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Star Life Style

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PHOTO: SAZZAD IBNE SAYED
FOOD AND STYLING: RBR

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Eid — then and now

labbayka -llāhumma
labbayk, labbayka lā
šarīka laka labbayk,
inna -l- amda wa-n-ni
mata laka wa-l-mulka lā
šarīka lak

“Here I am [at your service] O God, here I am. Here I am [at your service]. You have no partners (other gods). To You alone is all praise and all excellence, and to You is all sovereignty. There is no partner to You.”

This is the Muslims' call during the pilgrimage or Hajj, I remember my parents used to watch Hajj on TV and this call echoed throughout our home. And till date, I do the same, I tune in to the Hajj on TV and recite this, it is some sort of ritual you can say for me. It brings back loads of nostalgic memories and always gives me a sense of purity. The spirituality and holiness you feel while reciting the “talbiyah” along with the congregation is a powerful feeling. The sacredness and religiousness gives you a sensation of purity, it connects you to the almighty and you surrender yourself totally.

Every year after Hajj, the Eid-ul-Azha or Qurbani Eid festivity begins, but I remember in our family it started a few days before Hajj. The family used to meet and decide on what should be the Qurbani budget that year, the kind of sacrificial animal to choose from, etc. Then there was the joyous moment of going to the *haat* or sacrificial animal bazaar to buy the cattle of choice. This going to *haat* was in itself a big moment in my family; my father used to invite all my aunts and uncles to meet for a brunch of khichuri and omelettes and then they would all start for the biggest *haat* in town.

Once the cattle were bought, they were



stationed at my grandmother's backyard and all the tiny tots of my big joint maternal family hovered over them and got busy to feed them leaves and grass or whatever they fancied, I remember some child offering the cattle his candies. After the sacrifice was done, the teens of the family had the responsibility for distributing the meat to friends and extended family and to the poor. Beef was cooked that day in large pots. Tender and soft, it was devoured with polao or khichuri. It was all a celebration in the true sense of the word and I still remember every bit of the fun in detail.

However, as years went by and we grew up, these festivities were no longer fun, rather, they became chores to comply with societal pressure. I wonder whether my father felt the same pressure or was it indeed all pleasurable during his time?

Anyway, Qurbani Eid has now become so simple with the advent of butcher shops that all I do now is pay my share of the money and wait for the meat to be delivered on Eid day. You choose your cattle online; you practically have no worries except maybe distribution. And with COVID-19 and all, I decided this year to give the majority portion of my sacrificial meat to my service folks who deserves it more than anyone.

This week, Star Lifestyle is bringing out a special recipe supplement to make it easy for you to choose from and prepare your Eid day menu. We have some exclusive recipes from our celebrated recipe columnist Salina Parvin; Bihari dum gosht, beef boti masala, baked mutton leg, Mughlai beef fillet curry, just to name a few. So flip through our pages, read our recipes and have a great Eid-ul-Azha.

But please avoid *haats* this year and play it safe. May Allah have mercy on us and His beautiful green planet this Hajj.

— RBR

Photo: Sazzad Ibne Sayed
Food and Styling: RBR

us on f /Sandalina

ঐতিহ্যের আর এক নাম আধুনিকতা
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

স্যান্ডালিনা
সোপ

রূপচর্চায় আভিজাত্য...

KOHINOOR
CHEMICAL



#FOOD

and *Of* kormas yoghurt sauces



For those of us who are not into red meat, the coming Qurbani Eid spells out chicken korma in fine print. I know it is almost sacrilegious to cook chicken during this meat fest, but I firmly believe shahi chicken korma can stand its ground and compete with any beef or mutton specials you prepare, especially for the Eid day breakfast when you smother your paratha with the gravy — nothing can come between you and your korma.

This dish is for those who relish mildly spiced preparations. Perfected at the Mughal kitchen, it is still highly regarded as a celebration food. Spiced not for heat, but for flavour, you can marinate fish, vegetables, mutton and of course chicken in yoghurt and slow-cook to get the perfect korma curry sauce.

Tender chicken pieces bathed in yoghurt and white spices like garlic-ginger paste, onion with poppy seed paste, generous dollops of clarified butter or ghee, and a slight hint of cardamom and cinnamon; your everyday korma is done. The chicken rests on the gravy, which is separated lightly from the ghee; it tastes divine with pilaf rice or parathas.

For mutton or lamb, the technique is more or less the same as that for chicken, the only difference being the marinating time; the longer you keep the mutton or lamb marinated, the more tender it becomes. I

refrigerate for at least 2 hours, but overnight works best. Vegetable kormas are aromatic and equally delicious as meat. It is made with potatoes, peas, carrots, French beans, onions, tomatoes, coconut or yoghurt, nuts and spices. The trick is to parboil the vegetables and shower them in ice water to keep the firmness and colour



intact. Sauté the onions, ginger-garlic paste, poppy seed paste, and add tomatoes to the mixed sautéed spices. Add in coconut milk or yoghurt and let it simmer for a while and then add the vegetables and cook till tender (be careful not to overcook the vegetables and make it go soggy).

Today, I am going to share a family recipe of chicken korma, the shahi style of course, as special occasions like Eid or birthday or marriage anniversaries call for richness in the korma.

But before I do that, I want to engage in a debate of what kind of chicken you would

use. Many of us prefer the broiler or farmed chicken because of their soft meat, but I personally like free range chicken — I can chew on the bone without having to think what kind of nutrients went into the chicken feed! Moreover, the hardy free range chicken tastes better than their farmed cousins.

SHAHI CHICKEN KORMA

First and foremost let's give you the list of the ingredients required for shahi korma. It

- 2 tbsp poppy seed paste
- 1 tbsp cashew and almond paste
- 1 cup Aarong Dairy Yoghurt
- Aarong Dairy Ghee, according to requirement
- Salt, according to taste
- Slices of pistachio, almond
- 8 golden raisins/black sultanas
- Saffron for colour

Method

The chicken, cut into regular pieces, must be mixed with Aarong Dairy Yoghurt, garlic-ginger paste, toasted coriander paste, onion and poppy seed paste; also add small amount of the cashew-almond paste. Aarong Dairy Ghee and salt are of course mandatory. Mix all these with the chicken and set aside for 30 minutes. Place your dish on the stove on low heat and let it simmer until tender.

