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HATS under The sun



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POST-PARTUM DIET FOR NEW MOTHERS **P3**
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PHOTO: SUNERAH BINTE KAMAL

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THE FOOD STORE.APP: Revolutionising cloud kitchens and the food delivery system

The food industry is highly versatile and dynamic in nature, where restaurateurs constantly adapt to new and emerging business models suiting the needs of customers and the market.

Recognising the sharp shift in popularity from dine-in food towards a cloud-based food ordering system, TheFoodstore.App was launched in June 2020 amidst the pandemic.

TheFoodstore.App is a technology-based Internet company that works on a unique 360° e-commerce platform providing a complete solution of various cuisines with own and partnered food delivery logistics, backed with data analytics, strong customer relation management, loyalty benefits, and online payments to name a few, in order to create a memorable meal experience.

Categorising TheFoodstore.App as an ordinary food delivery app would be entirely wrong. What makes this food-tech Internet company stand out among others is its functionality, which makes it beneficial for both ends of the spectrum — the customers and partners.

While it works on a B2B platform to provide ready-to-eat and ready-to-cook products to partner restaurants, it also offers partners the facility of branding exclusive brands through an efficient digital

marketing platform and technology, lending through an in-house tech team. Plans to launch their own technology enabled delivery fleet is in the pipeline as well.

While a plethora of food delivery services are now available, they tend to drag down the profitability of restaurants by charging high levels of commission and offering lucrative discount offers to customers. This may seem beneficial from a consumer's perspective but it is quite upsetting from an investor's point of view. However, in their model, TheFoodstore.App offers franchisees a reasonable rate, paving the path for operators to optimise profitability through a healthy business model.

TheFoodstore.App works to develop highly sought cloud kitchen brands, and on the other side, it tends to provide



the opportunity to young and smart entrepreneurs to step into the food business in a well-guided environment. As for customers, they can choose from myriad, affordable restaurants all over Dhaka, catering to a wide array of cuisines ranging from fast-food, wholesome meals, beverages, and gourmet desserts.

Additionally, their superior customer support service warrants a two-way communication channel with a robust feedback system, bridging the gap between consumers and restaurants. With the motto of "good food at your fingertips", TheFoodstore.App focuses on building an

exquisite array of food brands.

People can order via website or application, both of which offer a blog section known as "foodietalks" that features various food trends and includes recipe videos of the company's signature dishes, making it possible for customers to easily replicate their favourites. With an option to



track orders, currently they deliver all over Dhaka, delivery hours being 10 a.m. to 10 p.m. everyday.

One of the founders, Chef Subhabrata Maitra, stated, "The idea of the TheFoodstore.App is not to jump in the bandwagon of following a cloud kitchen concept. Here, we work with a triad of food, technology, and people to make it possible for every customer, be it individuals or corporates, experience the company motto 'good food at your fingertips' in its true meaning".

The response has been splendid so far as TheFoodstore.App has already spread its wings with a franchise model and is looking for start-up series — a funding to boost the company with stronger growth prospects.

To get in touch with them, contact via:

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By Fariha Amber

#PRESS RELEASE

Bangladeshi Wedding Photo "Highly Commended" at Sienna Creative Photo Awards

Sohel Ahmed, a part of the team of photographers behind the Reels and Stories wedding photography services, was awarded the "Highly Commended" recognition for one of his colourful captures during a Gaye Holud ceremony in Bangladesh. He received the plaudit under the Wedding category of the Sienna Creative Photo Awards 2021 competition. He is the first Bangladeshi to be recognized in this way. The winning photograph was taken on a rooftop where the bride along with her relatives were celebrating the traditional ceremony of applying turmeric paste to the bride ahead of her wedding day.

Sohel is a resident of Dhaka, and currently pursuing his MBA from University of Dhaka. He has always been passionate about photography, and is partial to wedding photography. He is currently a core photographer at Reels & Stories.

Reels & Stories is a wedding photography & cinematography service provider company, actively giving service all over Bangladesh. The main purpose of this team is to document the most beautiful day of their valuable clients, in the most artistic and efficient way so that they can cherish the moments whenever they see the visuals. The team was founded by Kazi Mushfiq and Navid Kabir, along with Sohel Ahmed, Touhidur Rahman Raad, Toufiq Ahmed and Zahedi Shams.



