

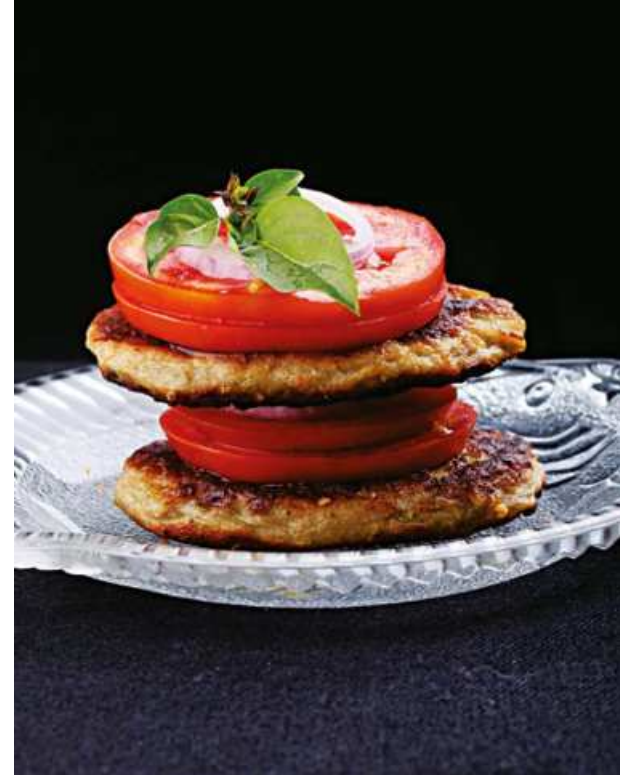
# Star LIFE Style

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64-65 Kazi Nazrul Islam Avenue, Dhaka-1215. A publication of *The Daily Star*

## What's new this iftar?

RAMADAN BLESSING TO SHARE  
PANDEMIC OR NONE P2  
MILK ON THE GO  
FRESH AND UHT P4  
SHAKE THE GOODNESS  
A COLD BOTTLE OF MILKSHAKE P12

PHOTO: SAZZAD IBNE SAYED



Shake



Sauce



চিনির স্বাদ ক্যালরি বাদ



**সুরক্ষিত দেয়াল  
নিরাপদ পরিবার**

এলো বার্জার ব্রিড ইজি ভাইরাকোর। এর সিলভার আয়ন টেকনোলজি তৈরি করে অ্যান্টি-ভাইরাস কোটিং, যা দেয়ালে আসা ভাইরাস ও ব্যাকটেরিয়া ধ্বংস করে। পরিবারের সুরক্ষায় কোনো আপোস নয়। বার্জার ব্রিড ইজি ভাইরাকোর যখন দেয়ালে, আমরা নিশ্চিন্তে সবসময়।

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# Blessings of Ramadan



A month of opportunity, and a month of change — Ramadan begins this year just as we welcome summer. This is the month that Muslims await all year long, and prepare for weeks ahead of time because of all the religious practices, fun activities, great food, and countless blessings.

Sharing food is one of the blessings we receive and give to our families and friends, to our neighbours and helping hands, and everyone around us. It is more than sharing a platter of delicacies but sharing the spirit of Ramadan and our prayers with it.

While we may not be able to physically host iftar and sehri gatherings this year, we can still be together in spirit, which is one of the most wonderful things about this month. Be it through sending iftar to your loved ones or breaking fast with your friends through video calls, enjoying together always makes it special.

Zakat plays a big part in sharing our



forward to Eid, and the many ways we get to spend and celebrate the day. There is just something special about shopping for Eid, more so for your relatives, friends, families, and loved ones than yourself. Preparing meals with your family, dressing up the home and yourself, exchanging gifts, and indulging in home-cooked delicacies all day long are just some of the many fruitful activities.

blessings and making sure that everyone around us gets to enjoy the month to the fullest just as we do.

It is also a great opportunity to spend time with children and teach them all about Ramadan and its significance. Children love to feel important and getting them involved in the process of meal preps and prayers is a great way to give them a new role, an opportunity we do not always get. And of course, it all ends with looking

The spirit of Ramadan is one you can feel even before the month actually begins, and one we want to hold onto even after the month ends. While some of us let go of bad habits, others adapt to good ones, and some of us learn in the process. All in all, it is a month full of virtues and while we still fight a global pandemic, it has in no way dulled our celebrations, as we continue to celebrate safely and indoors.

We all want outlets that allow us to share and do good for the betterment of our loved ones and to put a smile on their faces and Ramadan provides us with more than ample opportunities and occasions to do so. So let us take these chances this blessed month, and enjoy it to the fullest while ensuring everyone around us can do the same.

**By Anisha Hassan**  
**Photo: Sazzad Ibne Sayed**  
**Food and Styling: RBR**



us on /Sandalina

ঐতিহ্যের আর এক নাম আধুনিকতা  
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

**স্যান্ডালিনা**  
**সোপ**



রূপচর্চায় আভিজাত্য...

**KOHINOOR**  
**CHEMICAL**

# FOOD

FARIHA AMBER



# Beat the heat with ISPI

Instant powder drinks are an essential and practical pantry staple during summer, especially in countries with a hot climate. A quick and easy remedy to satiate your thirst in a delicious manner, they are preferred by children and adults alike.

Moreover, they even come to the rescue upon sudden arrival of unexpected guests!

Dissolving instant powder drinks in plain water is okay, but have you ever thought about the several ways this basic concoction can be jazzed up to produce something extraordinary?

Whether you pondered upon this or not, here are four methods to use two variations of our very own ISPI Instant Powder Drink to create delightful blends right in your kitchen.

## TROPICAL FRUIT PUNCH

This fruit punch is the perfect summer treat as it utilises the goodness of tropical fruits that are at their peak during this time of the year. The fulfilling drink is a crowd pleaser and may just as well be served as a dessert.

### Ingredients

- 1 ripe mango
- 1 dragon fruit
- 1 pineapple
- 6 tbsp ISPI Instant Mango Powder Drink
- 6 cups water
- 1 tbsp sugar (optional)

### Method

First, skin and core the pineapple and cut it into little bite-sized chunks. To prepare the other fruits, peel them and cut their flesh to a similar size. In a large pitcher, pour in water with ISPI Instant Mango Powder Drink and sugar, and mix well. You can leave out the sugar totally or adjust the amount to your desired level of sweetness. Mix these together until completely dissolved and then drop in the array of your prepared fruits one by one. Mix this again to disperse the fruits evenly and let this chill in the refrigerator for about an hour so that the fruity flavours can infuse. The punch is ready to serve.

## MANGO COCONUT SMOOTHIE

We just can't seem to get enough of mangoes, can we? This creamy blend of mango and coconut shall not only satiate



your summer cravings but also give you a boost of energy while revitalising your soul.

