

**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