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A NOTE ON NUTRITION

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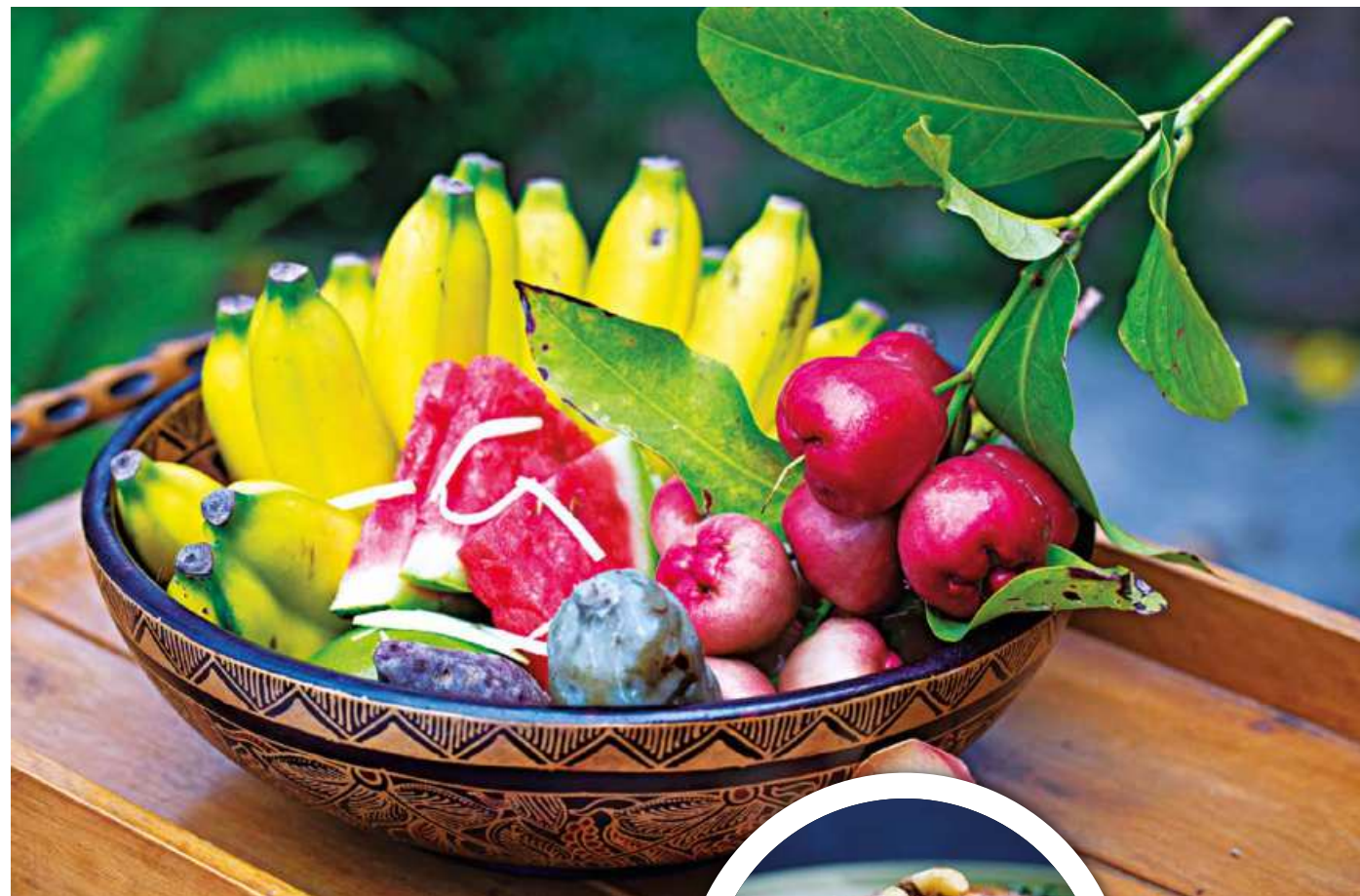
Post-partum diet

A healthy postpartum diet can help heal and boost energy levels during those sleep-deprived days. Every woman's nutrition needs are different and depend on many factors. Losing those pregnancy pounds might be at the top of their minds over nourishing their body with the right foods to support recovery, milk production, rest, and all the other tasks required to get through the day. Plus, if any health condition like diabetes is also present, one may need to follow a different dietary pattern in order to optimise blood sugar control.

Here are some tips to follow:

- ▮ If one is trying to lose weight while breastfeeding, a slow weight loss of 1 pound per week or 4 pounds per month is ideal. For some women, breastfeeding helps them lose baby weight more quickly than non-breastfeeding mothers. Weight loss seems to increase after the 3-month mark. Others may notice increased fat stores on their hips or legs until breastfeeding stops. This is likely because breast milk draws from lower body maternal fat stores in order to support infant brain development.

- ▮ Breastfeeding moms are especially at risk for energy-draining dehydration. Up to 3 litres of water daily is recommended. A good way to gauge hydration is looking at the colour of urine. Juice and milk are very good options. But caffeinated drinks like coffee or tea need some careful attention.



Have no more than 2-3 cups a day because it can stimulate dehydration.

- ▮ Exclusively breastfeeding women require approximately 400 to 500 additional calories per day. However, individual calorie needs are highly variable and depend on body size, age, activity level, and how much you are breastfeeding.

- ▮ Aim to minimize snack foods and items that are high in added sugar, sodium, and saturated fat, including fried foods, soft drinks, and desserts.

- ▮ Nursing moms need to eat extra protein and vitamin B-12. Lean beef is an excellent source for both. Eggs and fatty fish are excellent sources of protein and healthy fats, while vegetables, whole grains, and fruits provide fibre-rich carb sources. Nuts, seeds and full-fat yoghurt are more examples of healthy fat sources. Not only

contains DHA, but levels of it are higher in the milk of women who get more DHA from their diets through sea fishes.

- ▮ Leafy green veggies like spinach and broccoli are filled with vitamin A, which is good for both mother and baby. The benefits don't stop there. They're a good non-dairy source of calcium and contain vitamin C and iron. Also focus on foods with insoluble fibre, like bran cereal, nuts, beans and potatoes. Insoluble fibre moves through the intestines intact, creating bulk and preventing constipation. Drinking plenty of water will help prevent

- ▮ Some foods are often great sources of nutrients that breastfeeding mothers need anyway: oatmeal (carbohydrates, fibre and iron), black cumin seed, chia and flaxseed (fibre, calcium and omega-3s), barley (fibre, protein, B vitamins and iron) and dates (iron, fibre, calcium, B vitamins and vitamin C).