### Ingredients

- 1½ cups heavy cream
- ½ cup water
- 1/3 cup tender coconut meat
- 3 tbsp ISPI Instant Mango Powder Drink
- 5 – 6 pieces cashew nuts

### Method

Begin by dissolving ISPI Instant Mango Powder Drink in water. In a blender, add in the cashew nuts and coconut meat with just enough water to submerge them completely. Blend this into a fine purée before pouring in the mango drink mixture and heavy cream.

Blend everything together until you get a smooth and thick homogenous smoothie. This delicious energy packed smoothie can easily substitute your breakfast as well.

## CITRUS FIZZ

Try out this easy-to-make citrusy and fizzy drink that is packed with zesty flavours and vitamin C. Its high citrus content will also boost your immunity and keep you hydrated throughout the humid season.

### Ingredients

- 5 tbsp ISPI Instant Orange Powder Drink
- 1 orange
- 1 lemon
- 500ml lemon soda
- Handful of mint leaves
- Orange and lemon wheels (for garnish)

### Method

Extract the zest from both the orange and lemon before squeezing them to attain their fresh juices. In a jug, combine the lemon soda along with fresh orange and lemon juice. Also add in their zest followed by ISPI Instant Orange Powder Drink. Stir everything together and finally add a handful of fresh mint leaves and slices of orange and lemon for a burst of freshness. Ensure everything is well incorporated and serve this fizzy concoction chilled.

## ORANGE GINGER MOCKTAIL

This zesty mocktail is the perfect amalgamation between orange and ginger. A vibrant summer drink with subtle notes of ginger in the background, it is sure to provide you with an invigorating experience.

### Ingredients

- 4 tbsp ISPI Instant Orange Powder Drink
- 2 cups water
- 1 cup ginger ale
- 1 orange
- 1 thumb-size ginger
- 1 tbsp sugar
- Ice cubes
- Orange wheels for garnish

### Method

Begin by squeezing the juice out of one orange and julienning a thumb sized piece of ginger. Next, dissolve ISPI Instant Orange Powder Drink with two cups of water. Drop ice cubes and ginger in a pitcher along with the sugar, freshly squeezed orange juice and ginger ale.

Pour in the prepared ISPI Instant Orange Powder Drink mix and stir everything together until well combined. For that summer vibe, serve this with orange wheels on the edge of your glass and enjoy!

By Fariha Amber  
Photo: Sazzad Ibne Sayed  
Food and Styling: RBR

**DESHI MIX**

SALINA PARVIN



# The benefits of UHT milk

UHT or Ultra-high temperature milk is ultra-pasteurised milk that comes in sterilised containers. It's real milk, just like the kind you buy chilled in the dairy aisle, but its special pasteurisation and packaging process gives it a shelf life of several months.

UHT milk is fresh milk that does not need refrigeration after the container has been processed using a method that destroys bacteria while preserving the flavour, taste, and nutritional value of milk.

**Storage**

Store unopened cartons of UHT milk in a cool, clean, dry place for up to 6 months.

After opening, close the lid on the container and store in the refrigerator for up to 1 week.

Look at the "Best used by" or "Best by" date on the package.

**Uses and tips**

UHT milk can be used anywhere fresh milk is called for, such as desserts, soups, casseroles, smoothies, etc.

UHT milk can be enjoyed alone as a beverage or poured over cereal.

Try using UHT milk in place of water to prepare hot cereals such as oatmeal, or mix with fresh or frozen fruit.

**Nutrition values**

Nutritionally, UHT milk is slightly poorer than fresh pasteurised milk. It contains around a third less iodine, and the quality of protein degrades during storage. UHT milk is a rich source of a number of essential nutrients including calcium, phosphorus, potassium, riboflavin, zinc, vitamins A and B12, magnesium, carbohydrates, and protein.

**Advantages of UHT milk**

The advantages of UHT milk are noticeable and can help save time and reap health related advantages upon consumption. Treating milk at UHT results in several



benefits that include the following —

**Less processing time**

Sterilisation makes milk lighter as once you have treated milk at ambient temperature, the number of microorganisms turns almost zero. The time you take to process it further is also reduced as the impurities and non-friendly organisms are already eliminated. This is why you can brew yourself a cup of coffee or tea within a couple of minutes.

**Extended shelf-life**

Sterilised milk lasts longer than its raw or unprocessed version. Right after the UHT processing, milk is packed into containers that can be stored easily for days in your refrigerator. The shelf-life of milk contained in air-tight packaging can extend up to nine months. However, consumers are advised to use it within one week from packaging and processing once it arrives in the market.

**UHT Milk is safer than untreated milk**

With UHT treatment, the heat resistant

bacteria present in milk gets destroyed, which also ensures its safety for you and your children. Processed milk is also readily available for consumption that is the right choice for consumers concerned with time and energy.

**FIRNI**

Firni is a thick and creamy pudding made from ground rice. Slow cooking is the key to make a perfect firni. The ground rice granules are slow cooked in milk to a creamy and thick consistency. Firni has a lovely aroma from the aromatic rice and using fragrant ingredients like rose water, cardamom powder or saffron.

Adding nuts make it richer and flavourful.

Firni is traditionally served in small earthen bowls. These eastern bowls absorb the extra moisture and liquids and make it thicker. They also infuse the rice pudding with an earthy aroma. Though both firni and rice kheer look similar, they are actually

made differently. Firni is made from ground rice, while rice kheer is made from whole rice grains.

**Ingredients**

1 litre PRAN UHT milk  
 ¼ cup aromatic rice  
 ¾ cup sugar or to taste  
 ¼ cup mawa  
 10-12 saffron strands  
 Pinch of cardamom powder  
 3 tbsp chopped nuts, almond and pistachios

**Method**

Wash and soak rice for 1 hour. Drain well and let the rice grains dry on their own, on a tray. When the rice grains are thoroughly dried, grind them to a coarse consistency. Set aside.

Heat PRAN UHT milk in a pan. Whilst the milk heats, take 1 tablespoon of warm milk in a small bowl and dissolve saffron strands in it. When the milk begins to boil, add the ground rice and stir.

Now, add sugar and stir again, cooking the rice on a low flame. Keep on stirring often so that lumps do not form. Also, scrape the sides often and add it to the simmering milk. The milk thickens gradually as the rice grains get cooked. When the rice is almost cooked, add the cardamom powder, saffron infused milk, mawa and half of the chopped nuts one after another.

Cook firni for few minutes or until you get a creamy pudding-like consistency. Keep in mind that on cooling it will thicken more. Remove from heat and pour the firni in serving bowls. Sprinkle some sliced nuts on top. When they become cool at room temperature, keep them in the fridge. Enjoy the delicious sweet firni.

**Photo: Sazzad Ibne Sayed  
 Food and Styling: RBR**

## Making of Mattha

Mattha is a beverage, originating from Indian subcontinent. Mattha also known as chaach/ghol. In English, it is known as buttermilk. It is a healthy and delicious drink that can be served any time.

