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Star

**LIFE**

Style

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# Legacy of an UNTOLD TRADITION

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RECIPE  
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THE U.S. ELECTION 2020

PHOTOGRAPHER: HILL VALLEY  
PRODUCTIONS  
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## BBQ festival at Dhaka Regency

The winter grill and fry-fest has just begun at the signature garden restaurant, Grill on the Skyline, located on the rooftop of Dhaka Regency Hotel & Resort, overlooking Dhaka with an unobstructed view of the airport runway.

Much to the delight of its diners, the hotel celebrates the commencement of winter each year by hosting a barbecue festival. In keeping with the tradition, the hotel is on schedule this year, adding more items to the menu to incorporate a multitude of new meaty cuisines as well as seafood dishes.

As per the festival format, each guest may enjoy complimentary side dishes with the selection of any one of the pre-portioned fresh catch-of-the-day and BBQ items from the live grill and fry stations.

This year, Dhaka Regency offers its live



station grills and fry cuisines with prices starting from Tk 1,190++ per item.

To learn more or for making reservations, please call +8801713332661.

## “November Nostalgia” offer at Sarah Resort Gazipur!

Plan your next trip with your family and friends at the cosy green Sarah Resort, Gazipur. The package for two, including a child up to the age of 10 years, starts at Tk 14,500 net, inclusive of breakfast, lunch, and dinner. On Friday, the same offer is available at Tk 15,500 net.

Check-in time is at 2PM, and check-out at 12PM.

For more details, call 019 8000 3000 or log onto their website [www.sarahresort.com](http://www.sarahresort.com)

## The Great Kabab Factory: A grand experience

With COVID-19 cases peaking and our spirits dwindling, talking about a restaurant may sound strange to some extent, but the Great Kabab Factory is one of the eateries in town that is now making delightful offers, while keeping all health protocols in mind.

Currently at its finest, The Great Kabab Factory is offering scrumptious, generous three course meals with a twist — an ‘all you can eat’ offer!

Upon entering the restaurant, we were welcomed by a bunch of professionals accompanied by masses of hand sanitizers and masks. Next, we were escorted to our self-chosen window view table, as decided over the phone reservation; displaying a crowded, yet enthralling Dhaka city view.

As we walked, the flickering of yellow lights soothed the atmosphere. The place had

been decorated with aesthetic showpieces and paintings; a classic retro vibe wafted around.

After making ourselves comfortable, our eyes widened and mouth watered; for the menu showcased delightful items, namely ‘khasta aloo chaat,’ ‘mutton galouti kabab,’ ‘chicken malai tikka,’ ‘rabri jalebi’ and so on.

Impetuously, we opted for the non-veg selection and waited eagerly for the staff to fill our plates with items cooked with love. In less than seven minutes, the starters arrived. And so, the feast began!

For our starters, we had chosen kebabs, tikkas and chaats. From the delicious wide array of traditional options, we had given our top votes to *raan e murg* — an Indian delicacy of chicken legs flavoured with saffron, cheese, and cardamom. In fact, we had ordered each item on the menu for starters at least thrice.

Oh, and from the beef line-up of starters, *beef chapli kabab* would have to be given an honourable mention. Simply delicious!

As we had already sated our appetites with a long list of starters, we kept the main dish quite “minimal” — *Hyderabadi mutton biriyani*, alongside *naan*, *beef bhuna*, and *hariyali chicken*. Despite the full tummies, we couldn’t help but indulge in the rich taste of authentic Indian cuisine, and re-ordered a few of the starters and main dishes once more.

Soon enough, we had realised that it was no longer possible to eat another bite. But there is always extra space for desserts, right? The menu for desserts that day displayed *gajar ka halwa*, *rabri jalebi* and *malai kulfi*. Here’s something worth mentioning — they had provided us with *gulab jamuns* as an addition, only because I mentioned I was craving it!

My spirits soared to the heavens gazing at the softest, most succulent *gulab jamuns*; and gulping at least six of them at once. *Rabri jalebi* and the *malai kulfi* were equally delicious.

Considering safety measures, the appetizing dishes, the generosity and affection of the staff; the visit was completely worth it!

Dawat e Kabab pricing:

All-you-can eat for 1 person: BDT 999++  
Address: H.No 31, Shamshuddin Mansion,  
Level 5 Opposite Four Points By Sheraton,  
Dhaka 1212

Working Hours: 11AM — 10:30PM

For more information, call 01913397224,  
or visit <https://www.facebook.com/TheGreatKababFactoryBD>

By Zarin Khushnud

us on /Sandalina

ঐতিহ্যের আর এক নাম আধুনিকতা  
ঠিক যেমন ঝুপচাঁয় আভিজাত্য মানেই

# অ্যান্ডালিনা

## সোপ

ঝুপচাঁয় আভিজাত্য...

#FOOD

# Raffinato: For the love of authentic Italian cuisine

Raffinato means 'refined,' and for a restaurant that goes by this name, you should only have the highest expectations from it. And Raffinato Ristorante Italiano strives to meet them; with its classic recipes that emerged from different regions of Italy, high-quality imported ingredients, and excellent service and ambiance all teaming up to give you a delightful treat.



And the overall decor and ambiance will not let you down in this regard. Raffinato is elegant and not loud; fancy but not overwhelming; graceful but also relaxed and cosy.

After a short flight of stairs, you enter the restaurant, and will immediately feel the Italian vibe all around, from copies of iconic paintings to photographs of movie stars to even a miniature of the magnificent Colosseum in the terrace.

The terrace of the eatery is truly a nice and relaxing place to just sit idly; eat and chat.

As for the food, you would surely find your pastas, spaghettis, pizzas, and risottos — delicious, authentic, and representative of various regions of Italy — but the menu offers much more than that.

