

DESHI MIX
SALINA PARVIN



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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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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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.

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