Mattha is a very good coolant during the summers. It helps to protect against sunstroke in burning summers. It is made from yoghurt and milk and is one of the best sources of calcium; rich in proteins and vitamin B.

Yoghurt is made by natural bacterial fermentation of milk. In this process the lactose of milk converts into lactic acid and this makes yoghurt more easily digestible than milk.

Did you know the mattha is categorised as a food in Ayurveda? If you suffer from acidity after eating a heavy or spicy meal, drink a glass

of mattha. This drink is both delicious and healthy, making it the perfect accompaniment to your meals. It's also a great way to cool off the stomach.

**Ingredients**

2 cups cold PRAN UHT milk  
 1 cup thick PRAN yoghurt  
 ½ lemon juice  
 1 tsp black salt  
 1 tbsp sugar  
 Ice cubes, as required

**Method**

Whisk the curd and add black salt, lemon juice. Mix well and now add the PRAN UHT milk to adjust the consistency as desired. Add ice cubes and whisk again. Refrigerate for sometime and serve chilled along with meals or as a snack/drink with nuts.



**DESHI MIX**  
SALINA PARVIN



# Iftar recipes using sunflower oil

Sunflower oil is an edible oil extracted from the seeds of the sunflower plant; it is mild, medium yellow coloured and neutral or bland in taste. It also has a pleasant taste and resists developing off flavours.

There are several types of sunflower oils produced, such as high linoleum, high oleic and mild oleic.

### Health benefits

Sunflower oil is a concentrated source of energy, is easily digestible and provides essential fatty acids. It is a rich source of Vitamin E and polyunsaturated fatty acids, which may help regulate blood cholesterol.

Linoleum sunflower oil is common cooking oil that has high levels of essential fatty acids called polyunsaturated fat. It also known for having a clean taste and low levels of trans- fat.

Sunflower oil contains very little cholesterol.

Sunflower oil, like other oils, can retain moisture in the skin. It may also provide a protective barrier that resists infection in pre-term infants.

### Culinary uses

As sunflower oil is almost tasteless and odourless, it is a good choice for baking.

Due to its high smoke point, it is also suitable for deep frying. Sunflower oil may also be used to prepare mayonnaise, salad dressings or sautéing vegetables.

### How to store

Store the sunflower oil in a cool and dark place.



- 1 tsp ground cumin
- ½ tsp ground cardamom
- 1 tbsp King's Sunflower oil
- ½ cup yoghurt
- 1 tbsp ginger paste
- 1 tsp garlic paste
- 1 tsp crushed coriander seeds
- Crushed red pepper to taste
- Salt to taste

### Method

In a bowl, mix ground beef, half of the onions, chilli powder, black pepper, cloves, cumin and cardamom. Shape the mixture into approximately six 2-inch meatballs. Heat oil in a large, heavy saucepan. Cook and stir the remaining onion until tender. Add yoghurt, ginger-garlic paste, coriander, red chilli and salt. Fry for 2-3 minutes. Add 1 cup of water. Place the meatballs into the mixture. Reduce heat to low and cook for 30 minutes, or until meatballs are evenly browned and tender.

### GRILLED CHICKEN PITA

#### For the chicken —

- 2 chicken breasts
- 3 tbsp lemon juice
- 1 tbsp King's Sunflower Oil
- 2 cloves garlic, finely chopped
- ¼ tsp cumin
- ½ tsp black pepper
- 1/8 tsp cayenne

#### For the pita —

- 4 pita breads (halved)
- 1 onion, sliced
- 2 tomatoes, diced
- 1 cucumber, thinly sliced
- ¼ cup mayonnaise
- 1 tsp black pepper powder
- Tomato sauce

### Method

In a bowl, combine all chicken ingredients together and allow to marinate at least 1 hour. Remove chicken from marinade and slice about ¼ to ½ inch thin. Pour King's Sunflower Oil in a frying pan. Heat to a medium-high and add chicken. Cook chicken for about 8-10 minutes, stirring occasionally for even cooking. Remove from heat and allow it to cool. In a bowl, combine chicken, vegetables, mayonnaise, sauce and black pepper powder. Heat pita bread in oven or microwave. Stuff with chicken and vegetables. Serve immediately.

### MIXED DAL PIYAJU

#### Ingredients

- ¼ cup red lentil or masoor dal
- ¼ cup yellow moong dal
- ¼ cup khesari dal
- ¼ cup Bengal gram or chaana dal
- 1 cup sliced onion
- 2 tbsp chopped green chillies
- 1 tsp red chilli powder
- ¼ tsp turmeric powder
- 2 tbsp chopped coriander leaves
- Salt to taste
- King's Sunflower Oil, for deep fry

### Method

Wash and soak the dal for 3-4 hours. Drain all water. Then grind them in a food processor without any water. Pour the grind dal in a bowl. Now mix dal with other ingredients. Heat oil in a pan for deep fry. Make small, flat shaped fritters and slowly put in the hot oil. Fry the piyaju until golden brown. Keep them on a paper towel. Serve hot with sauce.

**Photo: Sazzad Ibne Sayed**  
**Food and Styling: RBR**



- 4 potatoes, boiled and cubed
- 6 whole red chillies
- 1 cup boondi, soaked
- ½ cup tamarind pulp
- 1 tsp whole coriander
- 1 tsp cumin seeds
- 1 tsp carom seeds
- 1 tbsp green chilli paste
- 2 tsp roasted cumin
- ½ tsp salt
- 2 chopped onion
- 2 chopped tomatoes
- 4 chopped green chillies
- 3 tbsp chopped coriander leaves
- 3 tbsp chopped mint leaves
- 1 tbsp King's Sunflower Oil

boondi and potatoes. Now spread tamarind pulp, onion, tomatoes, green chillies, coriander leaves and mint leaves on top. Now sprinkle toasted spices powder on top of the chickpeas chaat and serve.

### EGG STUFFED POTATO CHOP

#### Ingredients

- 500g potatoes, boiled, peeled and mashed
- 3 onion, chopped
- 3 tsp chopped green chillies
- 1 tsp chaat masala powder
- 1 tsp roasted red chilli, crushed
- 2 tbsp chopped coriander leaves
- Salt to taste
- King's Sunflower Oil for frying

5 eggs, boiled  
1 cup bread crumbs  
2 eggs, whisked  
¼ tsp black pepper powder

**Method**  
Wash and boiled the potatoes. Once the potatoes are cooled, peel and mash them until smooth. In a large bowl mix potatoes, chopped onion, green chillies, chat masala, coriander leaves, chilli powder and salt. Mix properly and divide the potato mixture in 10 equal portions. Keep a side. Boil the eggs. Let them cool. Shell them and cut into halves. Now cover the eggs with the potato mixture and give them shapes. In a small bowl beat 2 eggs. Add salt and pepper. Take bread crumbs in another bowl. Dip the chop in the egg wash and then coat them in bread crumbs. Keep in the refrigerator for 30 minutes. Heat oil in a pan. Fry the chop until golden brown and crispy. Serve hot with sauce.