With delightful salads like Caprese (a

treat of tomato, mozzarella, and pesto) and Panzanella (a Tuscan bread salad); and soups such as Tortellini in Brodo if you are craving broth; and with appetisers like Stuffed Baked Portobello Mushroom, you know immediately that you are off to a good start.

Raffinato offers you myriad options of fish and meat, from a number of veal delicacies and imported steaks to grilled lobsters, Norwegian salmon and sea bass fillets.

You would love their Agnello Arrosto for example — grilled lamb chops that come with focaccia and vegetables and potatoes — or their Rotolo di petto di Pollo, which is an exquisite dish of baked chicken featuring sage and mozzarella. The Saltimboccas too featured on the menu should not be overlooked!

And speaking of cheese, Raffinato has a wide plethora of it, imported – mozzarella,

mascarpone, feta, pecorino and parmesan and so on.

Finish it all off with a slice of delightful tiramisu, or perhaps with a shot of espresso, something which Italians are always so fond of.

The restaurant has also recently introduced platters for 'power lunch,' where an assortment of delicacies come together not only to satisfy your appetite for delicious food, but also to provide you with a quick and wholesome meal that will give you the boost needed to carry on with the second half of the day.

"The three pillars on which Raffinato stands are quality, service, and cleanliness," Khan sums up the restaurant in a nutshell, adding that prices have been kept competitive and rather reasonable — given the context that the restaurant maintains very high standards and the fact that it gives more of a fine-dining experience.

With amazing Italian dishes enjoyed at nice, elegant, and comfortable setting — in exchange of a price that will not put a dent on your wallet — Raffinato (meaning 'refined') hence lives up to its name.

## Essentials

Address: House #9, Road #36, Gulshan-2, Dhaka.

For home delivery, Raffinato has tie-ups with a number of food delivery services, in addition to having its very own delivery system as well. To order directly from the restaurant or for reservations or more info, call 01674669725. Follow 'Raffinato Ristorante Italiano' on Facebook to stay updated.

Website: [www.raffinatobd.com](http://www.raffinatobd.com)

In Dhaka, there are several eateries serving Italian delicacies, but Raffinato may be argued to be a cut above, as this restaurant in Gulshan-2 is relentless about serving only authentic Italian and not unoriginal versions or twists of it.

That's exactly what Iftekhar Ahmed Khan, creator and managing partner, Raffinato, had envisioned three years ago, when he and his team decided to open this restaurant.

Being a visionary in Dhaka's culinary industry — who came up with bold and iconic ventures such as the seafood restaurant Saltz and the Mexican eatery El Toro, over two decades ago when Dhakaites were not very familiar with these cuisines — you want nothing short of 'raffinato' (i.e. refined) out of his Italian eatery as well.



By M H Haider  
Photo: Sazzad Ibne Sayed

**THOUGHT CRAFT**

BY NASRIN SOBHAN  
Freelance Writer



# What is essential?

My grandson, a delightful child aged five, is always full of smiles and good cheer. He trotted in from school one day, joyful as usual, and announced "I love everyone, including the people I don't know!" "But there are so many people in the world," I replied. "How will you find space in your heart for all of them?"

"Love never finishes," he declared condescendingly, and went away to play.

His words reminded me, in a way, of a book that I am sure some of us know extremely well, "The Little Prince," by Antoine de Saint-Exupery. The story can be read at many levels, both as an allegory and a simple tale for children of an innocent golden-haired child who falls from a star or small planet (remember this is fiction!) and embarks on an odyssey of discovery to other planets.

The little Prince was on a search for meaning and experience. He encountered, in the persona of the people he saw on other planets, various human qualities such as greed, vanity, duty and responsibility, among other things.

When at length he returned to planet Earth, the wise fox in the story told the little Prince a secret that in fact he had already learned: firstly, that "it is only with the heart that one can see rightly," and secondly, "that what is essential is invisible to the eye."

The Little Prince realised anew that he already possessed the most important thing in life, which was a heart full of love, for a rose that grew on his planet.

This story is a reminder to all of us of what is essential — moral values, love in the widest sense of the word, and the ability to introspect and reason before we make choices.

We adults lose our way sometimes, and have to

relearn from our little ones that love and goodness come with us when we are born, and are always present inside us. They are the lodestars and moral compasses of our being, and represent all the finest and most precious qualities of the human spirit: compassion, forgiveness, generosity and charity.

For the time that we are here, we have the option to choose the paths we take, but also accept responsibility for the consequences of our choices. We assume that all normal people will make different, but virtuous choices.

Yet, these days, virtuous choices have been replaced by a dystopian reality. Instead of our evolving into more enlightened souls trying to create a better world, some of us seem to be regressing and turning our world into a place where goodness has been almost forgotten.

Tribalism, racism, hatred and bigotry seem to be on the rise. If left to fester, these negative forces will feed upon themselves and grow. In the face of this invidious spread of evil, we too will be complicit if we practice apathy, and accept passively what is taking place in the world at present.

While we cannot combat the negativity and ignorance of those who value hate over better instincts, and the cynical greed of those who have constructed entire empires built on avarice, cynicism and destruction, we can counter these pernicious forces in part by adhering to our own integrity, sound moral values, and the unshakeable belief that we can help bring out, by the example of our own actions, the essential goodness that is inherent in others.

We owe it to our children and grandchildren to strive constantly, during our lifetime, to change the ugliness of the present, and leave for them a better world than we know today.

**#PRESS RELEASE**

# The Westin Dhaka introduces amazing new offers



To escape the daily monotony, The Westin Dhaka introduces 'Full Board Staycation and Daycation' offers for families.