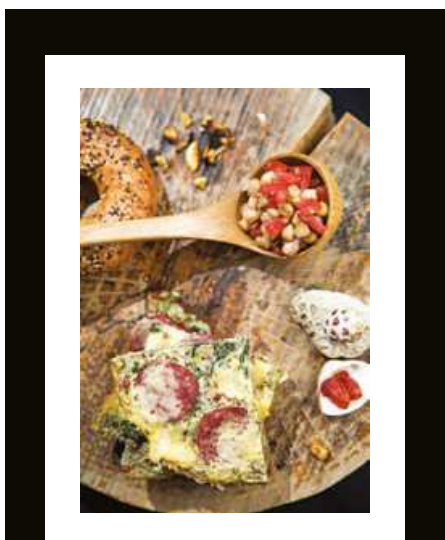
- ▮ It's estimated that 1 in 5 women go into pregnancy iron-deficient and may stay deficient throughout their pregnancy, so load up on iron-rich foods. Liver, beef, legumes and spinach are all good sources. Vitamin C can help increase that absorption, so add vitamin C-rich foods like lemon juice, orange or country fruits in the meal.

- ▮ The sun is the best source of vitamin D so going outside for a walk is very important.

- ▮ Like vitamin D and omega-3s, iodine passes through breast milk to the baby. So, if the mother is deficient in iodine, the baby could also become deficient. Iodized table salt is the easiest way to incorporate into the diet.

The quality of breast milk stays pretty much the same. But there's a catch: When one cannot get the needed nutrients from their diet, the body will provide them from own stores. So it's important to make sure the nutrition supplies required for breast milk are constantly supplemented by the diet. Routinely eating healthy foods throughout the day will maximize the little energy one probably have as a new mom.

Photo: LS Archive/Sazzad Ibne Sayed



are these foods a great source of protein, fat, and carbs, but they are packed with vitamins, minerals, and antioxidants that help promote overall health.

- ▮ Eat foods rich in nutrients like vitamin C, zinc, and selenium to help keep immune system strong.

- ▮ DHA is crucial to the development of baby's nervous system. All breast milk

all that fibre from backing up rather than helping you go, and will help replenish fluids lost during birth.

- ▮ If all looks good at six weeks, one can start exercising with walks, light stretching and different breathing techniques. Exercise is great for mood and energy levels and can give mothers a mental break and some 'me time' that they truly need.

SUMMER HATS and all the fun



Ladies, today you shall rejoice because we are here to talk about the hottest topic that will most definitely help you stay in

style this season aka summer 2021. Because of the pandemic, it might mean that most of us are not visiting Cox's Bazar or even Kuakata. But there are few amongst us who have travelled to 'safer zones,' out of the country; this is for them or ladies like myself who is actively praying for the world to get better soon so that they can enjoy the sun,

sea and sand. Whatever the case, locked up at home doesn't mean we can't update ourselves on the latest styles. So here goes, now buckle up!

The Va Vaa Voom Baseball Cap

Yes ladies, it's the baseball cap again for the season but remember, these very utilitarian caps must be in special colours like lilac and pink for us ladies, because they have been recognised as the top colours for 2021.

Remember: it's pink and lilac or bust!

The Adorable Bucket Hat

You have seen your favourite actors from

the past don this extremely charming hat on television, well it's your turn now to show them off because bucket hats are back in style, that too, with a big bang.

Our favourite: the check print

The Wide-Brimmed Hat or the Bird's Nest Fan of Elizabeth Taylor and the likes of her? Then you will definitely have to carry these special types of hats because if you don't, you'd definitely fall out of the fashion bandwagon.

Our favourite look: pairing the wide-brimmed hat with a scarf. Hello French lady!

The Gorgeous Visors

Guess what? The ever famous visors are back in business in 2021. There's only one

catch this season, the wider the brim, the more fashionable it is.

Best kept secret of the season: Besides pink and lilac, white is the colour to look out for, for all genders.

So there you are, we have summarised the list for hats to buy this season. Going out or not, make sure you keep them in collection. Because we are pretty sure styles are not about to change too much next season. So, these hats are 'always a classic' and worthy of being a collectible.

Enjoy!

By Fashion Police
Photo: Sunerah Binte Kamal

HOROSCOPE



ARIES (MAR. 21-APR. 20)

Make those changes you've been contemplating. Don't fall into the trap. Your colleagues could conspire against you. Your lucky day this week will be Wednesday.



TAURUS (APR. 21-MAY 21)

Give family issues a priority. Look into comfortable vacation spots. Check your motives. Your lucky day this week will be Sunday.



GEMINI (MAY 22-JUN. 21)

Don't resort to pettiness. Don't let your partner be demanding. Opportunities to make advancements are evident. Your lucky day this week will be Wednesday.



CANCER (JUN. 22-JUL. 22)

Don't let work put you down. Your personal life could be tumultuous. Dealing with elders will be troublesome. Your lucky day this week will be Monday.



LEO (JUL. 23-AUG. 22)

Avoid taking any risks. Find ways to lift your spirits. Don't share your dilemma at work. Your lucky day this week will be Monday.



VIRGO (AUG. 23-SEP. 23)

Impart knowledge that's innovative. Make favourable changes to your looks. Avoid getting involved in gossip. Your lucky day this week will be Tuesday.



