

Garnish with nuts and rose petals and serve.

PUMPKIN HALWA

Ingredients

- 2 cups pumpkin grated, blanched
- ¼ cup sugar
- ¼ cup mawa
- 2 tbsp cashews or pistachio chopped
- 1 pinch cardamom powder
- ½ cup milk

Method

Heat ghee in a pan. Fry the nuts till golden and keep aside. To the same pan, add grated pumpkin. Fry for 4-5 minutes or till the raw smell goes off. Pour the milk and cardamom powder. Cook until milk is absorbed. Add sugar and cook till the sugar melts and the halwa thickens. Add mawa and half of the fried cashews. Mix well and stir continuously for a minute. Remove from heat, garnish with rest of the cashews and serve.

POPPY SEEDS HALWA

Ingredients

- 1 cup poppy seeds soaked overnight
- ¼ cup ghee
- 2 cups milk
- ¼ cup cashew nuts
- ¼ cup almonds
- ¼ cup pistachios
- ¼ cup sugar

Method

Drain the poppy seeds and grind with very little water to a thick paste. Heat ghee in a non-stick pan. Fry the nuts until brown. Remove from pan. In the same pan, add poppy seeds paste and sauté for about 12-15 minutes or until it turns light brown. Reduce heat and add milk. Cook and stir continuously, till it begins to thicken. Add fried nuts and sugar. Mix well and cook for another few minutes. Transfer into a serving bowl, garnish with fried nuts and serve hot.

COCONUT MAWA BARFI

Ingredients

- 2 cups desiccated coconut
- 1 cup mawa, grated or crumbled
- ½ cup milk
- 1 cup sugar
- 1 tsp ghee
- 2 tbsp chopped almonds



2 tbsp chopped pistachios

Method

Grease the pan with ghee. Add mawa, sugar and put on low to medium heat. Add milk and allow the mawa to melt completely. Add coconut and mix well. Cook on a medium heat until the mixture turns thick and begins to leave the sides of the pan. Grease the tray and transfer the mixture to it. Allow it to cool. Cut into barfi shapes. Garnish with chopped nuts and serve.

SHEERMAL

Sheermal is a mildly-sweet, saffron-flavoured naan popular in India and Pakistan. While this Moghul delight is traditionally prepared in a tandoor, it can also be comfortably prepared in a tawa in the convenience of your own kitchen. Using warm milk and spices in the dough gives it a really rich flavour. Do not forget to brush the sheermal with a little ghee before serving.

Ingredients

- 2 cups plain flour

¼ tsp saffron strands

¼ cup ghee

1 tsp sugar

1 tsp baking powder

½ tsp cardamom powder

½ cup milk

Salt to taste

Method

Combine the saffron and 1 teaspoon of hot water in a small bowl, mix well and keep aside. Combine the flour, ghee, sugar, baking powder, cardamom powder, saffron water mixture and salt in a deep bowl and knead into a soft dough using milk. Cover the dough with a wet muslin cloth and keep a side for 30 minutes. Divide the dough into 10 equal portions. Roll a portion of the dough into 4" thick circle using a little plain flour for rolling. Prick the rolled dough with fork. Heat a griddle and place the sheermal over it and cook it on one side till it puffs slightly and then turn over. Cook it on the other side till it puffs a

little and then roast it on an open flame till it turns golden brown from both the sides. Brush each sheermal with a little ghee and serve immediately.

RUMALI ROTI

Ingredients

- 2 cups plain flour
- Pinch of baking soda
- 1 tsp ghee
- Milk for kneading
- Salt to taste

Method

Combine the flour, salt and baking soda in a bowl and knead into a soft dough using enough milk. Keep aside for 1 hour. Knead again, divide into 10 to 15 portions and roll out each portion very thinly. Place a wok upside down on a flame. Stretch the roti a little on all sides and heat on an upside-down wok till done. Serve hot.

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Food: Selina Parvin

Styling: RBR

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