Families wishing to stay out for a night can avail the 'Full Board Staycation' package which includes one-night stay in a deluxe room, buffet breakfast, set lunch and dinner at Seasonal Tastes, access to gym and swimming pool and many other exclusive benefits for 2 adults and 2 children. The package is priced at Tk 15,000 net.

Families craving a day outing can enjoy the 'Full Board Daycation' package, which includes buffet breakfast, set lunch and dinner at Seasonal Tastes, access to gym and swimming pool and many other extra benefits for 2 adults and 2 children. The package is priced at Tk 9,999 Net.

All the above offers are upgradeable and is available for a limited time only. To book the offer or to know more, guests are requested to call +880222291988 – The Westin Dhaka's new hotline number.

Giving full priority to the safety and security of the guests and associates The Westin Dhaka has introduced "Commitment to Clean," an all-encompassing programme to ensure World Class cleaning and sanitisation standards to instil a heightened sense of safety, security, comfort and confidence in guests.

## HOROSCOPE



**ARIES**  
(MAR. 21-APR. 20)

Avoid joint ventures. Look into new ways of making money. Your partner can get on your nerves. Your lucky day this week will be Friday.



**TAURUS**  
(APR. 21-MAY 21)

Work diligently on responsibilities. You need a change of pace. Insincere gestures of friendliness are likely to occur. Your lucky day this week will be Tuesday.



**GEMINI**  
(MAY 22-JUN. 21)

Your determination will pay off. Focus on improving yourself. Work quietly behind the scenes. Your lucky day this week will be Thursday.



**CANCER**  
(JUN. 22-JUL. 22)

Quit getting on everyone's nerves. Involve yourself in group endeavours. Take care of any minor ailments. Your lucky day this week will be Friday.



**LEO**  
(JUL. 23-AUG. 22)

Make your intentions clear. Communications with loved ones may be strained. Don't neglect your partner. Your lucky day this week will be Tuesday.



**VIRGO**  
(AUG. 23-SEP. 23)

Changes in your professional position are evident. Find an outlet to ease your mind. Make time for loved ones. Your lucky day this week will be Thursday.



**LIBRA**  
(SEP. 24-OCT. 23)

Deception is apparent. Do things that provide enjoyment. Problems with colleagues are evident. Your lucky day this week will be Sunday.



**SCORPIO**  
(OCT. 24-NOV. 21)

Act on your instincts. Your co-workers won't be on your side. Sort out differences in an amiable manner. Your lucky day this week will be Tuesday.



**SAGITTARIUS**  
(NOV. 22-DEC. 21)

You need some rest. Reciprocate by offering helpful hints. Disputes at home are likely. Your lucky day this week will be Monday.



**CAPRICORN**  
(DEC. 22-JAN. 20)

Be wary of deception. Let others have free reign. Travel will be fun and entertaining. Your lucky day this week will be Wednesday.



**AQUARIUS**  
(JAN. 21-FEB. 19)

Don't get talked into anything. Time to make some crucial decisions. Don't overspend too much on travel. Your lucky day this week will be Friday.



**PISCES**  
(FEB. 20-MAR. 20)

Re-evaluate what is important in life. Social events will lead to new friendships. Don't make large investments. Your lucky day this week will be Tuesday.

# Caring for your little one

A child is the most loved member in a family, and if it happens to be an infant, everyone tries to do their utmost to care, and provide the best of all things. From ensuring nourishment, no stone is left unturned towards optimum care for the little ones. Along with maintaining a proper sleep schedule and ensuring timely feeding, another essential part of nurturing babies is looking after their delicate skin.

The baby soft skin that we dream of having once we grow older is not so easy to maintain and requires extra care. Baby skin is typically more delicate, sensitive, and vulnerable in nature and thus, caring for it requires going



that extra mile. A good place to start with the proper nourishment of your little one's skin is by applying baby oil.

Baby skin is more susceptible to dryness, especially during this time of the year when winter is knocking at the door. Thus, it is vital to start taking superior care now. A good massage with baby oil helps to keep the baby's skin soft, supple, and moisturised. It also promotes better skin elasticity and prevents irritation and itches.

Often times, a new born suffers from a dry scalp that is flaky in nature and seems like

dandruff — a phenomenon more commonly known as cradle cap. Application of baby oil on the scalp helps treat this condition by improving the scalp condition and promoting hair growth.

A common practice in our country is smothering little babies with oil while basking in the sun, and our ancestors have good reasons to pass on this practice! A proper oil massage paired with exposure to mild sunlight is said to improve both energy levels and sleep pattern. Furthermore, it is a natural way to absorb vitamin D in abundance, which

is crucial for a child's development.

Needless to say, baby oil also contributes to good health and well-being of the little one. Constipation, cough, and diaper rashes are common problems that babies counter, but of course, we cannot tolerate seeing these little souls suffer one bit. Using baby oil can alleviate all three problems working as a quick and effective home remedy.

Rubbing warm oil on the baby's stomach in a clockwise and circular motion aids to mitigate constipation while a gentle oil rub on the baby's chest and back will warm up the body, giving a soothing relief from cold and cough. Likewise, application of oil on the affected area reduces the discomfort and uneasiness that comes with diaper rashes.

Apart from physical health benefits, baby oil is beneficial in terms of safeguarding emotional and mental wellbeing as well. Touch is one of the sensory stimulations that develops early and a good oil massage is believed to deliver love and comfort to a baby. It is also a great technique to create a long-lasting bond with the little one.

Contradictory to common misconceptions, application of baby oil does not only eliminate skin dryness, but offers a variety of benefits on both a physical and emotional level, making it a key element within a baby's skin care routine.