Before taking it off the heat, add slices of almond, pistachio, and sultanas. To give your shahi korma a shy hint of colour, add saffron to rosewater and gently sprinkle all over. The store-bought rosewater has a strong smell which children might not like so make your own rose water by adding rose petals to lukewarm water till fragrant. Serve hot with paratha or pilaf rice.

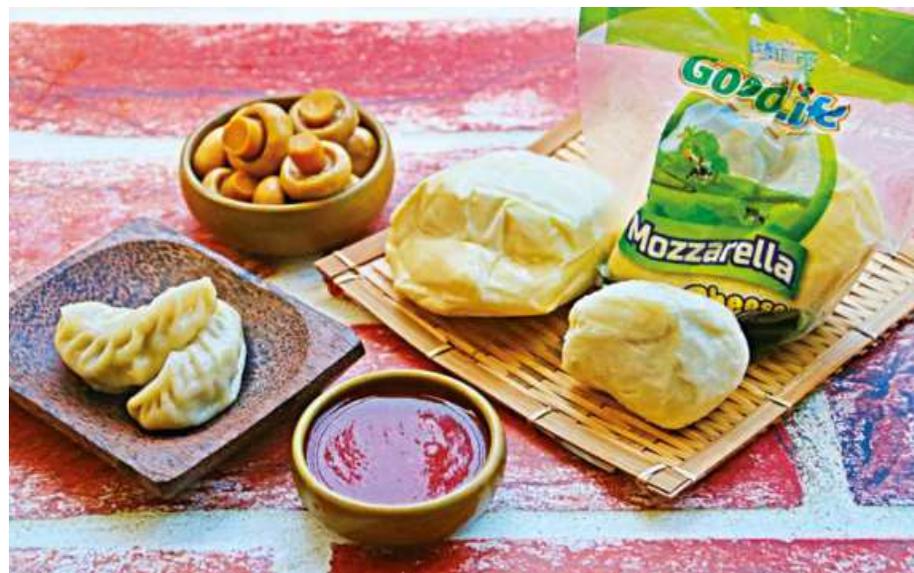
Tips

It is a lesser known fact that you can add coriander to the dish, which gives it a slightly sweet, lighter, and brighter flavour. The key is to toast the seeds, gently crush them to remove the husks. The inner-seed can then be turned into a paste for use.

Another point to remember while cooking korma is to add the sultanas few seconds before taking it out off the heat, otherwise the piquancy of the raisins might separate the yoghurt and give the dish an undesired look. After all, it is the aroma and appearance that goes hand in hand with taste for any food.

— RBR

Photo: Sazzad Ibne Sayed
Food and Styling: RBR



THE MILLENNIAL COOK
FARIHA AMBER



Scrumptiously cheesy

Cheese – one of the most versatile ingredients to exist has to be among the best inventions of humankind as well. This dairy creation comes in myriad forms, but a great crowd-pleaser is the spongy mozzarella cheese, such as Goodlife Mozzarella Cheese.

Mozzarella cheese is not only delicious to taste but has several health advantages too. Mozzarella contains a powerhouse of minerals that are highly beneficial for the body, is a rich source of protein, and is great for bone health.

Mozzarella cheese is less acidic compared to other forms of cheese, which enables it to retain more calcium. This is what makes the cheese so malleable and elastic, giving the perfect molten top or lengthy cheese pull every time.

However, mozzarella cheese falls on the indulgent side, but who doesn't like to indulge on some cheesy deliciousness occasionally? Sprinkled, stuffed, or cooked in a sauce, the soft texture of Goodlife Mozzarella Cheese makes for the perfect cheesy addition to any dish.

POTATO CHEESE PANCAKES

Ingredients

4 large potatoes
½ cup flour
1 tsp onion powder
½ tsp chilli powder
½ tsp black pepper
1 tsp salt
150g Goodlife Mozzarella Cheese
Oil for frying

Method

Boil the potatoes in salted water until they are fork tender and strain them. Mash the potatoes and add flour, onion powder, chilli powder, black pepper and salt. Combine everything together until you are left with a non-sticky, doughy mixture.

Form balls from the potato mixture and stuff the centre of each with thick slices of Goodlife Mozzarella Cheese. Encase the cheese entirely and close the ends to shape them into a patty. Shallow fry them in hot oil until they turn crisp and golden brown on the sides.

MUSHROOM CHEESE MOMOS

Ingredients

For the dough –
1 cup flour
½ tsp salt
1 tsp oil
1/3 cup warm water
For the filling –
1 cup shredded Goodlife Mozzarella Cheese



½ cup mushrooms
1 tbsp oil
1 garlic clove
1 large onion
½ tsp salt
½ tsp black pepper
½ tsp chilli powder
1 tsp dried oregano

Method

To make the dough, combine flour, salt, and oil and pour in water gradually, adding only as much as required. Form the mixture into a dough and knead until it becomes soft. Cover the dough and let it rest for 30 minutes.

Heat oil in a pan and sauté onions and garlic until tender. Add in sliced mushrooms, salt, pepper, chilli powder, and oregano, stirring occasionally until caramelised. Remove from heat and allow it to cool before combining with shredded Goodlife Mozzarella Cheese.

Divide the momo dough equally and roll each portion very thinly into discs on a floured surface. Stuff generously with

the filling and crimp the edges before steaming. Serve hot!

CHEESE SAUCE PASTA

Ingredients

3 tbsp butter
1½ tbsp flour
2 cups milk
1 cup pasta
1 cup shredded Goodlife Mozzarella Cheese
½ tsp salt
½ tsp black pepper
½ tsp chilli flakes
1 garlic clove
1/3 cup mushrooms
1/3 cup capsicum

Method

Cook the pasta in salted boiling water. Meanwhile, melt butter in a pan and add chopped garlic. Stir in flour once fully molten to form a thick roux and gradually pour in milk while stirring constantly. Once all the milk is incorporated, add in shredded Goodlife Mozzarella Cheese to attain a thick, cheesy sauce.