LIBRA (SEP. 24-OCT. 23)

Keep the extra cash aside. Mingle with those with similar interests. Talk clearly about your intentions. Your lucky day this week will be Wednesday.



SCORPIO (OCT. 24-NOV. 21)

Get involved in activities that involves family. Extra work could lead to a promotion. Be careful handling loved ones. Your lucky day this week will be Sunday.



SAGITTARIUS (NOV. 22-DEC. 21)

Concentrate at work. Self-improvement projects will be rewarding. Empty promises will lead to trouble. Your lucky day this week will be Monday.



CAPRICORN (DEC. 22-JAN. 20)

Speak up against injustice. Don't spend unnecessarily. Find something constructive to do. Your lucky day this week will be Saturday.



AQUARIUS (JAN. 21-FEB. 19)

Risks won't be profitable. Avoid being extravagant. You're in the mood for love. Your lucky day this week will be Friday.



PISCES (FEB. 20-MAR. 20)

Don't be overly generous. Leave your problems at home. You need an outlet. Your lucky day this week will be Friday.

CHECK IT OUT

Dissecting BUSINESS CASUAL

There are very few oxymorons which are as challenging to demystify as the term 'business casual.' Even though we all have vague notions of what this dress code implies, there tends to be a lack of unanimous agreement regarding its exact definition and elements. While most of us would include blazers and loafers into the dress code, lots of dispute surrounds the inclusion of dark wash denim and open-toed heels.

FLIP TO THE CENTREFOLD TO SEE HOW WE DEFINE IT

Photo: Sazzad Ibne Sayed
Model: Rabbi
Makeup: Sumon





#FASHION

The resulting confusion stems from the spectral nature of the dress code. Even though at its base, business casual denotes dressing oneself in a sophisticated and professional, yet comfortable manner, various contextual factors modify this definition. The type of industry, the total number of employees, existing workplace culture, and the average age of employees can all affect how the dress code is actually implemented.

FILTERING down to *its* basics



Thankfully, if you ignore nuances, there is still a basic guideline you can go by when figuring out your business casual wardrobe. Thinking of the dress code as a hybrid of business formal elements with casual wear can be useful. It is best to have a majority of your business casual clothing in neutral shades and to build on that with inclusions of bold colours and patterns. Business casual allows some space for experimentation when it comes to tops, as long as the pants balance it out. Keeping context and extremities in mind While most modern offices have started to adopt business casual as the office dress code, there are still a few outliers. The traditional business attire or the business professional code is still the norm in industries such as finance, banking, government and law. On the other hand, creative industries usually have a laxer and laid back dress code compared to the business casual code. Even if your workplace embraces business casual on a regular basis,

meetings with clients and executives may still require you to trade your office dailies with more formal combos.

A GUIDE FOR WOMEN

For women, button down shirts, keyhole blouses, and long sleeve styles are all good candidates for the dress code as long as the neckline is kept modest. Lightweight synthetic and classic cotton fabric will allow you to keep your comfort level in check while also ensuring that the texture is work appropriate. You can opt for a neutral shade if you prefer blending in, or go for soft pastel shades and bold jewel tones depending on your personal taste. Patterns should be kept subtle, making animal prints and vibrant floral prints riskier choices.

Whether it be wide legged or a slim fit, most cuts are suitable as long as they are the appropriate length and coloured in neutral shades or darker hues like burgundy or navy. Pants usually play the balancing role in women's business casual outfits, so patterned trousers should only be incorporated in your outfit if the rest of it is subdued and muted. If your workplace is a bit more casual than most, dark wash denim is a possible alternative as long as it is paired with a smart top.

Be it flats such as loafers and ballet shoes, or short heels in the form of kitten pumps or blocks, there are numerous shoes to choose from for a women's business casual outfit. As long as the heels are not too high and the shoes are not too open toed, most options fall within business casual boundaries.

Embellishments such as buckles and studs should be kept minimal, although this may vary depending on specific workplace cultures.]

THE ESSENTIALS FOR MEN

For men, although the only divide between business casual and business formal may seem like the presence of a tie or the lack thereof, the options vary more than that. Collared, long sleeved shirts are the safest option but they can be traded with shorter sleeves, Oxford button downs, or even polo shirts depending on the workplace culture. Shirts with contrasting collars are an office friendly statement piece which supplements most wardrobes well. Similar to the case with women's wear, bright colours and flashy patterns should be avoided.

Acceptable pants for men include khakis, dress slacks, and slim fits in neutral shades and darker jewel tones. If the colours feel limiting, you can experiment with texture by trying flannel, cavalry twill or corduroy to add more variety. If your workplace is more on the casual end, you may opt for denim with a dark wash as long as it is properly fitted. The outfit can be topped off with a pair of loafers, monk straps or brogues. Make sure to keep them polished and un-scuffed.