**By Fariha Amber  
Photo: Prito Reza**

সোনামনির জন্য ব্যবহৃত  
বেবি লোশনটি সুবিস্মিত তো?

পরীক্ষিত  
তাই  
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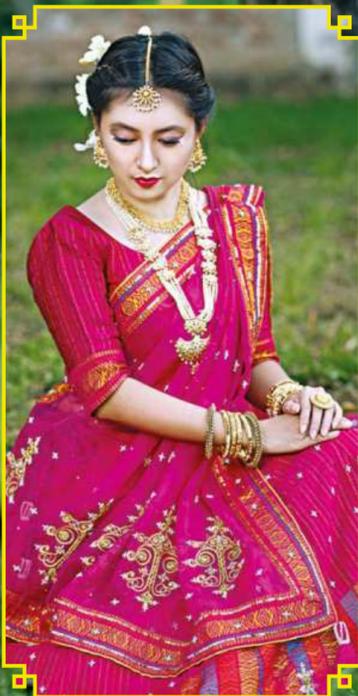
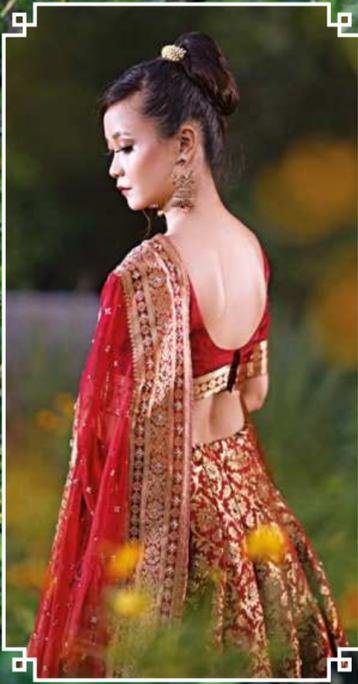
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ককিল টেলিভিশন সিমেন্ট

#FASHION



# The Thami *and* HADI BRIDE

Photographer: Hill Valley Productions  
Models: Brishty, Upoma, Junjuni, Arpa, Riti, Yashodhara, Sunetra  
Wardrobe: Sozpodor by Tenzing

Pandemic or not, wedding bells will be ringing. Keeping this very idea in mind, designers of our country have been keeping themselves busy, creating unique pieces for the 'special duo' of the occasion — the bride and the groom.

Tenzing Chakma seems to have taken the lead in this arena, especially with his latest and superb collection of wedding wear for the bride and her entourage. Chakma believes in dressing the entire family unit during any wedding ceremony because it helps in cherishing the memories of a priceless family bonding.

"I have seen so many people struggle to match with the bride," said Chakma. And with this very idea in mind, he highlights all the ladies in his latest collection — from the bride to her bridesmaids.

In his Wedding Collection for 2020, Chakma highlights his native culture with an abundance of bespoke *Thami* and *Hadi* as couture wear.

"We are on the verge of losing our heritage. With the latest wedding collection, I have tried to revive some of our past cultures," stated Chakma.

For those who are keen on fusion and lean more towards a more global approach to fashion, Chakma does not disappoint. His exquisite wedding collection also includes awe inspiring '*komor taant lahenga*' with exclusive zardozi embellishments in every colour imaginable.

"I have tried to make something for everyone, whilst keeping the culture intact. In most of my designs, one will be able to see an abundance of silver jewellery known as '*halchhora*', also recognised as '*shita haar*' in other regions," said Tenzing Chakma.

With an abundance of styles in the basic, black and red combination for *Thami* and *Hadi*, Chakma also experiments with unique colours like maroon, blood red, and even flamingo pink.

In conversation with Star Lifestyle, the designer revealed that the red and black blends are the authentic wedding colours for the Chakma bride, but people nowadays love experimenting with other colours, especially ones that match with their personalities.

In order to savour the past and keep the novelty alive, he has designed interesting versions of the authentic styles, for the bridesmaids.

"After all, designing is all about the perfect blend of creativity, experimentation and dedication to one's own cultural roots," concluded Chakma.

Here's to wishing all our readers a happy and safe wedding season! Lots of Love.

By Fashion Police



# Marzan's Kitchen

Colours and flavours; two of the most common words used to describe our culture and food. Needless to say, we love the spices and how they play with our taste buds. While our local cuisine holds a special emotional weight, it is okay to crave something exotic every once in a while.

What if you could order something that will meet that craving for that deliciousness with a touch of exotic ingredients?

Marzan's Kitchen offers a number of choices. They boast their refined cooking skills and their fixation on using the best ingredients. Heavily inspired by her time abroad, Marzan Mahmood, Co-owner of Marzan's Kitchen confessed how her

cooking style has been shaped by different cities she's visited over the years.

She loves to cook and as you would expect, someone with such adroitness gets approached often.

"We are school friends and she loved to cook from an early age. But we never thought of doing something serious with it, not until very recently" recalled Maisha Samiha, another co-owner of the initiative.

"We are importing spices all the way from the USA. Quality ingredients will induce explosive flavours," she added, as she pointed out her star dish — Achari Gosht with aromatic rice and Alu-parathas.

A traditional beef curry that is not only visually pleasing but will send your taste buds on a familiar ride, only this time with some new flavours. There's no denying that Bangladeshi people love beef curry, and this one is succulent enough to create an impression. Another choice is Beef & Mushroom in Oyster Sauce. Back by



popular demand, the dish is served with fried rice and salad, but of course, the champion of the dish is the rich oyster sauce gravy.

If you want something more exotic, there's Spicy Squid Fried Rice served with Chinese lemongrass chicken gravy. As you can imagine, this will be a treat for seafood lovers and the fragrance of lemongrass is a pleasant addition, guaranteed to make you ask for more.