### MEATBALLS WITH GRAVY

#### Ingredients

- 500g ground beef
- 2 onions, thinly sliced, divided
- 1 tsp chilli powder
- ½ tsp ground cloves

### Method

In a pan, toast together red chillies, cumin seeds, coriander seeds and carom seeds. Remove from heat and let it cool completely. Grind them in a grinder. Heat oil in a pan. Fry the boiled chickpea with little salt for 2 minutes. Beat yoghurt with cumin, green chilli paste and salt. In a serving bowl spread boiled chickpeas, top with beaten yoghurt. Now top with soaked



Avoid reusing the leftover oil from deep frying as reheating oil again and again may affect the chemical composition and rancidity quotient of the oil.

Unopened bottles or metal containers, can be kept for about a year. Once opened, it should be used within two months, after which, it may turn rancid and should not be consumed.

If possible transfer the oil from the can into a glass bottle to avoid metallic tasting oil, plastic container should not be used because they may lend a plastic taste to the oil.

### How to select

Sunflower oil is usually sold bottled or in pouches or tetra packs. Choose oil with a light golden colour, free from any discoloration, cloudiness or granules. Check the manufacturing and expiry dates before buying. Inspect the pouch for leaks.

### DAHI CHANA CHAAT (CHICKPEA CHAAT)

#### Ingredients

- 2 cups chickpeas, boiled
- 1 cup yoghurt

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## Healthy Desserts



People with diabetes often think they need to totally steer clear of desserts. But, the fact is that while it is important for diabetics to control their calorie and sugar intake, they can still have some aptly prepared desserts, occasionally, in limited quantities. They can make better options or learn the art of making sweets/desserts in such a way that it is safe to be consumed and diabetes is managed.

Events like birthdays, festivals or parties, or any other special occasion, is ever complete without desserts! This section will help you find some lip-smacking desserts while keeping in mind diabetes related food concerns.

These days low sugar sweets and desserts are available in many sweet shops and restaurants. But if you are craving for sweets and have some time, you can make delicious diabetic friendly recipes at home too. Homemade sweets are healthier version of regular sweets, because you will know the actual amount and type of ingredients used in that particular dish.

### JAAM SMOOTHIE (BLACK PLUM SMOOTHIE)

Chilled juices and drinks are a welcome addition for most of us! But diabetics are usually advised not to include sugary, fat laden drinks as well as canned juice in their diet. Diabetes-friendly jaam blends with low fat curds to make a delectable smoothie. Jaam also helps to utilise the glucose in the body thereby inhibiting the unwanted rise in the blood glucose levels.

**Ingredients**  
¾ cup deseeded and finely chopped blackberry  
2 cups low fat curds  
2 sachets Zerocal  
4 tbsp crushed ice

**Method**  
Combine all the ingredients, except the ice, in a mixer and blend till smooth and frothy. Pour the smoothie into 4 individual small glasses and top with 1 tbsp of crushed ice in each glass. Serve immediately.

### PANEER KHEER

Paneer kheer is a healthy and tasty recipe made with low fat paneer and sugar substitute. It is also rich in calcium. Satisfy your sweet-tooth with this cardamom

flavoured low fat paneer kheer. By replacing traditional sweeteners with sugar substitute, and by doing away with unhealthy thickeners, we ward off those unnecessary carbohydrates and calories too. So you can enjoy the rich texture and wonderful flavour of this kheer comfortably. Just make sure you add the paneer after the milk is completely cool, to avoid curdling.

### Ingredients

3 cups low fat milk  
1 cup grated low fat paneer (cottage cheese)  
2 sachets Zerocal  
¼ tsp cardamom powder  
1 tbsp chopped nuts

### Method

Heat the milk in a broad nonstick pan and cook on a medium flame. Bring to a boil, stirring occasionally. Cook for 15 minutes or reduced to half. Remove from heat, keep aside to cool completely. Once cooled, add the Zerocal and cardamom powder, mix well and add the cottage cheese. Refrigerate for at least 1 hour. Serve chilled.

### APPLE PANCAKE

The aroma of apples stewed with cinnamon is just too hard to resist! The fruity and spicy aroma and flavour are guaranteed to delight the taste buds. While this combo has proved its worth in many forms ranging from pies to cakes, here we have harnessed it to make delightfully tasty but easy dessert, which is acceptable for diabetics.

We have used here whole wheat flour instead of flour to make pancakes, as these refined flours will raise blood sugar levels rapidly. The healthy pancakes are then stuffed with fiber-rich apples, tinged with cinnamon and a dash of lemon. Cinnamon, apart from giving the dish an awesome flavour, is also very helpful in controlling blood sugar levels. Diabetics can safely enjoy apple pancake as a dessert.

### Ingredients

**For the pancakes —**  
¾ cup whole wheat flour  
1 cup low fat milk  
1 sachets Zerocal  
A pinch of salt



1 tsp low fat melted butter

### For the apples —

28 apple wedges, unpeeled  
1 small stick cinnamon  
1 tsp lemon juice  
3 sachets Zerocal

### Method

Combine the whole wheat flour, Zerocal, salt and milk in a deep bowl and whisk well. Keep aside. Heat a nonstick griddle and grease it with a little melted butter. Pour ¼ cup of batter over it and cook using very little butter till light brown in colour. Turn the pancake around and cook on the other side as well.

### For the apples —

Combine the apples, cinnamon stick, lemon juice and 2 tablespoon of water in a broad,



nonstick pan and mix gently. Cover with a lid and cook on medium flame for 4 to 5 minute while tossing it occasionally. Add Zerocal and toss gently. Keep aside.

### How to proceed —

Place a pancake on a clean dry surface, put cooked apples on one side of the pancake and fold to make semi-circles. Repeat with more pancakes. Serve immediately.

### GRILLED PINEAPPLE

### Ingredients

1 fresh pineapple  
2 sachets Zerocal  
1 tbsp lime juice  
1 tbsp olive oil  
A of pinch of chat masala  
Salt to taste

### Method

Peel and prep the pineapple by removing

any eyes from the fruit. Cut lengthwise into 6 wedges, remove core. In a small bowl, mix remaining ingredients until blended. Brush pineapple with half of the glaze, reserve remaining mixture for basting. Grill the pineapple, covered, over medium heat for 3-4 minutes on each side or until lightly browned, basting occasionally with reserved glaze.