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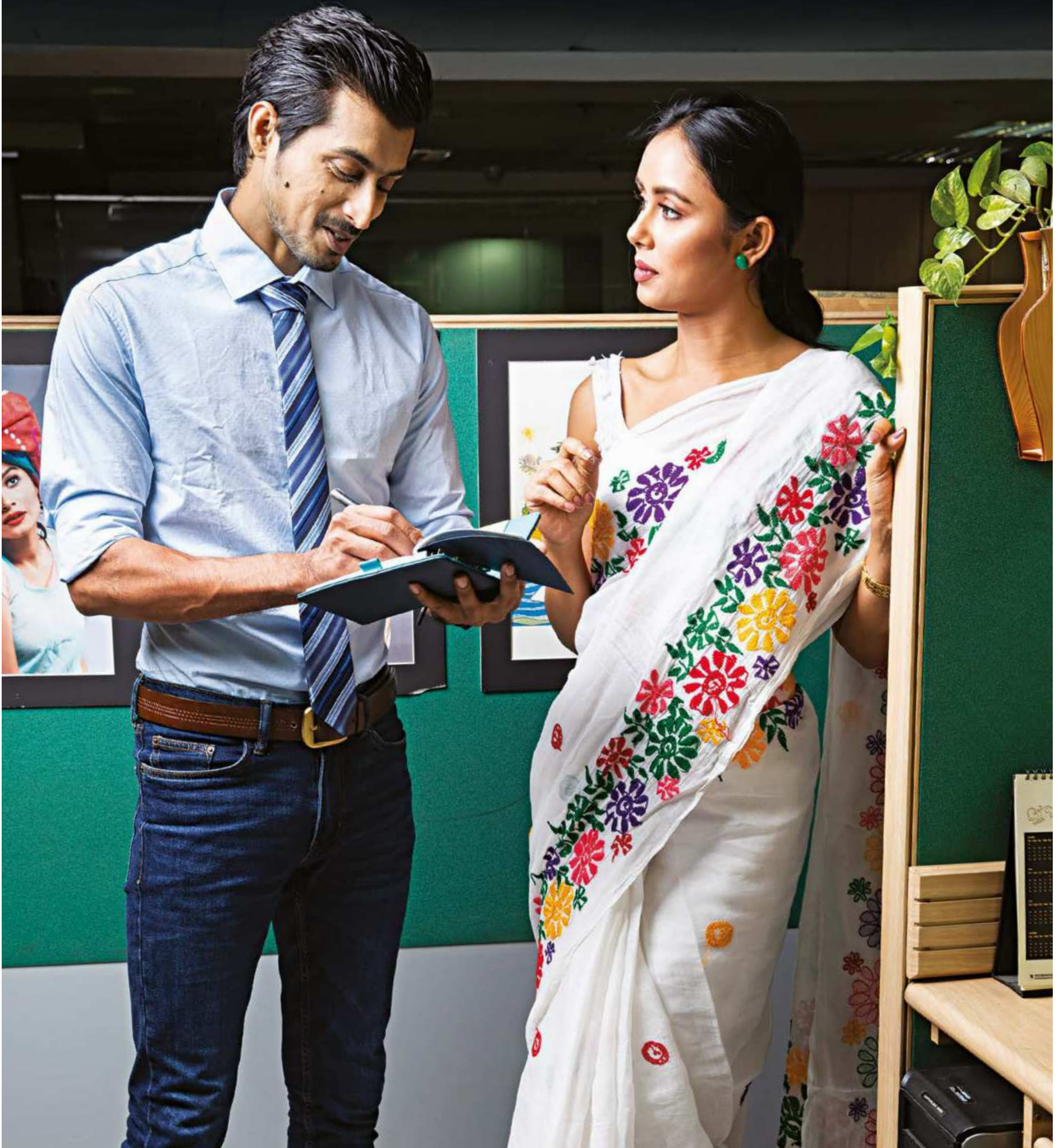
STRICTLY OFF LIMITS

There are some elements which are universal transgressors of the business casual code, regardless of gender. These include flip flops, sneakers, loungewear, and basically anything you would wear

to the gym. Overly flashy shades such as neon, and shiny textures should be avoided when it comes to articles of clothing as they can be unprofessionally loud. Un-ironed and creased clothing are also strong deviants of the category as they can make even the most professional outfits appear sloppy. If you still find yourself in doubt with some

tops and pants, remember to err on the side of professional, and you should be fine.

By Tasfia Ahmed
Photo: Sazzad Ibne Sayed
Model: Rabbi and Antora
Makeup: Sumon



#FASHION

Linen trousers: your wardrobe's next summer staple



Denim and twill can get too suffocating for Bangladeshi summers. With heat and humidity dominating most months of the year, linen trousers are the perfect solution for your sticky-skin woes.

It is no surprise that linen trousers have been swiftly gaining traction these days. Not only are they lightweight, breathable, and breezy, linen trousers are also more versatile than you would expect. Additionally, they are significantly more durable than their cotton counterparts, making them less susceptible to wear and tear. Such qualities make linen trousers an excellent contender as a yearlong staple for both the office and casual outings.

Linen trousers are often equated with loungewear, even though that is far from the truth. These trousers come in various waist styles, the most popular including elastic, drawstring and paper-bag due to their added comfort. The most common cuts include wide and long, slim cut and cropped, along with wide legged and cropped. The sheer number of possible waist style and cut combinations make them easy to incorporate into the most polished of wardrobes and adaptable for any occasion, as long as it is done right.

For brunch, errands and other weekend plans

Linen trousers with a comfortable waistline are arguably the closest alternative to heading out in your pyjamas. Women can pair linen trousers in warm earthy shades or cool hues with pale neutral popovers or short sleeved button

downs.

For days when you would rather stay in, drawstring wasted linen trousers with a wide cut and elastic hems are your go-to for maximum comfort. You can pair this style of linen trousers with a monochrome t-shirt. Opting for the same shade of linen top and trousers can help forge a statement outfit for women who are extra adventurous with their wardrobe. It is crucial to keep both the linen trouser and top well fitted when pairing the same shades, as this will keep your outfit out of the dreaded pyjama territory.