Drop the strained pasta into the cheese

sauce along with chopped mushrooms and capsicum. Stir everything together and add in the seasonings – salt, black pepper, and chilli flakes. Before serving, sprinkle shredded cheese atop and broil in the oven for a minute.

STUFFED CHICKEN CHEESE

Ingredients

4 chicken breasts
2 eggs
½ cup bread crumbs
1/3 cup flour
200g Goodlife Mozzarella Cheese
4 tbsp oil
For the spice rub –
1 tsp salt
1 tsp black pepper
1 tsp garlic powder
1 tsp onion powder
1 tsp paprika powder
For the marinara sauce –
2 tbsp oil
1 large onion
2 garlic cloves
4 tomatoes
½ tsp dried oregano
½ tsp black pepper
1 tsp salt

Method

To make the marinara sauce, sauté onions and garlic in oil until translucent. Puree the tomatoes and add them along with oregano, black pepper, and salt. Let this simmer for 15 minutes. Meanwhile, slit the chicken pieces in half, leaving an attachment on one side.

Mix all the ingredients for the spice rub and coat the chicken pieces with it. Stuff the cavity with Goodlife Mozzarella Cheese and press the edges. Dredge the chicken breasts in flour, dunk them into beaten eggs, and then coat them with breadcrumbs.

Cook the chicken on both sides in a pan. After that, ladle the marinara sauce into a dish and transfer the chicken pieces. Top with a generous amount of shredded Goodlife Mozzarella Cheese and broil in the oven for three minutes.

Food and Photo: Fariha Amber



#HYGIENE

Healthful living
with

SEPNIL HAND WASH

Pandemic or not, we are exposed to germs and bacteria which can make us feel sick and gloomy. Particularly, our hands can get contaminated as we go about our day touching different surfaces. We use our hands for almost every activity which leaves them prone to injury, environmental damages, skin health deterioration, infestations, attracting bacteria and other damages.

Maintaining the cleanliness of our hands is prerequisite to maintaining overall health as we tend to unconsciously touch our face every now and then. So, it remains imperative that we use the best product to ensure maximum cleanliness and health for our soft, supple hands.

To keep our hands germ-free and safe from harm, Square Toiletries offers a range of products, including Sepnil Sanitizing Hand Wash, which promises everything needed to secure personal cleansing and hygiene needs along with optimising skin health. With its cleansing and healing properties and having been in the market for some time now, Sepnil Sanitizing Hand Wash is a well-known name in every



product is its good fragrance and its moisturising capabilities. It ensures the cleanliness of hands without causing harsh damage to skin or leaving an overly disinfectant-like lingering smell.

The hand wash comes in two fruity variations of apple and orange, and two natural variations of marigold and tea oil. These sanitising liquid hand soaps not only restore palm health and cleanliness, but also make hands soft to the touch leaving behind a fruity and natural smell.

Additionally, it is fortified with essential ingredients which cater to healing invisible abrasions and scratches on hands. These scratches can potentially turn into infections and attract more germs if left unattended, causing skin damage and other complications. Sepnil Hand Wash prevents such dreadful occurrences. It promotes skin health and skin beauty which keeps our hands at their best health and looking its finest.

Our hands enable us to work and move about, touch and feel, communicate with our loved ones and make gestures. Not only are our hands a part of our anatomy, but also serves the purpose of human connection. So, to keep our hands healthy, it is crucial to use authentic hygiene products like Sepnil Sanitizing Hand Wash which promote skin vitality, cleanliness, and radiance.

By Puja Sarkar
Photo: Sepnil Hand Wash

In most cases, ordinary hand washes are only strong enough to wash away the dirt or grime which is visible to the human eye.

household.

Nowadays, it is challenging to find a good liquid soap which removes dirt effectively and has sanitising properties without damaging skin while washing hands. With knock-offs and counterfeit products everywhere, hygiene and cleanliness is being put to risk at a time when it is needed the most. Sepnil Sanitizing Hand Wash is addressing this issue with their authentic and beneficial range of hand wash to provide every household and establishment with a reliable, safe and effective product for hand washing.

In most cases, ordinary hand washes are only strong enough to wash away the dirt or grime which is visible to the human eye. Sometimes, this is not enough. Throughout the day, our hands come in contact

with dirt particles and various harmful microorganisms without our knowledge. This can negatively impact our health and expose us and our family members to diseases and infections.

Sepnil Sanitizing Hand Wash is designed to combat such harmful particles and invisible bacteria. It not only removes visible dirt, but also cleanses and sanitises one's hands, restoring its cleanliness and rosy glow. Using the hand wash easily helps to remove and stay safe from these harmful particles and microbes.

Sepnil Sanitizing Hand Wash is powerfully effective against the invasion of bacteria and virus on hands. Along with the benefit of having spotless and clean hands after using Sepnil, one's hands will be left smelling fresh as daisy and moisturised. One of the unique characteristics of this

DESHI MIX
SALINA PARVIN



Delicious rice recipes for Eid

Rice is a staple in any kitchen and with many different types. It lends itself to a limitless number of recipes. Each type of rice has its own taste, texture and unique properties that work well with different cooking applications. And you can use that variety to your advantage by cooking up simply mouth-watering dishes this Eid.

KASHMIRI POLAO

This is a traditional Kashmiri cuisine, where rice is cooked with lots of spices and flavoursome broth. It is topped with ghee fried almonds, cashews, and raisins.

Kashmiri cuisine is immensely popular for their aromatic foods. There are few different ways of making it, but the key ingredients like using saffron, dry fruits, raisins and fresh fruits is the standard that is followed.

