1 tbsp ghee  
Salt, and sugar, to taste

#### Method

Put oil in a pan. Add onions. Fry and then add cumin paste, stir. Add all other spices. Cook for some time over slow fire. Add coconut paste and meat, mix with the spices nicely. Add salt and sugar. Pour hot water just to boil the meat. Pressure cook. Medium gravy should be there.

### AMILA (AN OLD TRADITIONAL BENGALI DESSERT)

#### Ingredients

200ml coconut milk  
50ml cow's milk  
2 bananas, 'kanthali', or 'chapa'  
1 sweet potato  
1 guava  
Sugar, to taste  
4-5 small cardamom, dry fruits (optional)

#### Method

Cube all the fruits. Grate sweet potato and wash. Put milk in a pan. Boil, add coconut milk, sugar, sweet potato, and cardamom. Stir constantly. Add all the fruits. Cook for 5-10 mins. Remove from heat. Serve cold.

**Food prepared by: Sharmila BasuThakur**

**Photo courtesy: Sharmila BasuThakur**

BEOL

Whether in **Profession**  
or in any **Occasion**

Revive your skin with the power of  
Vitamin E enriched

**KING'S**  
Fortified  
Sunflower Oil



adani  
wilmar



Hotline  
09612777888

**Tamanna Chowdhury**  
Clinical dietician and nutritionist