For men, pairing linen trousers in light neutrals with darker hued polo shirts or slim fit crew t-shirts are perfect for weekend plans which require no specific



blazer which matches the shade of your linen trousers.

Dining out in linen

Although summer nights are usually cooler, you can never be sure if you will get the indoor seating you want at your favourite upscale restaurant. Linen trousers can come to your aid at times like this. Paperbag wasted linen trousers have the ability to refine the drabdest of outfits, making them the perfect building block for a woman's celebratory dinner or date night outfit. Pairing olive, rosy brown, or jewel coloured linen trousers with blouses consisting of subtle designs or lace will make your outfit restaurant ready. You can also experiment with statement making jewellery, bow heels or bright bags as long as you balance them out with muted and pale coloured trousers and tops.



dress code. If you want to incorporate a distinctly summer feel to your aesthetic, opting for mid sleeved pastel shirts with beige or white trousers can help you achieve your outfit goals.

Linen trousers in business casual

Incorporating linen trousers into your office wardrobe can help make extra stressful days at work slightly more bearable. Even if they cannot take your load off, they can still ensure that you keep your cool throughout. The safest trouser options for women which meet office dress codes include tapered linen trousers, high wasted and pleated linen trousers, and slim cut and cropped linen trousers. Wearing them with a pair of boat shoes and peter pan collared blouse or an Oxford shirt will keep you looking polished. For days when you would rather look business smart than casual, tucking a flowy white shirt into beige linen trousers with a paper bag waist will help you dress down.

For men, some tweaks made to the fit and tailoring can help make linen trousers office ready. Tailoring well fitted linen trousers with turned up hems or inclusion of pleats can really help men gain dapper points.

Linen trousers in shades of beige, umber and olive will make for satisfying purchases as they complement most neutral shaded button downs. During seasonal transitions when the weather gets chillier, you can add a linen blend



For men, a pairing of linen blend jacket and trousers in the same earthy tone coupled with a warm coloured crew t-shirt can help create a statement outfit for dinners out. If you are a fan of cooler colours, Prussian or navy blue linen trousers and linen blend jacket paired with a pastel blue crew t-shirt can do the trick. As linen is extremely breathable, it will not get in the way of your comfort even during summer nights.

By Tasfia Ahmed
Photo: Kaushik Iqbal



Marshmallow madness

Soft, squishy, sweet globs of deliciousness that provide a delicate melt-in-your-mouth sensation — this is the accurate definition of a marshmallow for me. These little, cute pillows of sweetness are more than just a candy, which can be used to confect inventive desserts and snacks that are sinfully indulgent.

The versatility of this tasty treat allows it to be enjoyed as it is, be used as a core ingredient in cooking myriad desserts and also act as an accoutrement to a plethora of dishes. This is partly the reason why marshmallows are largely enjoyed equally by both children and adults!

Thus, read on to explore the endless possibilities of delectable food you can concoct with marshmallows, and you may even consider grabbing a pack of this addictive snack to munch on while you're at it.

Bon appétit!

Homemade marshmallows 101

Marshmallow, one of the earliest forms of confection, has to be listed as one of the greatest inventions of the humankind as well. Albeit an everyday sweet treat that is widely available now, the earliest forms of edible marshmallows were in fact food reserved only for the royals and rulers in ancient Egypt.

Enough with the food history now!

Although marshmallows are readily available at stores in a variety of shapes, sizes, and colours, you will be surprised to know that they are actually very simple to whip up at home. But why go through the effort of homemade marshmallows when you can easily grab a pack from a candy store?

The same reason why you would make homemade bread or cookies — because they are tastier and you can infuse any flavour your heart desires into them. Homemade marshmallows are usually softer as well, and there is definitely something irresistible about a freshly made batch of marshmallows.

BASIC MARSHMALLOWS

Ingredients

1 tbsp vegetable oil



½ cup icing sugar
1 cup cold water
4 tsp gelatine powder
1½ cups granulated sugar
1 cup light corn syrup
1 tsp flavouring or extract
Pinch of salt
Food colour

Method

Prepare a square or rectangular baking pan by generously coating all sides with oil and a good dusting of icing sugar meticulously, to ensure no spots are left. Also, bloom the gelatine with half cup of cold water and set it aside.

Pour the remaining water in a saucepan along with corn syrup, granulated sugar, and salt. Cook this over medium heat and stir until the sugar has dissolved completely. After that, stop stirring and bring this to a boil. Using a food thermometer, remove it from heat once this reaches 115° C.

With the bloomed gelatine, start whisking it on a low speed and slowly pour in the hot sugar mixture in a streak. Once all the liquid is incorporated, gradually increase the speed to high and beat this until it reaches a thick, velvety consistency.

In the last minute of whisking, add in the flavouring or extract of your choice — such

as vanilla, peppermint, or fruit extracts. For funky looking marshmallows, add in a couple droplets of food colour. Once completely done, pour this mixture into the prepared baking pan and smoothen the top with a greased silicon spatula.

Leave this to set for 4 hours or longer at room temperature. When slicing in, make sure to dust the surface, knife, and your hands with powdered sugar, as they tend to be very clingy.