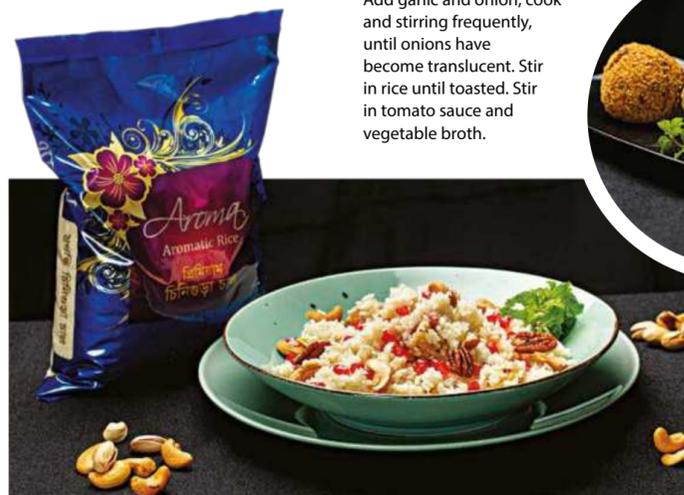
A traditional Kashmiri polao is made with a lamb broth, in which a lot of spices and fried onions are simmered to extract the flavours. This mildly sweet tasting dish is simply delicious and most importantly, the ghee and fried onions contribute to a tantalising aroma.

Ingredients
1½ cup ACI Aroma Aromatic Chinigura Rice
20 cashew nuts
10 almonds
¼ cup raisins
¼ cup pomegranate
½ cup apple and pineapple, chopped
200g paneer, into ½ inch cubes
A few threads of saffron
½ cup onion, sliced
2 black cardamoms
2 green cardamoms
2 bay leaves
2 cloves
1-inch cinnamon
½ tsp dry ginger powder
½ tsp fennel seeds
¼ tsp cumin seeds
3 tbsp ghee
Salt to taste

Method
Soak rice in water for half an hour. Let the water drain. Soak saffron in two teaspoons

of milk. Heat oil in a pan and deep fry the onions till golden and crisp. Drain on absorbent paper. Bring 4½ cups of water, black-green cardamom, bay leaves, cinnamon, dry ginger powder, fennel seeds, and salt to a boil. Lower heat and simmer for 15 to 20 minutes or till reduced to 3 cups of stock. Remove from heat and strain the stock. Discard the spices.

Heat ghee in a deep pan, add cumin seeds and cardamoms. When the cumin seeds change colour, add soaked rice and the stock. Bring to a boil, lower heat, cover and cook till the rice is almost done. Gently stir in the paneer cubes, raisins, cashew nuts and almonds. Sprinkle soaked



saffron milk and fried onion over the rice. Cook on 'dum' for another 8-10 minutes. Garnish with fried onions, pomegranate, apple and pineapple. Serve hot.

MEXICAN RICE

Ingredients
1½ cup ACI Aroma Aromatic Chinigura Rice

1 tbsp olive oil
2 cloves garlic, minced
1 onion, diced
1 can tomato sauce
1½ cups vegetable broth
1 cup corn kernels
½ cup diced carrots
½ cup peas
½ tsp chilli powder
¼ tsp cumin
Black pepper and salt, to taste
2 tomatoes, diced
2 tbsp chopped fresh cilantro leaves

Method

Heat olive oil in a large pan. Add garlic and onion, cook and stirring frequently, until onions have become translucent. Stir in rice until toasted. Stir in tomato sauce and vegetable broth.



Pinch of salt

Method

Soak rice in water for 2-3 hours. Drain and grind into a thick paste using very little water. Add salt to taste. Take coconut in a pan and roast lightly. Add jaggery and cook for 5-6 minutes. Set aside to cool. Heat water in a steamer. Apply ghee on the shiny side of the turmeric leaves. Spread a little rice batter on each leaf. Put a spoonful of the coconut stuffing and fold the leaves sideways. Place them in the hot steamer and cover. Cook for 10 to 12 minutes. They can also be made in banana leaves. When done, peel off the leaves, dribble a little ghee and serve hot.

Bring to a simmer, about 2 minutes. Stir in corn, carrots, peas, chilli powder and cumin. Season with salt and pepper to taste. Bring to a boil, cover and reduce heat; simmer until rice is cooked through, about 13-16 minutes. Stir in tomatoes. Garnish with cilantro and serve immediately.

PATTOLE

Pattole or patoli or sihi kadadu — a sweet dish with many names. This is a traditional Goan dish made on special occasions. Pattole are jaggery-coconut stuffed rice rolls that are steamed in fresh turmeric leaves. The smell of leaves, while the pattole with rice flour get steamed, is divine.

Flavour of the turmeric leaves gets seeped into the rice flour while steaming and enhances the taste of pattole. There is really no alternative to turmeric leaves in making pattole. If turmeric leaves are not available, you can use jackfruit leaves or banana leaves, but the taste will be nowhere close to making pattole in turmeric leaves.

Ingredients

1 cup ACI Aroma Aromatic Chinigura Rice
15 turmeric leaves
½ cup grated jaggery
1 cup scraped coconut
2 tbsp ghee

CONTINUED TO PAGE 11

THE MILLENNIAL COOK
FARIHA AMBER



With a kiss of olive oil!



Although regular usage of oil in cooking is associated with an unhealthy diet, one cannot deny that oil is ubiquitous when it comes to cooking. A healthier alternative to use instead of regular cooking oil is extra virgin olive oil, such as Well's Extra Virgin Olive Oil.

Olive oil is packed with several health advantages. For starters, it is rich in healthy fats and vitamins, contains antioxidants in abundance, and reserves beneficial anti-inflammatory and antibacterial properties.

Adding to that, olive oil has a unique taste that enhances the flavour of any dish, be it hidden in a marinade or drizzled as a garnish. Apart from frying or grilling food, this versatile ingredient is used in myriad ways, such as preparing delectable confit, sauce, or dressings.

Extra virgin olive oil goes through minimal processing and its high smoke point makes it a safe option for most cooking methods. With plenty of beneficial properties, Well's Extra Virgin Olive Oil is indeed liquid sunshine packed in a bottle.

