

FOOD for thought



Irfan Sajjad

What's your favourite cuisine?
I love eating all sorts of food, so I can't really choose a specific cuisine.

What's your favourite food?
I love pudding, custard and kunafa.

What do you prefer, sweet or savoury?
Sweet all the way because sugar gives you energy. My favourite foods are all desserts.

Which dish do you cook the most?
I love cooking pan fried chicken steak with vegetables.

Can you share your favourite easy recipe?
The pan fried chicken steak is super easy. First, I marinate breast pieces of chicken with spices of my choice, like



Kunafa

PHOTO: IRFAN'S FACEBOOK PAGE

oregano, parsley and rosemary and mustard oil for forty-five minutes to an hour. The marinade can be adjusted to taste. Then I fry it in a pan along with some vegetables. This recipe is easy and healthy at the same time.

Why do you like to cook?
I find cooking quite difficult which is why I like doing it. It's like an adventure to me. Different people have different ways of cooking. They know what to put where to make a dish taste good. With YouTube now, we can create so many dishes and have a good time.

Do you prefer eating out or do you prefer cooking?
Definitely cooking at home. I don't eat out too often. Home cooking is the best.

What's your favourite spice?
I think that Mejbani beef spice mix is the best spice out there. Nothing can top it in my opinion.

What's the secret to creating an amazing dish?
I don't think there is a secret to that. I think interest, concentration and dedication are the most important things needed to make a good dish.

Amina Hossain

During this unprecedented crisis, everyone from the entertainment industry is trying to keep themselves safe and also others safe by staying indoors. With so much time in hand, many celebrities have taken this wonderful opportunity to cook delicious food for their family and loved ones. In this interview with Star Showbiz, the talented actors shared their personal food choices and what they like cooking.

What's your favourite cuisine?

I love Japanese food the most.

What's your favourite food?

I absolutely love having any sort of maki rolls.

What do you prefer, sweet or savoury?

I prefer savoury food because I eat a lot of spices.

Which dish do you cook the most?

I bake a lot and cook the everyday Bangladeshi food at home.

Can you share your favourite easy recipe?

I recently discovered a very quick and easy brownie recipe which you can make in a mug. You can also make a full size. You can make it in an oven or in a stove. First, you have to mix two bars of any type of chocolate, butter, sugar, salt, cocoa powder, vanilla extract and a very small amount of regular flour or oat flour for a healthier version. For the mug version, microwave it for three minutes. For a larger version, you can cook it on the stove in a pan with a lid on medium low heat for one hour.

Why do you like to cook?

Cooking helps me get relief from stress as it is a creative process. It removes all negativity from my mind. Also, it's like a physical exercise because it involves movement. Finally, I love to feed people.

Do you prefer eating out or do you prefer cooking?

I mostly eat at home. I love making my own food and experimenting with different ingredients. I watch a lot of cooking and food videos on YouTube. Cooking at home and having it with my family is a special experience.



Kala Bhuna Lasagna

PHOTO: RAF

What's your favourite spice?

When I'm cooking Bangladeshi food, I love to use garam masala. When I'm cooking Asian cuisine, my favourite is chilli flakes. I also love a Korean spice.

What's the secret to creating an amazing dish?

The secret is patience. Cooking isn't everyone's cup of tea. You also have to pay attention to the smallest things.

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Amina Hossain

GRAPE VINE

Emon Chowdhury's new chapter

We have seen many popular musicians around the globe performing as one-man band, now our Bangladeshi band Chirkutt's guitarist Emon Chowdhury has recently taken on the role of a one-man band. He recently released a music video under the banner of M Records. The one-man band is a term used to describe a musician who plays multiple musical instruments simultaneously using their hands, feet, limbs, and various mechanical or electronic contraptions. Emon said, "I am thrilled about this project. I have experimented and worked hard on this for about two years now. I am happy that it finally came to life. I am grateful to all the people who have supported me throughout this project. I have previously played various musical instruments, but I had to extra work hard this time. I successfully took on the role of a one-man band after continuously practising and training for a long time." The music video is made by Khair Khandakar.



Airin's poem on youtube

Actor and model Airin Sultana will be releasing a poem on her official YouTube channel. She will be reciting the poem, *Bhul Preme Kete Geche Trish Bosonto* by Taslima Nasrin. The video for the poem is being directed by Evan Monowar. The shooting for the video has been completed by maintaining all safety protocols. Airin said, "I did not want to use any video content using a mobile phone, which is why I preferred doing the project professionally. I planned this project out of my passion for poems. I hope to release the video before Eid-Ul-Adha."