### OATS AND MIXED NUTS LADDU

### Ingredients

1 cup quick cooking rolled oats  
1 tbsp finely chopped walnuts  
1 tbsp finely chopped almonds  
2 tbsp sesame seeds  
2 tsp ghee  
4 sachets Zerocal  
½ tsp cardamom powder

### Method

Heat a broad, nonstick pan; add oats and dry roast on a medium heat for 3 minutes. Remove and keep aside to cool completely. Heat the same pan, add the sesame seeds and dry roast them on a medium flame for 2 minutes. Keep aside to cool. Heat ghee in the same pan, add Zerocal and mix well. Add the roasted oats, walnuts, almonds, sesame seeds and cardamom powder. Add milk and mix very well. Divide the mixture into 8 equal portions and

roll out each portion into a ball. Laddu is ready to serve.

### COCONUT CHIA PUDDING

### Ingredients

2 tbsp chia seeds  
2 sachets Zerocal  
2 tbsp shredded unsweetened coconut  
2 cup coconut milk  
½ tsp vanilla extract  
½ cup fresh fruits, cut into small pieces

### Method

Mix all the ingredients together, except fresh fruits, in a bowl. Let sit for 15 minutes, giving it a stir every 2-3 minutes. Cover and place in the fridge to firm up for 1-2 hours. Garnish with the fresh fruits and serve.

**Photo: Sazzad Ibne Sayed  
Food and Styling: RBR**



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SALINA PARVIN



## Dishes that go great with pickles



During the mango season, in summer, in our country, one can see at least two or three glass jars full of pickled raw mangoes maturing in the sun outside many homes. This typical mango pickle is most popular here. The combination of fennel seeds, nigella seeds with mustard and other pickling spices is what distinguishes this mango pickle from others, all over the country.

Chutney or achar is an all-time favourite accompaniment in every Indian regional cuisine. It is present in almost every meal and adds its own refreshing flavour to food that it is paired with. The best part about achar is how you can play with different ingredients, be it with fruits, herbs or vegetables and always end up with winning recipes.

### PANCHADAL KHICHURI

Khichuri is a traditional Bangladeshi recipe. This is a wholesome comfort meal made with rice, lentils and vegetables. There are different ways of cooking khichuri. Plain khichuri, generally prepared with rice and moong or masoor dal, is the best food we can have when we are sick. It is one of the first foods that we

give to our babies when they are 6-9 months old.

Khichuri is easily digestible and chewable, and packed full of nutrition, and can also incorporate vegetables as well as a variety of pulses. That's why khichuri is the perfect meal for children and elderly people. It is also a gluten free dish.

### Ingredients

1 cup rice  
2 tbsp split Bengal gram (chick pea)  
2 tbsp skinned green gram or yellow mung daal  
2 tbsp split green gram or green moong daal  
2 tbsp pigeon pea or arhar daal  
2 tbsp pink lentil or masoor daal  
½ cup finely chopped onion  
½ cup potatoes, cut into cubes  
½ cup capsicum, cut into cubes  
½ cup tomatoes, cut into cube  
½ tsp garlic paste  
1-2 green chilli  
2 tbsp oil  
1 tsp ghee  
½ tsp mustard seeds  
½ tsp cumin seeds

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DESHI MIX  
SALINA PARVIN



## Snacks

5:00 or 6:00 PM in the evening and you crave something to munch! You can eat it as is or along with delicious dips and sauces. A snack is a portion of food often smaller than a regular meal, generally eaten between meals. You can even serve them as starters or finger foods during a party or festival or along with a meal.

### CRISPY FRIED CHICKEN

### Ingredients

1 chicken, cut into 10 pieces  
2 cups all-purpose flour  
2/3 tsp salt  
½ tsp dried thyme leaves  
½ tsp dried basil leaves  
1/3 tsp dried oregano leaves  
1 tsp dried mustard  
3 tbsp paprika  
2 tbsp garlic powder  
1 tsp ginger powder

Heat oil in a large pot. Fry the chicken in small batches for 15-18 minutes. Remove the chicken from the oil and add to a drying rack on top of a clean cookie sheet. If you add it to a paper towel or newspaper the bottom of the chicken will steam from the heat and become soft. Serve with **Pran hot tomato ketchup.**

### BEEF PIE

### Ingredients

500g beef, cut into 2cm pieces  
2 tbsp plain flour  
2 tbsp olive oil  
250g mushrooms, quartered  
1 large onion, coarsely chopped  
2 garlic cloves, crushed  
1 tsp dried rosemary  
1 cup beef stock  
2 tbsp tomato sauce  
2 sheets frozen ready rolled short-crust



2 tbsp ground white pepper  
Salt to taste  
1 cup buttermilk  
1 large egg  
Vegetable oil for frying

### Method

Add the spices to a small food processor until they are all uniform in size and the thyme, basil and oregano are not large in size anymore. Add the flour in a bowl with all the herbs and spices. Mix with a whisk.

In another bowl add buttermilk and egg together, and whisk until combined. Marinate the chicken in the buttermilk mixture for 30 minutes. Remove chicken from the marinade and let any excess buttermilk drip off. Dredge the chicken pieces in the flour mixture on all sides, shake off the excess coating, and put to rest on a cookie sheet for 20-30 minutes.

pastry  
1 egg, lightly whisked  
2 sheets frozen ready rolled puff pastry  
Salt and pepper to taste  
Tomato sauce, to serve

### Method

Place the beef in a large bowl and sprinkle with flour. Season with salt and pepper. Toss to coat. Heat oil in a large pan over medium heat. Add beef and cook, stirring occasionally, for 5 minutes or until browned. Add mushrooms, onion, garlic and rosemary to the pan, mix well and cook. Stirring for 5 minutes. Add stock and tomato sauce and bring to a simmer. Reduce heat to low. Cook, covered, for 1 hour. Uncover and cook, stirring occasionally, until the beef is tender. Remove from heat and allow it to cool completely.

CONTINUED TO PAGE 11



# Easy iftar and sehri recipes

Raise your hand if pasta is the only solution for all kinds of dinner emergencies. You don't have any meal prepared for the unsolicited guests who just won't go away without enjoying a hearty meal? Well, there's always the 'easy to cook' pasta as your side aide.

You are too tired to experiment for iftar today, well there's pasta again — to your rescue. Every woman, man, girl, boy would vouch for pasta being their ultimate saviour, to any sort of food predicament, and I am no stranger to those either.

My favourite on the pasta list is the Chicken Margherita Pasta. It's a classic that is bound to be liked by everyone, even the finicky children. So, here's a great base recipe for all of you to enjoy.

## CHICKEN MARGHERITA PASTA

### Ingredients

- 8 ounces of penne pasta
- 2 tbsp extra virgin olive oil
- 5 garlic cloves, minced
- 5 large tomatoes, diced
- 4 green onions, sliced
- 1 tsp salt
- 8 ounces of fresh mozzarella cheese
- 1/2 cup fresh basil leaves
- Grated Parmesan cheese



### Method

Place freshly cooked pasta in a large bowl; set aside. Heat olive oil in a large skillet over medium heat. Add garlic and pepper flakes to the hot oil and stir for a minute. Add the diced tomatoes and green onions, sprinkle with salt. Cook and stir until just heated through. Toss the cooked pasta into the mixture. Add in the sliced fresh mozzarella

and basil leaves; toss to mix. Serve hot with grated Parmesan cheese as topping.