SHRIMP AGLIO E OLIO

Ingredients
1 cup pasta
150g shrimp (peeled and deveined)
1/3 cup + 2 tbsp Well's Extra Virgin Olive Oil
1 head garlic, chopped
4 red chillies, sliced
1 tsp chilli flakes
½ tsp sweet paprika
1 tsp garlic powder
½ tsp lemon pepper
1 tbsp lemon juice
½ tsp lemon zest
½ tsp salt

Method

Set the pasta to cook in salted boiling water and marinate the shrimp with couple tablespoons of olive oil, half of the garlic and chillies, chilli flakes, sweet paprika, garlic powder, lemon pepper, lemon zest and salt.

Meanwhile, pour a one-third cup of Well's Extra Virgin Olive Oil in a pan on medium heat and add the remaining garlic and chillies. Let them come up

to temperature together and infuse. In another pan, sear the shrimp until they curl up and once fully cooked, toss with fresh lemon juice.

As the garlic turns a nutty brown colour and diffuses a toasted aroma, add the cooked pasta and shrimp into it and toss together. Garnish with chilli flakes and a drizzle of Well's Extra Virgin Olive Oil before serving warm.

LEMON OLIVE OIL CAKE

Ingredients
1 cup Well's Extra Virgin Olive Oil
1¼ cup flour
1 tsp baking powder
½ tsp baking soda
½ cup sugar
3 eggs
1 tsp lemon zest
3 tbsp lemon juice

Method

Beat the eggs until airy and add sugar. Once it reaches a foamy consistency, pour in a cup of Well's Extra Virgin Olive Oil and mix. Gradually incorporate flour, baking powder, baking soda and lemon zest. Mix together until it becomes a homogenous mixture and lastly, stir in fresh lemon juice.

Pour this mixture into a greased and lined baking dish and allow it to bake in a preheated oven at 160° C for 30-40 minutes. Take out the cake when a skewer inserted comes out clean, and let it to cool slightly before slicing in.

MEDITERRANEAN TRAY BAKE

Ingredients
1/3 cup Well's Extra Virgin Olive Oil
4 chicken thighs
2 carrots
2 potatoes
1 eggplant
½ cup pitted olives
1 garlic bulb
1 tsp sumac
½ tsp cumin powder
½ tsp coriander powder

½ tsp oregano
½ tsp rosemary
½ tsp paprika
½ tsp salt

Method

Pat the chicken thighs dry and cut the carrots, potatoes, and eggplants evenly into batons. Slash the garlic head in half and mix all the spices, herbs, and condiments with Well's Extra Virgin Olive Oil. Drizzle this over the vegetables and chicken, and massage to coat well.

Lay the chicken and prepared vegetables along with olives in a baking tray lined with a sheet. Place two halves of the garlic bulb and drizzle over Well's Extra Virgin Olive Oil. Cover this with aluminium foil and let it bake for 40 minutes at 180° C. Flip the chicken and toss the vegetables halfway.

CROSTINI WITH OLIVE OIL BREAD

Ingredients
2 tsp yeast
¼ cup warm water
1/3 cup Well's Extra Virgin Olive Oil
2½ cups flour
1 tsp sugar
1 tsp salt

Method

Add sugar and yeast to warm water, and let it sit for 10 minutes. After that, add in flour, salt, and Well's Extra Virgin Olive Oil. Mix this until it forms a dough and add more flour if required. Knead the dough until it becomes a smooth ball and transfer it to a greased bowl. Cover this and allow it to rest until it doubles in size, for about 2 hours.

Punch and deflate the dough and knead it once more. Shape the dough like a boule and let it rest covered for 30 minutes. Bake this in a preheated oven at 170° C for 30-40 minutes. Once baked, slice the bread and drizzle over Well's Extra Virgin Olive Oil and fresh tomatoes.

By Fariha Amber
Food and Photo: Fariha Amber



ENO: Jhat Pot Action

Staying healthy is something that everyone desires. And in order to stay healthy, one has to eat healthy food and maintain a certain routine but with the constant pressure of everyday chores, we are often forced to deviate from an ideal routine. Nobody knows your body better than you do and you know exactly what will affect you. Yet, sometimes we decide to try certain food because of their taste appeal and end up having a discomfort in our stomach.

It's not only annoying, the discomforting feeling also lingers, hindering in your everyday work. You can't sit, you can't rest. The heartburn truly feels like it lives up to its name. Upset stomach because of indigestion is a very common condition people face after eating certain food. Of course, the scale of discomfort differs from person to person but it's never a pleasant one.

What if there was a solution to handle this discomfort? Meet ENO, an effervescent powder that comes in a sachet and can help in your hour of need. Such heartburn or upset stomach is usually a result of chemical imbalance of the pH in your digestive system and ENO helps in this condition.

It comes in two flavours — Lemon and Orange. 5gm packs are available in pharmacies, grocery and even in general stores, so availability should not be an issue. Preparing ENO is as simple as dissolving a sachet of ENO in a glass of water and you are ready to go. It is recommended that you drink the solution as soon as it has completely dissolved in the water. Because ENO is essentially a salt-based product, it dissolves quickly and works very fast and could help you with that digestive discomfort by taking 'Jhat Pot' action.

Sour Hicks or burps are often the accompanying symptoms with upset stomach and if you are a busy person, it can really turn out to be a nuisance. ENO gets to work within seconds and could be really helpful when you are in a hurry. No matter how busy you are or self-indulgent



you could be on your vacation, nobody ever plans on indigestion; it just happens. Sometimes under such circumstances that you just don't have the time to handle it. ENO could be really useful in such situations.

That's an everyday issue. But with the Eid-ul-Adha on the calendar in the coming days, it's only natural that you will be enjoying yourself with savoury dishes based on beef or perhaps some innovative dish that

Sour Hicks or burps are often the accompanying symptoms with upset stomach and if you are a busy person.

you saw on Master Chef. With these spicy foods on the menu, getting a heartburn is not unnatural. So, if you are about to send your taste buds on an adventure without worrying of post digestive discomfort, perhaps it is a good idea to keep an ENO in your pocket just in case.