Shakib Chowdhury

process. I love working hard to create something and that's what I loved about cooking.

Do you prefer eating out or do you prefer cooking?

You can't compare the two. It's like if you try to compare listening to music with creating music. Eating out is a social experience for me because I can spend time with my friends and family. However, cooking is a much more intimate experience for you and your family. Cooking also gives you the joy of creation. Both of these give two very different thrills, so you can't compare the two.

What spice do you like to use the most?

I love to use cumin a lot.

What is your secret to creating an amazing dish?

I'm not very experienced in cooking so I don't have any secret to creating an amazing dish. All I can say is that you should try until you can make something good.

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Ridwan Intisar Mahbub

BIDYA SINHA MIM

that. However, the little cooking I do, I like it.

Do you prefer eating out or do you prefer cooking?

I mainly eat at home, but eating out once a week is nice.

What's your favourite spice?

I don't know yet since I haven't been used to cooking it's many different spices.

What's the secret to creating an amazing dish?

Since I don't cook too often, I don't know any secret to make a delicious dish.

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Amina Hossain

Muhin and Abanti's new duet

After a long break, rising singers Muhin and Abanti Sithi have recorded a song together. The duo worked for the first time together. The song titled *Tumi Kache Esho* is composed by Anurup Aich, written by Rajib Bhownik and the musical arrangements are done by Mushfiq Litu. Muhin said, "It felt good to sing after a long time. I have tried to sing the song wholeheartedly and I hope everyone will appreciate it." The song will be released by the end of July under the banner of *Aich Song*.



LENOX HILL

Lenox Hill is a documentary TV series, initially released on June 10, 2020 on Netflix. It was written and directed by Adi Barash and Ruthie Shatz, produced under the banners of *Netflix Studios* and *Yulari Films*, and stars John Boockvar, David Langer and Mirtha Macri, among others. It follows the lives of doctors, surgeons and physicians as they tackle their jobs at Lenox Hill Hospital.

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Shreya Shomoyeeta & Amina Hossain

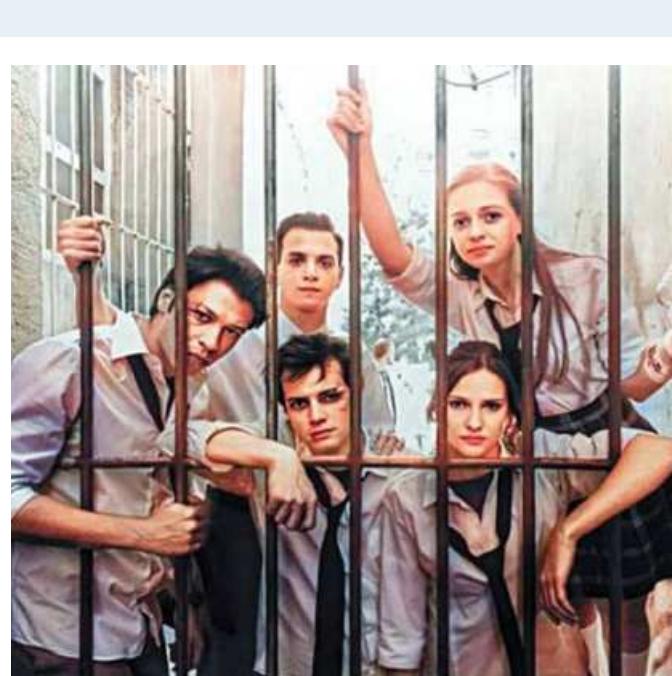


Designated Survivor: 60 Days

Designated Survivor: 60 Days is a South Korean political drama, based on its American counterpart. It was written by Kim Tae-hee, directed by Yoo Jong-sun, developed by *Studio Dragon*, produced under the banner of *DK E&M*, and stars Ji Jin-hee, Heo Joon-ho and Kang Han-na, among others. The plot follows the life of a Minister of Environment, as he becomes the acting president for sixty days when an explosion takes place at the National Assembly building. It was first released on July 1, 2019 on *tvN* and *Netflix*.



Here are some binge worthy movie and series you can spend your time watching while you stay at home social distancing, keeping yourself, as well as others, safe.



Love 101

Love 101 is a Turkish teen drama on Netflix. It has been directed by Ahmet Katkisiz, produced by Kerem Çatay, and stars Mert Yazıcıoglu, Kubilay Aka, and Alina Boz, among others. The story focuses on a group of teenagers who are determined to find a romantic interest for their teacher, in order to stop her from leaving their town. The series was released on Netflix in April 24, 2020.