### Oats Porridge

*Personally, I am a bit of a short-cut cook. To me, even the simplest of dishes can be the tastiest. And this Ramadan if you opt for a healthy and simple sehri, then oats porridge can be your answer to every problem, like it is for me.*

### Ingredients

- 1/2 cup, easy to cook, rolled oats
- 1/2 cup milk
- 2 cups water
- 2 tablespoon sugar

### Method

Place the oats in a pan over medium heat. Add in the water and then slowly add in the milk.

Add sugar as per taste. I usually add 2 tablespoon sugar. If you decide on adding fruits later, then you can skip the sugar part completely. But please remember that honey cannot be added while the oats are on the stove, honey must be added when the porridge has cooled down, as honey may become toxic when heated.

Do stir often and allow the porridge to simmer. The porridge will also thicken as it cooks. Cook for 5 to 6 minutes.

Serve the oats porridge hot. If you want to make the porridge more interesting, you can add in dry fruits or fresh fruits when it has cooled down completely.



By MMC

Photo: Sazzad Ibne Sayed  
Food and Styling: RBR

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#FOOD

# Fasting and feasting with Jhatpot

Against all recurring setbacks, we ought to be grateful to be blessed with yet another Ramadan. However, juggling between work and house chores can make it difficult to manage time for iftar preparation for busy office-goers. At the same while, don't we all look forward to a great meal at the end of a hectic day at office and an entire day of fasting?



This is where Jhatpot comes to aid by giving you the much required helping hand in the kitchen. Apparent from the brand

name, their range of frozen food will enable you to prepare iftar in a jiffy with minimal time and effort, allowing you to fast and feast while eliminating the need to go through a laborious process of cooking.

These premade meals will satiate your appetite for homemade food, while letting you savour the taste of great quality food at the same time. Perhaps, the only factor to contest the foods' delectable taste is the fact that they only require basic preparation methods – frying, steaming or grilling!

Whether you are craving tender momos or looking forward to crunchy samosas, Jhatpot has everything in their range. Jhatpot Wonton and Jhatpot Chicken Momo both contain a delicious chicken filling and require only a two-step procedure to prepare. Just tear open the pack and steam – it is that effortless!

Jhatpot's array of frozen food has something in store to meet everyone's palate with which you can easily meet the



demands of each family member. Simply shallow-fry Jhatpot Sausages and Jhatpot Chicken Nuggets for the children while you can simultaneously deep-fry Jhatpot Samosa and Jhatpot Spring Roll for the elderly, both of which come in three delectable avatars.

On occasions when you are in the mood to cook a full meal, Jhatpot will do half the prep-work for you! Jhatpot Chicken Meatball can be the perfect addition to your pasta while Jhatpot Chicken Burger Patty shall sandwich perfectly between the layers of bun and cheese in your burger.



Lastly, Jhatpot Deshi Paratha and Jhatpot Dal Puri, which has made itself an indispensable part of our iftar spread, shall meet the cravings of the authentic *deshi* in you. The soft flatbreads perfectly accompany any curry or vegetable while the latter is a complete crowd pleaser. This Ramadan, take it easy and prepare a fulfilling meal for the entire family using Jhatpot frozen food.

**By Fariha Amber**  
**Photo: Sazzad Ibne Sayed**  
**Food and Styling: RBR**

# Being creative with noodles this Ramadan

This year again like last year, Ramadan has coincided with the dreadful pandemic. Nothing makes the heart grow heavier to know that people at large will not be able to enjoy the peaceful month like they used to in the good old days. But the drama must stop somewhere; at least psychologically we must be able to condition ourselves to beat the pandemic and that means staying at home when it is required, and maintaining social distancing as much as possible. We cannot let the virulent disease take over our sanity at any cost.

During any normal year, the time after the Isha prayers and the Taraweeh, is when we used to sit together as family and have a mini get-together amongst ourselves and the evening included our house help, chauffer and any invited guests for the evening. This is when we went through each other's lives and got to share stories of kindness and compassion.



Light snacks or even tasty treats like haleem would be the centre of attraction, because at iftar we opted for lighter and healthier meals like fruits and juice instead of making our bellies full with heavy food. But that's a personal choice of course; I have known people who enjoy complete meals including appetisers and desserts during the iftar and that's wonderful as well.



One of my favourite dishes during the mini get-together moment is the beef-noodle soup and chop suey *deshi* style.

The recipes are tried and tested and have been an instant-hit amongst all the members of my family. So, for the goodness of the month, I am sharing my recipes here with you all, today. I really hope you enjoy it as much as we do.

## **BEEF NOODLE SOUP** **Ingredients**

- 1 tbsp olive oil
- 2 pounds roasted beef meat or beef stew meat
- 1 tbsp salt, I prefer kosher salt
- 1 tsp ground black pepper
- 1 large sized onion, chopped
- 2 tsp dried thyme; fresh thyme can also be used
- 1/4 tsp dried parsley
- 3 stalks celery
- 2 carrots sliced
- 5 cups of beef broth
- 2 packets of Mr. Noodles Egg Noodles, or Mr. Noodles Magic Masala

## **Method**

First add oil to a large pot on medium heat and let it heat for a while. Season beef with salt and pepper. Add the beef to the pot and sear on all sides over medium heat, for around 8-10 minutes. Add in the onions and cook **Mr. Noodles Magic Masala** until they become translucent. Add in the beef broth, thyme, parsley and bring to boil.

Then remember to reduce the heat to low. Cook, uncovered for an hour. Finally add in the celery and carrots. Stir well and cook for 15 minutes. Serve immediately with special sauces like soy sauce or anything spicy. I like my beef noodle soup a bit tangy so I add in drops of lemon juice and a little bit of white vinegar with chopped green chillies.

## **CHOP SUEY**

Won't get into the debate whether this is an American variant or Chinese or a bit of both!



To me, Chop suey is very much Bangladeshi, as I have been enjoying it since the late '80s and that's almost my entire life.

## **Ingredients**

- 200g chicken/beef/shrimp
- Stock, chicken stock preferred
- Sauce blend (1 tbsp oyster sauce, with 1/2 tbsp soy sauce and 1/4 tsp sugar)
- 1 tablespoon sesame oil
- 1/2 tsp white pepper
- 2 cloves garlic, crushed
- 1/2 a ginger sliced into thin pieces
- 500g vegetables (celery, onions, bell pepper, cabbage, peas, bok choy, green beans, zucchini, beans sprouts, broccoli, etc.)
- Noodles (fried) -Mr. Noodles Egg Noodles

## **Method**

Like any stir fry – chop suey can be made in an instant, so have the ingredients at the ready before starting to cook. For a *deshi* style chop suey, marinate the chicken

beforehand with oyster sauce, a sprinkle of red chilli powder and corn flour. To make the sauce, thicken the chicken stock with corn starch and then add in sesame oil, white pepper, and oyster sauce, and set it aside.