Don't let the indigestion ruin your Eid. Keep an ENO in your bag for a sudden influx of digestive discomfort so that when it arrives, you can handle it within seconds.

*Read label prior to use. In Bangladesh, ENO is imported and marketed by GSK Bangladesh Private Limited.

By Ashif Ahmed Rudro
Photo: ENO

চোখের খিদায়
ভেতরে
অস্বস্তি

ঝটপট
অ্যাকশান

পেটে ভারি ভাব,
বুকে জ্বালাপোড়া
আর টক ঢেঁকুর থেকে
নিমিষেই আরাম
পেঁতে সাহায্য করে

gsk

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#TECHNOLOGY

Cooking with a VISION

Urban life is fast paced. It's modern, loud, and busy. In this hectic life, a lot of people dread the idea of cooking in a traditional stove or oven because of a number of reasons. They can be difficult to maintain and difficult to cook on. Such issues can be resolved with a modern kitchen appliance such as a microwave oven.

Do you remember the old days of cooking in a ground oven? People had to lean down or crouch to even operate them. That's not a very healthy position to spend hours in. It's always better to cook while standing; this allows your spine to stay free from unnecessary strain and resorting to an oven will allow you to cook without crouching.

Take VISION Microwave Oven for consideration. Built with High Performance Magnetron that ensures efficient heat. This maintains uniform heat on the dish, making cooking easier and the food gets heated to precision. The interior is made of stainless steel, which ensures rust-free operation. The mirror glass door will not only offer a new design, but will also add protection. In addition to that, the child lock system will offer safety if you have a child running around your house.

If you are a workaholic and live your life in a routine, chances are you have to store food in the refrigerator. It can take hours for frozen



food to defrost and you can't cook them unless they are properly defrosted. Defrosting in water, if not done with proper steps can be hazardous to health and there could be bits and fibres stuck in them if you are not

careful, which can be equally injurious. With an oven, you can defrost your food within a few minutes, making cooking hassle-free and safer.

With Eid-ul-Azha in sight, it's going to be a time when one might get bored with the traditional beef curry. At times like this, you can be a little adventurous and try out some new dish or recreate some old ones that you excel at. Convection or Rotisseries, whichever way of cooking suits your mood, you can try it out with VISION ovens.

How about something a bit different? Why not try slow cooking a chicken for a celebration dinner? Or take it one step further; try to recreate Gordon Ramsay's iconic burger at home. All of these can be done with VISION Microwave Oven.

Certain dishes, especially some exotic ones, will require attention to details such as cooking time and temperature. You can control them both with an oven. Want to make a pizza all by yourself? Or bake a cake for a special occasion with your signature recipe? Or perhaps you want the good old taste of grilled chicken at home. An oven will allow you to try them all out at your very own kitchen.

A clean kitchen is the prerequisite to healthy food. Microwave ovens make cleaning much easier. Always make sure to turn it off and remove the power cord. Wipe the inside with a wet washcloth using a light solution of water and vinegar. Lemon juice will work too. If it starts to smell inside the oven, slice a

lemon into two and put them in an oven bowl and heat them for a little while; this will work as a natural cleaning agent. Parts like the glass tray can be washed with soap water once you remove them.

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For more information, visit their website: <https://vision.com.bd>

By Ashif Ahmed Rudro
Photo: VISION



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Cleaning dishes with ease!

Washing dishes and cleaning up is a chore no one wants to do. With Eid festivities coming up and food being a mandatory part of the celebrations, dishes and cookware are bound to get greasy and dirty. For this, washing dishes need more planning and thought to make the entire process less time consuming and exhausting.

For daily use and specific celebrations, cleaning dishes properly is imperative for household health and hygiene. More than anything, using a proper soap or liquid detergent like Lemon Bright Liquid Dish Wash, which has the benefits of lemon, should be used for cleaner and brighter dishes. Doing so will take hosting a party or daily meals to the next level.

Here are some tips to clean dishes more effectively—

Don't let the dishes sit!

Although this has become a modern habit in most households, dishes should not be saved for the end of the day. Leaving unwashed dishes not only adds to unhygienic conditions and uncleanliness, but also cleaning the dishes becomes more tedious. Leftover food particles and grease dry up, making it all the more difficult to remove.

Detergent

Detergent is always necessary to properly clean plates and glasses, especially when the dishes are oily. For hand washing dishes, detergent can either be diluted in a sink or dishpan filled with water or by directly squirting the detergent liquid onto a sponge or the dish itself. Whichever method one opts for, it is a wise move to read the label and follow the directions if there are



any in terms of the amount of detergent to use. Some concentrated detergent entails that only a little amount be used at a time, saving both money and the composition of the dishes.

Liquid detergents with lemon are more effective in removing grease and also to sanitise dishes. So, opting for a detergent which has lemon or the properties of lemon would provide for a smoother and easier

cleaning.

Don't use bare hands

It is important to keep in mind that using detergent and working with water for a long period of time can cause damage to the palm. So, to protect one's hand from harsh substances, rubber gloves should be worn.

Scrape and soak

Before the actual washing of dishes, the

plates need to be prepped. The dishes should be scraped to remove any leftover food with a rubber spatula or a paper towel. For food which sticks to the dishes or cookware, it can be soaked before washing. In this case, adding detergent or baking soda to the sink or dishpan and filling it with hot water to soak the dirty dish for 15 to 30 minutes ought to make the process easier.

However, some cookware and dishes, for instance knives, cast iron and wood, are not meant to be soaked. So, keep an eye out for that!

Hot water

Cleaning the dishes is not only about getting rid of the food stains but also about making sure the dishes are oil-free and sanitised. For this, using hot water is the best option. While using rubber gloves, hot water will not burn one's hands either.

Air dry

It might seem convenient to wipe down dishes with a towel after washing them. However, a dish towel can harbour all kinds of bacteria. As the dish towel might come in contact with other surfaces, it is not as clean as it seems and might contaminate the dishes. So, while doing the dishes at home, it is best to air dry on a dish rack.