You could also try their Mango Mousse Cheesecake. Even though mango is probably the most popular tropical fruit, it's not often you see a well-prepared mango cheesecake. The rich creamy lusciousness will be accompanied by a chicken pepper sandwich with a Chinese flare. For those of you in search of new taste, this could be an exciting prospect.

For those who prefers chicken, Chicken Ragu Pasta and Peanut Butter Chicken

Curry are two scrumptious choices, with the pasta being served with home-grown fresh basil. Butter chicken on the other hand, is served with a garden salad and aromatic rice, both of which blends perfectly with the dish itself and plays hide and seek with your taste buds.

"Never a dull moment. We don't want people to get bored with the same old items. Therefore, we will be changing the menu regularly," Marzan added. And all that with quality ingredients; some are even home-grown."

Even with a rotating menu, The Achari Gosht will remain and like the rest of the items, one can order it via Cookups. But the most interesting and perhaps ambitious fact is that they will be hosting Live Facebook cooking shows. Only this time, for the first time ever, you will be able to order the food online while you are watching the show, as well as afterwards.

With a taste for flavours, attention to details and polished cooking skills, Marzan's Kitchen offers a number of delicious treat that you certainly deserve.

**By Ashif Ahmed Rudro**

**Photo Courtesy: Maisha Samiha**

For more information, visit their Facebook page: <https://www.facebook.com/marzanskitchen>

# Everyday recipes from the heart

No matter how much we love the acquired tastes of noodles, pastas and pizzas, traditional dishes that were once the norms in Bengali households once time was a much less limited resource, still hold their charm over our culinary whims. Here are some such recipes for you to try when the mood for the good old strikes.

## ALOO POSTO (POTATO CURRY WITH POPPY SEEDS)

### Ingredients

½ kg potato  
½ tsp black cumin  
4 dried red chillies  
4-5 green chillies  
2 tbsp mashed poppy seeds  
3 tbsp mustard oil  
Salt to taste  
Sugar, if preferred

### Method

Mash or blend the poppy seeds and the green chillies together, and make a paste. Keep aside. Peel the potatoes and cut into small dices. Steam or half-boil the potatoes. Keep aside.

Heat mustard oil in a pan. Add black cumin seeds and dried red chillies and sauté until fragrant. Add the half-boiled potatoes. Season with salt. Sauté for 2 minutes. Add the poppy seed and green chilli paste. Sauté for a minute. Add 1 cup of water and turn the heat high. Cook until the water evaporates and the gravy thickens. Check the seasoning. Add a little bit of sugar if needed. Turn off the heat.

Enjoy with warm and fluffy luchies!

## POTOL ER DOLMA (STUFFED POINTED GOURD WITH COCONUT AND SHRIMPS)

A Greek dish which has become staple in our Bengal cuisine!

### Ingredients

5 *potols* (pointed gourd)  
250g shrimps  
250g shredded coconut  
125ml coconut milk  
½ tsp turmeric powder  
½ tsp red chilli powder  
½ tsp garam masala powder  
250g onions (thinly sliced)  
1 tsp ginger paste  
4 tbsp vegetable oil

### Method

Shell —  
Wash the pointed gourds and scratch the



outer skin with a zigzag knife or fork. Cut the pointy sides of the gourd and take out the seeds/meat of the gourd and make it like a hollow shell for the stuffing.

### Stuffing —

Take a small pan in medium flame and add 2 tablespoons of oil. After the oil is heated properly add half the sliced onions and sauté for 3 minutes or until its golden brown. Add ¼th of the ginger paste and sauté for a minute. Add rest of the spices in the pan, cook with a little bit of water and 1 teaspoon of coconut milk.

After the oil separates stir in the shrimp and add the shredded coconut. Season with salt. Now add 125 ml of coconut milk and bring it to a boil. After the shrimps are

cooked, take the pan off the stove and keep it aside.

Fill the gourd shells with the stuffing.

Take another pan and add the remaining oil in medium flame. Add the remaining onion and sauté. After the onion is slightly browned, add the remaining ginger paste and 1 pinch of red chilli powder and sauté till the oil separates. Add 2 tablespoons of coconut milk and a pinch of garam masala. Sauté the masala for 2 minutes and add the stuffed gourds. Turn the heat into medium low.

Cover the lid for 10 minutes or till the outer skin of the gourd is properly cooked. Take the pan off the heat. Garnish with some shredded coconut and serve!

## CHINGRI MALAI CURRY

Almost every Bengali household has their own version of chingri malaikari recipe. No matter how much we want to claim this as our own, some believe this dish was originated from Malaysia. That's why it's called Malay/Malai Curry. This is also a puja staple and usually served with luchi.

### Ingredients

½ kg king prawns  
½ litre coconut milk  
1 tbsp shredded coconut  
1 tsp ginger paste  
2 tbsp onion paste  
2 onions thinly sliced  
4/5 green chilli  
¼ tsp turmeric powder  
¼ tsp chili powder  
½ tsp cumin powder  
Whole spices  
3 cardamoms  
1 small cinnamon  
1 bay leaf  
Salt, to taste  
Sugar, to taste

### Method

Properly clean and devein the prawns. You can keep the shell on remove it. Totally up to you. Set aside.

Heat oil in a medium sized pan. Add sliced onions. Sauté for 3 minutes. When the onion is golden brown, add the whole spices. When the whole spices are slightly fried, add ginger paste and sauté for 2 minutes. Add rest of the spices and sauté. Add 2 tablespoons of water and 1 tablespoon of coconut milk in the sautéed spice mixture and allow it to blend properly. After the oil separates, add the prawns; season the prawns with salt and cook it for 10 minutes in low flame. Add the remaining coconut milk after 5 minutes. Then add the green chillies. Keep the lid on for 2 minutes. Add a little bit of sugar if needed. Check the seasoning. After the gravy reaches your desired consistency turn off the heat.