VEGAN MARSHMALLOWS

Ingredients

100ml aquafaba
½ tsp cream of tartar
1 tsp extract or flavouring
½ cup cold water
1 tsp agar-agar
1 ¼ cup granulated sugar
Food colour
¼ cup icing sugar



¼ cup corn starch
1 tbsp vegetable oil

Method

Aquafaba is the liquid in which legume seeds are soaked in, so you can drain a can of chickpeas and use the liquid inside for this vegan recipe. Whisk the aquafaba and cream of tartar together on high speed for approximately 30 minutes, or until stiff

peaks form. Add in your choice of extract or flavouring and whisk for another 10 minutes or so.

In a saucepan, add cold water and agar-agar and allow it to simmer for a couple of minutes while stirring constantly. Drop in granulated sugar and simmer this mixture until it reaches 115° C.

Once there, remove it from heat and drop this very gradually into the aquafaba mixture. Once fully incorporated, increase the speed to high and continue whisking for another 10 minutes. If you want to add food colour, now is the time!

Mix icing sugar and corn starch to attain a uniform mixture. Grease a square or rectangular baking dish generously with oil and then coat all sides heavily and evenly with the icing sugar mixture. Pour the glossy, voluptuous marshmallow mixture into the pan and level it off with



an oiled spatula.

Leave this to firm up at room temperature for 6 hours or longer. Once they are ready, slice them through with a sharp sugar coated knife on a dusted surface, as they will be very sticky.

By Fariha Amber

Photo: Fariha Amber

Slushies: Summer's delight

As we roll into peak summer season, when the sun is ablaze making it harder for the populace living in a tropical monsoon climate, we are also blessed with the opportunity to enjoy summer to the fullest.

Our souls don't crave for frozen desserts or drinks during any time of the year like summer, and slushies are a fun way to beat the heat. They are fruity, delicious, and rejuvenate our body with their rapid cooling effects, not only quenching our thirst but permeating right into the soul.

The core ingredients that go into a slushie are only a couple — ice and flavoured syrup. Once you figure out the appropriate ratios to combine the two, you may play around with delectable flavour combinations and



concoct your own masterpiece!

Berry flavoured simple syrup with crushed ice make for a fruity treat. Raspberries, blueberries, and strawberries all are great options. To cut through the sweetness of berries and add a fresh zing, try squeezing in some lemon juice, which will add another layer of flavour.

But if you find making syrups at home

time consuming, you may opt from the wide array of bottled fruit syrups that are vastly available now. Peach, lime, kiwi, cucumber, mint, and passion fruit are everyday crowd pleasers that are packed with concentrated bright notes.

On the other hand, if you are feeling adventurous, you can experiment with funky flavours that pack a punch — such as tea, cola, or coffee. You may also turn your favourite mocktails into slushies, by adding grenadine or blue curacao syrup substituting the ordinary fruity ones.

However, if icy slushies tend to give you a brain freeze or trigger tooth sensitivity, worry not as you have an abundance of alternatives. Summer comes tied with a

bounty of tropical fruits, and what better way to amp up the flavour of summer slushies than by using real fruits?

A great technique is to use frozen fruits instead of ice, which will give the slushie a smoother and thicker consistency. With the icy component sorted with frozen fruits, you may swap the syrup for various liquids as well.

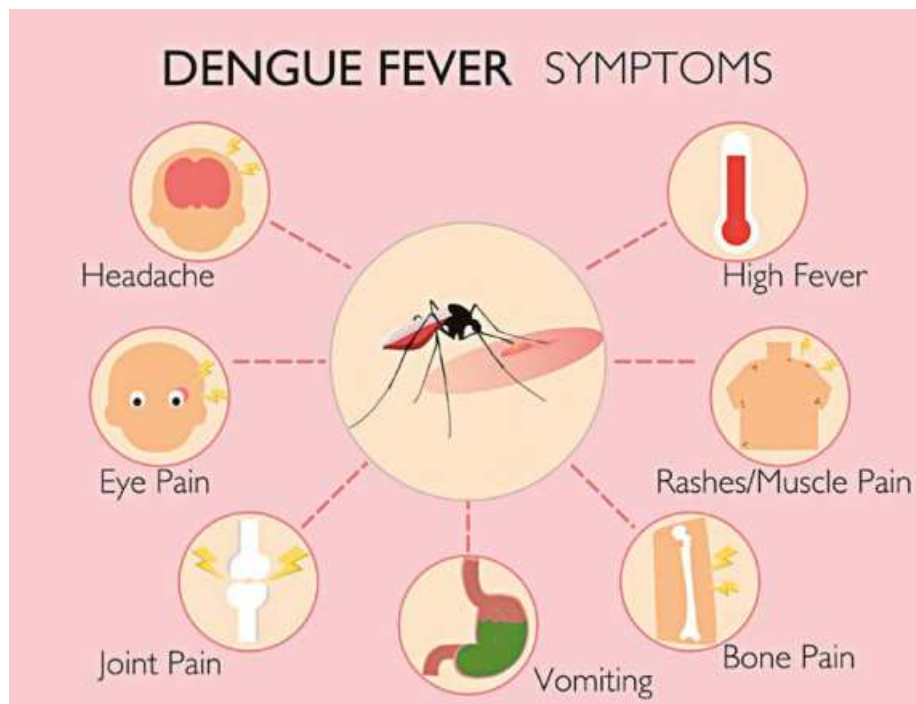
Pineapple with coconut milk, lychee and coconut water, and mango-orange slushies are delicious flavour pairings. With so many options to choose from, make the best of summer season with delightful slushies!