Place a large frying pan on top of the stove, over medium-high heat and then add in the vegetable oil/olive oil, garlic and ginger. Swirl them around, until a sweet aroma fills the kitchen, but don't brown them as of yet.

Add in the celery, onions, carrots and bell pepper and continue to stir fry till the veggies are translucent, but still crisp. Don't overwork the veggies. Move the veggies to the side of the pan, place the meat in the centre and stir fry till most of the meat is cooked through and then toss it together like they show on TV. If you don't feel adventurous enough, skip this step. Just stir both the items together like you would regularly.

Add the cabbage and the peas at the end, since these items tend to soften earlier compared to the other veggies. Be careful not to overcook or they will lose colour and texture. Give the sauce a stir to recombine the settled starch and then pour it over the chop suey. Toss everything together until the sauce is nice and thick and has coated all of the ingredients. Add in lots of tomato-chilli sauce to make the chop suey taste more *deshi* and flavourful.

Serve the chop suey immediately on a plate of fried noodles or crispy noodles.

For fried noodles (quick version), rinse the Mr. Noodles Egg Noodles under hot water to separate them. Add 1 teaspoon oil to a pan, add the rinsed egg noodles into the same pan and fry it, 3-4 minutes per side or until brown and crispy.

**By MMC**





# Desserts and drinks



Rooh Afza, also known as the “summer drink of the east” has made its mark as an indispensable part of our iftar menu during the holy month of Ramadan. Rooh Afza’s unique and refreshing taste not only quenches your thirst, but replenishes the soul as well with its soothing effect. Perhaps, due to this quality, it has been enjoyed by successive generations for over a century!

Needless to mention, the versatile nature of this concoction in the form of a concentrated rose syrup makes it appropriate to use in a plethora of drinks and desserts. Store this must-have pantry ingredient all throughout summer to add into your array of summer drinks and desserts. Be it sorbet, slushies, smoothies or sundaes – enhance the flavour of all with this refreshing elixir.

#### **ROOH AFZA FALUDA**

*One of the most favoured desserts of the subcontinental populace has to be faluda, and with ample reason for such.*



*With a variety of variations that are available now, this rendition is spiked with Rooh Afza combined with the goodness of berries, giving it flavours and textures aplenty.*

#### **Ingredients**

1/4 cup sago pearls  
2 cups milk  
1 tbsp sugar  
1 tbsp basil seeds  
1 cup water  
½ cup faluda vermicelli noodles  
6 – 8 fresh strawberries  
1 sachet strawberry gelatine  
1/3 cup Hamdard Rooh Afza  
Scoops of vanilla/strawberry ice cream  
Chopped nuts for garnish

#### **Method**

To prepare the elements, first clean and soak the sago pearls to submerge them completely in water for about an hour. Soak the basil seeds separately in a cup of water for approximately 30 minutes. Slice fresh strawberries and also chop an array of nuts of your choice for garnish.

Next, make the strawberry jelly according to the instructions provided in its packaging and also cook the vermicelli noodles following the given instructions. Once done, drain the excess water and immediately run this under cold water to stop the cooking process.

Meanwhile, bring the milk and sugar to a boil and pass the soaked

sago pearls through a sieve. Add them into the boiling milk and cook this while stirring constantly until they become plump and translucent.

Before assembling, make sure all the elements are cool or at room temperature. Start by layering the sago pearls first, followed by basil seeds. Next, pour over Rooh Afza and place the strawberry slices atop. Drop in the cooked vermicelli noodles and cubes of prepared gelatine.

Finally, top this with a scoop of ice cream for each serving and drizzle on some more Rooh Afza. Sprinkle over chopped nuts for garnish.

#### **ROOH AFZA MILKSHAKE**

*This indulgent and creamy milkshake shall be your go-to chilled drink this Ramadan. Blended with the right ingredients in perfect amounts, it will not only quench your summer cravings, but also cool down your soul!*

#### **Ingredients**

1 cup whole milk  
2 tbsp Hamdard Rooh Afza syrup  
2 scoops vanilla ice cream  
Pinch of saffron  
Whipped cream (optional)

#### **Method**

Take a little bit of milk and add saffron to it — let this soak for about ten minutes. In a blender, add the saffron infused milk along with the remaining milk, Rooh Afza syrup, and two scoops of vanilla ice cream. Blend everything together until it becomes a smooth and creamy mixture.

To serve, take a spoonful of Rooh Afza and drizzle it on the inside of your serving glass to attain thick streaks and swirl this around to spread it. Pour the prepared milkshake and top it with whipped cream. Finally, drizzle on some more Rooh Afza syrup on top, for garnish.

#### **ROOH AFZA COOLER**

*This zesty and refreshing drink can as well be a great summer dessert! Filled with the hydrating effects of lime and the soothing effects of watermelon, it is indeed a soul replenishing creation.*

#### **Ingredients**

Fresh watermelon (as needed)  
2 cups cold water  
Juice of one lime  
4 tbsp Hamdard Rooh Afza  
Handful of mint leaves  
Chopped pistachio nuts  
Rose petals (for garnish)

#### **Method**

Start by preparing the watermelon — using a watermelon baller, scoop out miniature balls of watermelon and keep them aside. In a pitcher, add the juice of one freshly squeezed lime along with a handful of fresh mint leaves. Pour in two cups of cold water followed by Rooh Afza into this and stir to combine.

In your serving glass, drop in watermelon balls as needed and then pour over the Rooh Afza blend. Finally, top this refreshing drink-dessert with chopped pistachio nuts and rose petals to enhance the flavour. Serve this with dessert forks while chilled.

**By Fariha Amber**

**Photo: Sazzad Ibne Sayed**  
**Food and Styling: RBR**

CONTINUED FROM CENTRE

## Dishes that go great with pickles

2 cloves  
3 dry red chilli  
2 bay leaves  
Pinch of asafoetida  
½ tsp turmeric powder  
1 tsp red chilli powder  
½ tsp coriander powder  
¼ tsp garam masala powder  
Salt to taste  
4-5 cup water  
Chopped coriander leaves

### Method

Wash the chickpeas and soak in water for 2 hours. Combine rice and all types of dal except chickpeas. Wash the assortment thoroughly and then soak in water for 30 minutes. Now drain the water and keep the blend aside. Heat ghee and oil in a pan, add mustard seeds and cumin seeds. When seeds start to splutter, add bay leaves, dry red chillies and cloves. Add onions, sauté till transparent, add garlic paste, and sauté until it releases a cooked aroma. Add potatoes and capsicum, sauté for 2 minutes. Add tomatoes and mix well. Add all the spices and mix well. Add the rice-and-daals mixture. Mix well. Add 4-5 cups of water. Add salt and green chillies. Cover and cook till done. Garnish the *panchadal khichuri* with crisp fried onions and coriander leaves. Serve hot with spoon of ghee and PRAN Olive Pickle.