Garnish with some shredded coconut and fresh coriander leaves.

## GUR ER PAYESH

No Bengali celebration is ever complete without a sweet dish and payesh is something we all love!

### Ingredients

1 litre milk  
4 tbsp powder milk  
1 cup chini gura polau chaal  
½ kg jaggery (sugarcane or date)

### Method

Evaporate the milk and reduce it from 1 litre to ½ a litre. Mix in the powder milk. Add the rice and keep stirring until the milk thickens and turn into a porridge-like consistency. Add the jaggery and bring it to a boil. Turn off the heat after the payesh reaches your desired consistency.

Dish the warm payesh into small dessert cups and allow it to cool. After it reaches room temperature, keep it in the fridge for a few hours to set. Garnish the payesh with nuts and raisins and serve!

By **Karzia Kayes**

Photo and Food: **Karzia Kayes**

# She could take it back

“She could take it back, she might take it back some day”

— Pink Floyd

As in any other Pink Floyd song, these lines convey a message, but unlike in many others, they don't quite take on a new meaning. They are quite direct with a dire warning about the place we call home. With population explosion and poor planning, our limited resources are being overstretched to the point of a total breakdown.



Many of these environmental disasters seemed distant once, they are now increasingly closer to home in the shape of more severe natural calamities often rattling us. To forestall such disasters, it's imperative that we wake up to the existential threat posed by nature, abused for years.

I marvel at the birds in spectacular colours and varieties now, while dolphins frolic in areas new to them. The reason is simple: we haven't been out in force for a while because of the pandemic.

Nature has been enjoying herself in ways unthinkable even last year. Her tormentors have all been confined. If there's anything good coming out of this crisis, it's perhaps the realisation that without constant abuse, our home would be cleaner, and greener.

As dire as the situation may seem, concerted efforts by motivated souls with



brilliant minds are also underway in the form of new technologies for cleaner air, and greener products. My heroes, they are breaking a sweat for the love of the planet we live in.

Meet, Dr Salahuddin Khan, a Bangladeshi-Canadian entrepreneur in Ottawa, Canada. He comes across as a very unassuming, soft-spoken person, with an ear-to-ear grin, but beneath his smile lies an unbridled passion for the environment, and a brilliant mind with a steely resolve. He has ridden many a wave in his chequered life.

Just outside the city, he owns a delectable retreat: his lovely ranch. I saw first-hand his treasured asset tucked in a corner. Huge solar panels adorn his premises. His one-time cost? \$70,000!

However, he signed a 20-year agreement with the Canadian Government to provide electricity to the power grid. The Canadian Government would pay him about \$14,000 a year for 20 years. He's now in the eighth year of his contract.

He has recouped his investment in just five years! For the last three years, he's been earning more than \$1,000 every month, and he'll keep earning it for the remaining 12

years of his contract without doing much else.

Maintenance costs are minimal, he assured me. These sturdy panels don't usually suffer any damage in bad weather. It's important to select a good location for them where they are protected against severe weather.

Ottawa is one such location, as are many others, he insists.

Investment in green technology doesn't have to be a bad investment, but rather a lucrative prospect, if done thoughtfully. This is a win-win situation for all, and can easily incentivise many others sitting on the fence.

He pointed to his investments in windmills in Germany. Two models piqued his interest. He invested through two companies. These two companies would then get some loans from the Government to supplement these investments to set up windmills to sell to the power grid.

The first one was with a company called Enertrag Windfeld on a 10-year contract. The second model has been with a company called WPD. Both these companies are pioneers in this sector.

Although many have been offshore on fixed platforms, new windmill farms are now being set up on floating structures, significantly increasing the sea area available to them.

He passionately calls these “ethical investments” for a cleaner planet. But he maintains that policy backup from the developed and powerful countries and administrations is needed to galvanise more investors for long-term investments in this area. A new administration could try to alter contracts made with the previous one because of policy differences. This carries some risk, although he fought off these attempts once, he says.

Solar panels are also making strides into the residential sector. Take my affable friend who exudes a passion for green technology. Vowing never to return to his carbon-emitting ways, he bought solar panels from Tesla and installed them on his rooftop, resulting in plummeting electricity

bills. Based on his average consumption, he calculated that \$20,000 in one-time cost would meet most of his electricity needs. He estimates he will recoup his cost in about eight years after Federal credit.

I'd be remiss if I didn't bring up Electric Vehicle (EV) as a relevant topic here. These EVs are slowly taking an increasing share of the automobile market. Tesla is a prominent household name today.

I will touch upon my friend's winged Tesla Model X, the equivalent of an SUV. He recently invited me to test-drive his white Model X. I hopped on with alacrity, and relished the ride. I wanted to lay out some features here.

## Doors

The two side doors, called falcon wings, lift upward within a limited room, making the car look like a falcon.

## Console

It has a nice control console showing everything that there is to know about the car. Every modern car these days shows vehicle status, but I found this to be very elegant. This is a soothing white display that hangs like an iPad. The display can be dimmed or brightened.

## Energy conservation

While braking, I experienced some sort of a drag. When the brakes are applied, the car uses that braking energy to charge its batteries. This usually happens at a higher speed.

## Moving Parts

With 70 percent fewer moving parts, the maintenance cost is significantly lower than that of its gasoline peers.