Putting the dishes away

The dishes should not be kept in cabinets while it is still wet. Doing so would allow moisture in the cabinets which can warp the material and foster the growth of mildew.

By Puja Sarkar

Photo: Lemon Bright Liquid Dish Wash



WE BUILD QUALITY



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PAPRPLUS/2021

DESHI MIX
SALINA PARVIN



The perfect dynamic duos for your Eid table

BIHARI DUM GOSHT

Ingredients

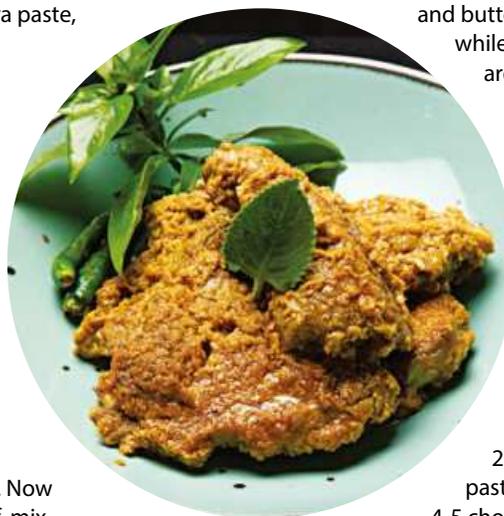
- ½ kg beef fillet
- ¼ cup fried crushed onions
- 2 tbsp chopped onions
- 2 tbsp ginger-garlic paste
- 4 tbsp mustard oil
- ½ tsp turmeric powder
- 1 tbsp crushed red chilli powder
- 5 almonds
- 2 tsp desiccated coconut
- ½ tbsp sesame seeds
- ½ tsp garam masala powder
- 1 tsp cumin seeds
- 2 tbsp yoghurt
- 2 tbsp papaya paste
- Salt to taste
- Oil for fry
- Charcoal for smoke

Method

In a spice mixture, add sesame seeds, almonds, fried onions and coconut; grind well and set aside.

In a bowl, add beef fillet, yoghurt, salt, papaya paste, ginger-garlic paste, ground mixture, coriander powder, red chilli powder, cumin powder, garam masala powder, and turmeric powder; mix well and marinate for 4-5 hours or overnight.

Heat oil in a pan. Add onions and fry until golden brown. Now add marinated beef, mix well and cook on high flame for 5 minutes. Add water and mix, cover and cook on low flame for 1 hour or until meat is tender and oil floats over it. Place a foil



paper in the middle with hot coal and butter and cover it for a while to get that smoked aroma. Garnish with fresh coriander and serve.

BAKED MUTTON

Ingredients

- 1 small mutton leg
- 2 chopped onions, 3 tomatoes
- 2 tbsp lemon juice
- 2 capsicums
- 2 tbsp ginger-garlic paste
- 4-5 chopped green chillies
- 4 tbsp papaya paste
- 1 tsp all-spice powder
- 1 tsp chilli powder
- 1 tsp crushed black pepper

Aluminium foil as required
4 tbsp oil
Salt to taste

Method

Debone the mutton leg (or you can leave it bone in). Now beat with a steak hammer to flatten. Marinate well with 4 tablespoons of papaya paste. Keep it aside.

In a bowl, mix together ginger and garlic paste, green chillies, all-spice powder, chilli powder, lemon juice, and salt. Mix well.

Now marinate the mutton leg with the mixture. Wrap the leg in aluminium foil, sprinkle chopped onions, chopped tomatoes, and chopped capsicum on top. Lastly, bake in a preheated oven on 180° C for 30-35 minutes. Now remove from oven, dish it out and serve hot.

Photo: Sazzad Ibne Sayed
Food and Styling: RBR

Delicious rice recipes for Eid

CONTINUED FROM PAGE CENTRE

CRISPY RICE BALL

Ingredients

- 2 cups cooked ACI Aroma Aromatic Chinigura Rice
- 3 tbsp plain flour
- 1 tbsp chopped green chillies
- ½ cup processed cheese, cut into cubes
- ¼ tsp black pepper powder
- Salt to taste
- Pinch of baking soda
- 1 egg
- Oil for deep fry

Method

Mash the cooked rice gently in a deep bowl. Add all the ingredients except cheese and

mix well. Scoop some of the rice mixture using a measuring spoon. Place a cheese cube at the centre. Gather to form a ball, making sure that no part of the cheese is exposed. Shape each portion into a ball. Heat oil in a pan and deep fry a few balls at a time on a medium flame until they turn golden brown in colour from all the sides. Serve immediately with sauce.

ZAFRANI PAYESH

Ingredients

- 1 tsp ghee
- ½ cup ACI Aroma Aromatic Chinigura Rice, soaked in water for 30 minutes and then strained

- ½ cup chopped nuts (cashew, pistachio, almond, walnut)
- ½ cup sugar
- 1½ litre full fat milk
- 1 pinch saffron (soaked in 1/3 cup warm milk)
- 2 green cardamom powder
- Few drops rose water, optional

Method

Take a pan, melt the ghee in it. Add the strained rice and chopped nuts to it. Fry for few minutes. Do not burn the rice. Remove the rice and chopped nuts from the pan and keep aside. In the same pan, add the 2 tablespoons of sugar and 2 tablespoons of water. Caramel the sugar

by stirring continuously on low heat. When the caramel will be made, add the fried rice and nuts to the same pan, add the milk and start boiling all together. Add cardamom powder and saffron milk. Cook till the milk is reduced and thickens. Add rest of the sugar and boil for 2-3 minutes.

The colour of the payesh will be brownish for the caramel. Turn off the heat, add rose water, stir and let the payesh cool down completely. Keep in the refrigerator for 1-2 hours. Remove just before serving. Garnish with chopped nuts on top. Enjoy.

Photo: Sazzad Ibne Sayed
Food and Styling: RBR

KOHINOOR CHEMICAL

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Flavourful kachchi recipes for Eid

Kachchi biriyani literally means 'raw biriyani,' and is also known as 'kachchi yeqni' as the unique feature of this preparation is that the raw meat and rice are cooked collectively in steam. This is unlike other biriyanis where the two are cooked separately and then assembled together. Goat meat is most often used. Sometimes, lamb and beef, and infrequently, chicken is also used.