### BEEF REZALA

#### Ingredients

1 kg beef  
¼ cup yoghurt  
½ cup oil  
½ cup sliced onion  
¼ cup onion paste  
1 tbsp red chilli powder  
1 tsp turmeric powder  
1 tbsp ginger paste  
1 tbsp garlic paste  
1 tbsp coriander powder  
1 tsp cumin powder  
½ tsp nutmeg powder  
2 cinnamon sticks  
4 cardamom pods

4 cloves  
2 bay leaves  
1 tsp sugar  
Salt to taste  
5-6 green chillies

### Method

Wash and dry the beef. In a bowl, toss with yoghurt and salt. Set aside. Heat 2 tablespoons of oil in a pan and fry the sliced onion until golden brown and crispy. Set aside. In a bowl, mix all the spices powder and paste with the beef mixture. Cover and leave to marinate for 1 hour. After 1 hour, heat remaining oil in a pan, add cinnamon, cardamom, cloves and bay leaves, fry until fragrant. Add the marinated beef and cook. Cover and cook till the meat releases water. Stir and cook till oil starts to float on top. Add water and stir again. Simmer on medium heat till the meat is tender. Add sugar, green chillies and fried onions. Mix well and cook for another 5 minutes. Remove from heat and serve with PRAN Mango Pickle.

Photo: Sazzad Ibne Sayed  
Food and Styling: RBR



CONTINUED FROM CENTRE

## Snacks

Preheat the oven to 210 degree C. Cut the short-crust pastry sheets in half diagonally. Line 4 round 3 cm-deep, 9.5 cm (base measurement) pie tins with short-crust pastry, allowing the sides to overhang. Brush the edges with little egg. Divide the beef mixture evenly among the pastry cases. Cut each puff pastry sheet in half diagonally. Top the pies with puff pastry and trim excess. Use a fork to press the edges to seal. Brush the pies with the remaining egg. Cut a small cross in the centre of each pie. Place the pies on the baking tray and bake in oven for 30 minutes or until puffed and golden. Serve with **PRAN hot tomato ketchup**.

### PRAWN CUTLET

#### Ingredients

1 cup prawn  
2 slices bread  
2 green onion, chopped  
2 green chillies, chopped  
½ tsp garlic paste  
½ tsp ginger paste  
½ tsp coriander powder  
½ tsp turmeric powder  
Salt to taste  
1 tbsp lemon juice  
2 tbsp flour  
1 beaten egg  
½ cup bread crumbs  
Fresh coriander leaves a few sprigs  
Oil for fry

### Method

Shell, de-vein and wash the prawns thoroughly. Soak the bread in cold water for five minutes, squeeze out the water, blend in food processor with the prawns until smooth. Take out from blender. Add onion, ginger-garlic paste, coriander powder, turmeric powder, lemon juice, coriander leaves, and salt. Mix well and divide the mixture into 10 equal portions and shape into cutlets. Dust them on flour, then dip in beaten egg and roll in bread crumbs. Ensure that the cutlets are coated properly. Heat oil and deep fry till golden brown. Serve hot with **PRAN sauce**.



### CHEESE BALL

#### Ingredients

1 cup chicken mince  
10 pieces mozzarella cheese, cut into cube  
3 tbsp chopped onion  
2 tbsp all-purpose flour  
1 tsp ginger paste  
½ tsp garlic paste  
½ tsp black pepper powder  
1 tbsp soy sauce  
1 tbsp chilli sauce  
2 eggs  
Bread crumbs as required  
Salt to taste  
Oil for deep fry

### Method

In a bowl mix chicken mince with onion, flour, ginger-garlic paste, sauce, black pepper powder, salt and egg yolk. Divide the mixture into equal sized round and press them lightly. Cut the mozzarella cheese into cubed. Take one ball and add one cube of cheese at the centre of the chicken and close all the corners and give a round shape ball. Coat the balls into egg white and then coat with bread crumbs. Heat oil in a pan. Fry the ball until golden brown. Serve hot with **PRAN sauce**, tea or coffee.

Photo: Sazzad Ibne Sayed  
Food and Styling: RBR

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#FOOD

## NEW IN TOWN

### thirst quenching milkshakes and flavoured UHT milk



During Ramadan, iftar is when we are thirsty to its core. We need the perfect drink to quench our thirst first, before moving onto other things. If the drink is appetising, then the fatigue vanishes almost instantaneously, and the cells within our bodies are replenished. We no longer feel the urge to splurge on food unnecessarily, and can make healthy food choices instead; items that make us feel light and energised.

To be precise, during iftar time, the perfect drink is a god-send elixir, and Akij Food and Beverage Limited seems to have realised this very important need just-in-time before Ramadan 2021, as they have brought to the market thirst quenching, healthy drinks that are almost similar to a magical restorative potion.

Their new product line — Shake, consisting of milkshakes in many variants, tastes smooth, silky and almost ice-creamish. You want to know more? Well, that was the idea from the beginning.

We raked through a grocery store to look for the much-hyped product, be in luck, since we discovered, not just one, but several variants of the milkshake, where particularly one immediately caught attention – the Kheer Milkshakes! Wondering how it would taste, I took one and gulped it down, the very moment we were out of the stores.

The feeling was overwhelming; the rich, creamy texture of the milkshake

The perfect drink is a god-send elixir, and Akij Food and Beverage Limited seems to have realised this very important need just-in-time before Ramadan, as they have brought to the market thirst quenching, healthy drinks.

made it an excellent drink, especially after a long day out in the sun. The flavour reminded us, particularly of the home-made 'rice-kheer' made by mum, and the cold milk provided an immediate energy rush. It was magical indeed.

The next drink that we tried, was the chocolate milkshake because we just had to, being a chocolate fan. As the name suggests, it was an amazing burst of rich flavours of luxurious milk chocolates.

That's not all, the shopkeeper promised more flavours like butterscotch, banana, strawberry, vanilla etc., to be available soon at all grocery stores in and around the city and frankly this made us feel extremely excited.

If you thought this was it, you are definitely in for more surprise. We all know about Farm Fresh UHT flavoured milk by the same company. Only this time they have introduced more variants along with the old flavours like elaichi, butterscotch etc.

And the taste, well, they are as amazing as any high-quality flavoured milk can be. I don't know about the rest of you, but definitely these two drinks, particularly all the variants of the new Shake milkshakes and the Farm Fresh UHT flavoured milk drinks will be on my iftar menu daily, this Ramadan.

**By Rebecca**  
**Photo: Sazzad Ibne Sayed**  
**Food and Styling: RBR**