## Supercharging

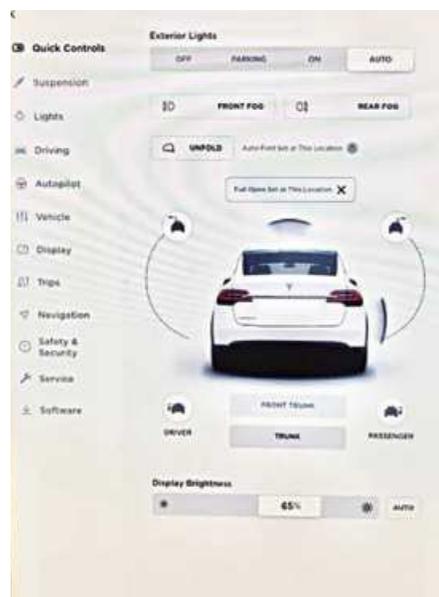
For Model X, prior to 2020, supercharging was priced in, saving the user the hassle of paying every time the car was charged. This is not the case anymore, although the charging price remains low. This results in significant savings. An hour of charging can yield about 200 miles, and it comes out to be about \$15. That is the price of about 5 gallons of gas on which a standard SUV can travel 100 miles.

Tesla is charging ahead. A few days ago, on “battery day,” Elon Musk announced a move toward a million-mile battery, a game-changer that would bring the electric trucks into its fold. This is a leap from the current 300K-500k mile batteries. There are, however, other budding ventures in EVs today, such as Nikola, Nio, and Rivian, just to name a few, focused on electric truck and pickup markets. Batteries are the most expensive elements in an EV. Tesla is now making its own battery cells that will replace the cylindrical ones it currently buys from Panasonic and others. This should lower the cost.

As I look out my window, gazing at the stars, a deep sigh comes out. Can we save this pristine view? I want to behold this beauty untainted, as long as I live, and I want my child to relish it as much I do. I am hopeful.

By Arif Shahjahan

Photo Courtesy: Arif Shahjahan



**LIFE AS IT IS**

**WARA KARIM**

Writer, painter, gardener, content creator  
Website: <http://www.scratchingout.com>



# Bangladeshi Americans on US Election 2020

Americans voted with zeal and fervour; they voted in-person and by mail, setting a record voter turnout, even amid a pandemic that is ravaging their nation. Joe Biden bagged more than 75 million popular votes, the highest so far in American political history.

The 2020 US election saw so many firsts; America created history by electing its oldest president, and also its first female, Black and South Asian Vice President. Vice President-elect Kamala Harris represents a new face of the political power. On the 100th year of Women's Suffrage that is, American women gaining their constitutional right to vote, the country elected a woman as its next Vice President.



with their children, the interviewees said that they extensively discussed politics with their offspring.

"For the last four years, they saw and felt the degradation of mutual respect amongst their fellow Americans. This year, they were more attuned to what is happening politically, and I personally felt they had the right to know the whole story as it was unfolding," said Ilaf Sattar.

She said that her explanations to her fifth and third graders were never just statements, but presentations of facts with open-ended questions in the end, giving them the opportunity to decide right from wrong.

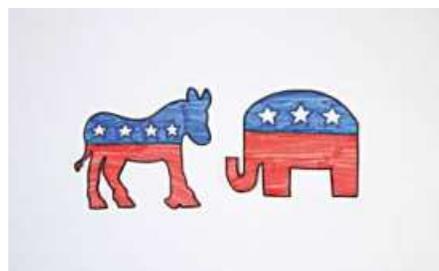
Mozammel Khan also said that he had extensive discussions on the 2020 election with his high school-going son. "My son updated me on many policies and plans of both candidates, covering important subjects, such as education and how to combat COVID-19."

**My experience**

We voted by mail in 2020. The mail-in ballots arrived timely with clear instructions and postage-paid envelopes. Once we mailed our ballots, we could check online the status of our ballots and if they were accepted.

On the day President-elect Joe Biden delivered his victory speech in Wilmington, Delaware, my husband, daughter and I drove and then walked more than a mile to reach the venue with renewed faith in democracy. People from all walks of life, of every colour, race, religion, and ethnicity gathered to watch history being made. It was a surreal experience! My daughter made a Biden-Harris sign which we carried and two small US flags. It was "a moment in history" too significant to miss.

**Photo: Collected**



When it comes to political leanings, Bangladeshi Americans have historically favoured the Democratic Party. This year was no different — they voted enthusiastically for their favourite candidate.

We asked Bangladeshi Americans living in different parts of the country how they feel about this historic election. It seemed likely that women were particularly ecstatic about Kamala Harris becoming the next US Vice President.

"I am so proud of Kamala Harris, who is a prominent face of a generation of children of immigrants who are becoming influential political figures in their own right," said Afreen Islam, a child and family social

worker in Salt Lake City, Utah.

This election meant a lot for the first-generation immigrants. In this election, people of colour, especially women of colour, could see their representation in the White House through Vice President-elect Harris. Little girls, particularly brown and black, can now dream that they themselves could one day reach such great heights, or even higher.

For Ilaf Sattar, a resident of Edison, New Jersey and a managing assistant director at Kean University, the year 2020 marked her fourth time voting in a US presidential election. She said that she never felt this compelled to have her voice heard and her vote counted as she felt in 2020.

"In politics, there are always shades of grey, but this year, it was all black and white. It was Tolerance vs. Racism, Unity vs. Division, Empathy vs. Apathy, Human Rights vs. Privilege, and last but not least, Sanity vs. Insanity," she said.

Mozammel Khan, a resident of Queens, New York City, is an assistant manager at a 7-Eleven store. Asked what made him vote for his candidate, Khan said, "Biden

was perhaps not a perfect presidential candidate, but he is definitely going to be better than Trump. Biden's healthcare and economic plans will benefit the lower-middle class."