The term "kachchi" refers to the biriyani ingredients being combined raw in layers instead of first cooking the meat or rice separately. Traditionally, the biriyani is cooked in a clay oven and the cooking pot is usually sealed with flour dough to allow the biriyani to cook in its own steam. The sealed pot is not opened until the biriyani is ready to be served.

Kachchi biriyani is usually a featured dish for wedding and social gathering and celebrations. Layers of meat, rice and potatoes are infused with warm and delectable blends of aromatic spices to prepare kachchi biriyani and each spoonful is a mouth-watering surprise. Traditionally, ghee is used for kachchi preparation, but for health reasons, one can opt for sunflower oil, like **King's Sunflower Oil**.

KACHCHI BIRIYANI

Ingredients

- 2 kg mutton (large pieces)
- 1 kg aromatic or basmati rice
- 1½ cup King's Sunflower Oil
- ½ kg potatoes, same size
- 2 cups chopped onion
- 4 tbsp ginger paste
- 2 tbsp garlic paste
- 1 tbsp cumin powder



- 2 tbsp coriander powder
- 1 tbsp chilli powder
- 1½ cup plain yoghurt
- 1 tsp nutmeg powder
- ½ mace powder
- 1 tbsp poppy seed powder
- ½ tsp cinnamon powder
- 1 tsp crushed cloves
- 1 tsp green cardamom powder
- 10-12 whole black pepper
- 10 aloo bokhara

- 10-12 almond
- ¼ cup raisins
- 3-4 tbsp kewra essence
- Salt as needed
- Ground turmeric, just a little to add colour
- 1 cup saffron infused milk
- ½ cup mawa

Method

Clean and rinse the mutton. Marinate with 1 tablespoon of salt for half an hour. Clean the mutton again and completely rinse out all the water. Set aside.

Fry the onion until golden brown and crisp. Crush the onions lightly into smaller pieces and set aside.

Sprinkle a bit of turmeric on the potatoes and fry them in the same King's Sunflower Oil. Keep these aside. Now marinate the mutton with yoghurt, salt, fried onions, ginger, garlic, cumin, coriander, nutmeg, mace, poppy seeds, chilli powder, cardamom-cinnamon

powder, clove, aloo bokhara, and kewra. Pour the marinated mutton into a large sauce pan. Set aside.

In a separate pan, start boiling 6 cups of water with salt. Add rice into the water. As soon as the rice starts to get cooked, turn off the heat and let the water drain. Keep the rice water aside for later use. Add 1 cup of rice water and ½ cup of King's Sunflower Oil into the sauce pan containing the mutton. Cover the pan and let it rest for half an hour.

Now layer the fried potatoes, aloo bokhara, almonds and raisins on top of mutton. Cover mutton with rice, and add the remaining rice water and oil. Sprinkle mawa and saffron milk. Make sure the water level just touches the top of the rice. Seal the cover shut by wrapping an aluminium foil all around. Make sure the cover is air tight and the vapour does not get to escape. Alternatively, the cover can also be sealed using wet flour dough. Finally, turn on the stove and start cooking over medium heat. After 15 minutes, lower the heat and cook for about an hour. Keep low heat until both the rice and meat appear



soft and cooked. Remove the cover once the very distinct biriyani aroma starts come out. Mix rice and mutton gently before serving. Serve with usual chutney or the traditional borhani.

BEEF BOTI MASALA

Ingredients

- 1 kg beef boneless
- ½ cup yoghurt
- 1 tbsp ginger paste
- ½ tsp garlic paste
- 1 tsp red chilli powder
- ½ tsp black pepper powder
- ½ tsp cumin powder
- ½ tsp coriander powder
- ½ tsp nutmeg and mace powder
- 1 tsp garam masala powder
- 1 cup chopped onions
- Whole garam masala, as needed
- ½ cup King's Sunflower Oil
- ½ tsp sugar
- Salt to taste

Method

Cut the meat into 1-inch sized cubes. Clean and pat dry with paper towel, keep aside. In a bowl, mix yoghurt, ginger, garlic, cumin, red chilli powder, coriander, nutmeg, mace, black pepper powder, garam masala, salt, and sugar. Coat masala paste with meat pieces well. Cover and marinate for 12 hours in refrigerator.

Heat King's Sunflower Oil in a deep bottom pan. Fry chopped onions and whole garam masala until brown. Add marinated meat and cook on high heat for 10-12 minutes. Now add little water and cook on medium heat until soft and tender. Once cooked and gravy is thick, turn off the flame. Transfer to a serving dish and garnish with fresh mint leaves. Serve with rice, naan or paratha.

MUGHLAI BEEF FILLET CURRY

It is a spicy and delicious curry. The beef yoghurt marinade adds up, making a rich wonderful gravy and almonds gives a Mughlai touch. This is specially for beef lovers, and perfect for Eid.

Ingredients

- 1 kg beef fillet
- 20g fresh coriander
- 15g ground red chilli
- 1 tbsp hot spices
- ½ cup almonds and sesame paste
- ½ cup green masala (blend coriander leaves mint and green chillies)
- 2 large chopped onions
- 250g yoghurt
- 3 tbsp ginger-garlic paste
- 4 tbsp ghee
- 2 tbsp King's Sunflower Oil
- Salt to taste

Method

In a bowl, put green masala, almonds, sesame and salt, mix well. Then, put the beef fillets in mixture, marinate it for 1 hour. Heat King's Sunflower Oil and ghee in a pan, add onion and ground red chillies, fry it. Now add marinated beef fillet in it. Mix well and cover with lid for 8-10 minutes. Add yoghurt, ginger-garlic paste, hot spices and pinch of salt, stir and mix well. Cover and cook on low heat till tender it is done, garnish with the coriander leaves. Serve hot with rice, naan or chapati.

Photo: Sazzad Ibne Sayed
Food and Styling: RBR