

DESHI MIX
 BY SALINA PARVIN


Durga's sweets



BHOGER PAYESH

In Bengali culture, people often claim "payesh" to be the best dessert, especially if the occasion is a celebratory one, like birthdays, anniversaries, rice ceremonies or even baby showers. Of course, it is also then a must feature in the list of items served as "bhog" or offering to the Deity, and then for her followers. Payesh is also called poromanno in Bangla, a combination of "porom" and "onno," or holy rice. Payesh is made with a special flavourful variety of rice. The recipe we have today is slightly different from the regular one.

Ingredients

1 tsp ghee
 ½ cup aromatic rice, soaked in water for 30 minutes and then strained
 ½ cup chopped nuts (cashew, pistachio, almond, walnut)
 ½ cup sugar
 1½ litter full fat milk
 1 pinch saffron (soaked in 1/3 cup warm milk)
 2 green cardamom powder
 Few drops rose water, optional

Method

Melt the ghee in a pan, and add the strained rice and chopped nuts to it. Fry for a few minutes. Do not burn the rice. Remove the rice and chopped nuts and keep aside. In the same pan, add 2 tablespoons of sugar and 2 tablespoons of water, and caramelise the sugar by stirring continuously on low heat. When the caramel forms, add the fried rice and nuts as well as the milk and let it come to a boil, while stirring. Now, add cardamom powder and saffron milk. Cook till the milk

reduces and thickens. Add rest of the sugar and boil for 2-3 minutes. The colour of the payesh will be brownish, for the caramel. Turn off the heat, add rose water, stir, and let the payesh cool down completely. Garnish with chopped nuts on top.

KHIRER SHANDESH

Ingredients

4 cups mawa powder
 1 cup evaporate milk
 ¼ tsp green cardamom powder
 2 tbsp ghee
 1 cup sugar

Method

Mix all the ingredients with 2 cups of mawa powder. Heat all the ingredients and keep stirring for at least 15 minutes. When you see the mixture begin to reduce, remove from heat and add the remaining 2 cups of mawa powder. Stir to mix well. The mixture should come together to a consistency that can be moulded. Let the mixture cool off completely. Once cold, take 2 tablespoons in your palms and make a ball, then flatten it. Repeat to make as many as possible with the entire mixture. Enjoy.