Khan said that there were other issues that concerned him, too. "Trump ignores climate change, he is willing to sacrifice the environment for his personal gain," he said. "I want to leave behind a healthy world for my children, grandchildren, and all the generations to come."

The interviewees all labelled the current US president as racist, sexist and xenophobic.

"I chose to vote for Biden in 2020 for a 'united' America. I voted for women's rights, for Black Americans, for other minority groups, for the LGBTQ community, and more importantly, to live in a country that does not thrive on greed and lies of a dictator," said Saddam Khan, a Pennsylvania resident, who works as a senior solution specialist at Deloitte.

The future of America rests with its children. When asked if they discussed the 2020 election and its historic importance

এখন নতুন মোড়কে

প্রতি ৫০০ গ্রামের প্যাক-এর সাথে ১০০ গ্রাম ফ্রী!

বাঁচলো টাকা ১২!

আরো উন্নত ফর্মুলায়

KOHINOOR CHEMICAL

## INSIDE LOOK at Cilantro



### In conversation with Ashik Ur Rahman

**What inspired you to become a restaurateur? Where did it all begin?**

I went to Monash University in Malaysia for Higher Education and when I came back, I saw that there was a lack of place where you could just sit down, have a cup of coffee or meal and properly relax, especially in Dhanmondi. I think Café Mango was the only café at that time in this part of the town. So at that time, me with 2 more directors were concocting the ideas for starting something related to food in this area. The previous land owner of this place was a nice guy and gave us a favorable rate for rent so that we can start our business there. I should remind you that we built the complete restaurant from the ground up. There was no buildings or house that we rented or renovated to construct Cilantro. As a result, if you look at the architecture of the restaurant, you'll notice our ceilings are almost 16 feet and the unique atmosphere that surrounds our establishment was carefully and meticulously constructed by ourselves. You can see there is an open place in the middle and we thought rain water would come down that part and create an environment that no one has ever seen. Our menus are predominately Latin & Mediterranean inspired dishes and have been refined over the years with respect to our customer's opinion.



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**What challenges did you face initially?**

The first challenge that we faced initially was managing



our produce. We started Cilantro almost 10 years ago and at that time products such as Steaks, Salmon fish, and fresh & premium spices like rosemary and thyme, were not widely available in our country. Only dried version of those spices were available, and they were tough to find as well. Steaks and Salmon were products that were mainly served in 5 star restaurants. Therefore, it was very costly for us to acquire the products that we needed. Nevertheless, these products are very easy to obtain nowadays, thanks to the super shops and various other suppliers of fish and meat. Flavorful sauces and dips were not that available in this region at that time. Hence, we started making our own sauces and dips by using fresh produces. We faced some issues with consistency at the beginning as well. Nonetheless, we quickly bounced back from that by assembling 4 different mix of spices (which consists of 28-30 different spices), that focuses on different style of cuisines and using those exact mix of spices in every branch to keep consistency within them. We also have specified supplier to get high-quality potatoes as well. Another factor that helps us get the edge over our competition is that we priorities and spend a substantial amount



of money to keep our kitchens up to date. We are always using state of the art equipment's, as well as hiring professional & experienced chefs for our kitchens.

**Cilantro has managed to stay as one of the best restaurants in Dhaka, despite facing some formidable competition over the years, especially in Dhanmondi. What's your secret in sustaining so well over the years, while others have not done as well enough?**

Loyal customers, plain and simple. They are the ones that have mainly helped us in sustaining ourselves for so many years and expand into different areas. These regular customers are very satisfied with our hospitality, as well as the food and they keep coming back on a regular basis. Moreover, another key factor for us staying one step further is our staff. Most of the staff here in cilantro, has been with us for more than 8 years and have remained loyal to our restaurant. They are professionally trained and



are dedicated to their work in delivering optimal customer service.

**What are the steps you have taken for your restaurants to adopt to the new normal?**

We have practically made our own bubble to combat with this issue. All the staff that you see here, live in the same house. Even if they go on holidays, they cannot join back with us before quarantining for 14 days. That helps us make sure that there are no risks of that person being in the restaurant or in the kitchen. For the restaurant, we are deep cleaning it on a monthly basis. Daily cleaning has been severely amped up as well, with surfaces at the tables and door handles being cleaned with surface disinfectants.

**We have seen a lot of people trying their hands in different cuisines during the lockdown. Any advice for the aspiring chefs/home-cooks of Dhaka?**

Just be consistent. Don't serve food that you yourself will not eat. You have to like the food yourself well enough for it to be served to others. So pay close attention to that. Furthermore, have a specialized menu. Don't go haywire and adopt 3-4 different cuisines all together at the beginning. You need to practice a specific cuisine a thousand times before getting it absolutely right, and adopting too many cuisines in the beginning will dampen that process. Our team believes in this concept as well. They especially need to remember that the kitchen is the heart of any house or restaurant.



**We know you are not someone to stay quiet for long and you have been expanding Cilantro's footprint all over Dhaka city? Any exciting news for expanding into other cities of BD anytime soon?**

We have carried out this process before already. We had opened 2 branches in Uttara and Baridhara, but had to close those down because of different circumstances. We tried running a university cafeteria as well. The university being IUB. But it wasn't a strong financial base as well and we closed operations there as well. Now we have gone into a



working relationship with United Group. We have an outlet of Cilantro in all the Chef's Table in Dhaka. They are also planning on opening up a couple more Chef's Table and we will open outlets there as well. We were approached by some enthusiastic people from Sri Lanka and UK, saying they wanted to become partners with us. However, these conversations were scrapped and put on the shelves because of the pandemic. So, we'll see if we can open outlets outside the country later in the future.

The interview was taken by Foyzal Mahmud Niloy.  
Photo: Orchid Chakma