By Fariha Amber

Photo: LS Archive/ Sazzad Ibne Sayed

The fight against Dengue

With the ongoing pandemic, it's difficult to focus on something else, but the issue of dengue infection is not one to ignore. After a smaller threat last year, dengue is back with its menacing bite, with Bangladesh in its crosshairs once again. It is imperative to revisit our course of action against it.



As always, prevention is better than cure. Dengue is mainly caused by female mosquitoes of the species *Aedes aegypti*, which is easily recognised by the white bands on its legs and body. The most efficient preventive measure is to destroy the breeding grounds of this mosquito. *Aedes* mosquitoes prefer to breed in clean, stagnant water. Cleaning them up would

reduce their breeding grounds. While it is not possible for one person to clean up the whole city, it is possible to make sure that your own abode and neighbourhood is safe. Barrels, bamboo poles, left-out tyres, empty cans and bottles, air conditioners and basically any other sources where water remains stagnant should be removed. The flower



pots indoors, drinking bowl of pets, trays or plastic containers are also part of this list. Water in flower vases should be changed every other day. Since it is the rainy season, it is a good idea to ensure that drainage is working properly.

Adulticide is a type of insecticide that can be used to kill adult mosquitoes but can be difficult to administer. Efficient mosquito coils, sprays and repellents could be used for indoors, but one should use additional protective measures such as covering windows and doors with net screens. If possible, keep the windows closed to prevent entry of the mosquitos. While it can be difficult in this season, try to wear long sleeve clothes that cover most of your body for protection.

Using mosquito nets are recommended

for a number of reasons. If anyone is already infected, they should be kept inside mosquito nets so that they are not bitten by mosquitos since dengue is a mosquito-borne disease. Even if you are not infected, using mosquito nets will not only offer you protection from aedes and other mosquitos, they are expected to protect you from other insects as well.

If infected, try not to self-medicate and DO NOT PRESCRIBE YOURSELF ANTIBIOTICS. It will only make things worse. Dengue is a serious threat and can be fatal. Consult with your doctor if you have the symptoms and, in the meantime, cleaning up can be a lifesaving preventive measure.

By Ashif Ahmed Rudro
Photo: LS Archive/ Sazzad Ibne Sayed

KOHINOOR CHEMICAL

এখন **ফাস্ট ওয়াশ** ডিটারজেন্ট পাউডার ১ কেজির সাথে ১ টি ৫৭০ লব্ধীসোপ ফ্রী!

Fast wash DETERGENT POWDER

১টি ৫৭০ লব্ধী সাবান ফ্রী!

“Bangladesh ‘mapped and served’ on a plate”

Important takeaways from Kishwar Chowdhury’s journey for all young and emerging South Asian chefs

What do you get when you cross a smart-talented-Bengali-mother and a home chef with a competitive yet rewarding cooking reality TV show? A revolutionary figure in the culinary world!

The majority of chefs around the world, when documenting their culinary journey, start with how they first learned the culinary arts. It always starts with something like, “When I was young, my mother taught me how to operate around the kitchen” or “I learned cooking from my mother and grandmother by looking over their shoulder every time and practised recipes that were passed down.” All of these answers are true.

One of the most profound entertainment experiences for me this year was watching Kishwar Chowdhury compete on MasterChef Australia. This 38-year-old talented “home chef” had pushed through the patriarchal barrier that most Bengali aspiring cooks and chefs struggle with to this day. My eyes teared up the minute MasterChef 2012 winner/judge, Andy Allen announced that she along with other home cooks were selected to the next rounds of cooking. And then the next round... and the next! Watching Kishwar cook throughout all 62 episodes, reminded me of some ‘key takeaways’ that are vital for every aspiring Bangladeshi woman around the world, who are hiding under the radar because of the strong misogynistic culture that permeates their lives.



NEVER DOUBT YOURSELF (Especially in today’s world)

Half the time, people are not sure of what they are doing. But if something that you are pursuing is for your own betterment (without intentionally hurting anyone) despite what people say — you must definitely dive in.

In the third episode of MasterChef Australia, Kishwar started off with making a Pan-fried Barramundi with quail broth, and silver beet. Almost every time she spoke at the camera, she referred to her family, which was emotional to watch but also carried a great deal of expectations with it.

Kishwar states as she sears her barramundi that, “Being a home cook, what I understand is flavours.”

It is conceivable that she understands the balance of spice that cooks up a delicate Bengali dish. As the show progressed, she began to feel more pressure over her shoulders. And she knew that her whole



family was counting on her.

Kishwar felt nervous around the other amazing and skilled home chefs and stated saying that “I am very happy with my home style dish, but I wonder if this is enough for a competition.”

This type of doubt often comes with long generations of families that did not believe that women had every superpower it took to be a champion. As the clock ticked and the episode progressed, Kishwar began to feel that her dish was inadequate. Starting off confidently but started to undermine herself. She stated that “she’s just a home cook and she doesn’t understand how to make things look as good as they should be when you’re eating it.”

She started to doubt herself but she also did not stop working on what she initially had started. MasterChef Judge Melissa Leong visited her bench and reassured her that she needed to believe in herself and let the creativity flow freely.

As each episode progressed, Kishwar’s self-confidence shone through exponentially.

Please never doubt yourself, especially when people around you are also making you feel that way. Self-controlling the bad



thoughts often banishes the feeling of doubt from one’s mind. When you practise it, it feels good.

FOLLOW YOUR PASSION (Even if it is not picture-perfect)

Bringing a homemade favourite dish to the MasterChef Australia kitchen is challenging. In episode 3, MasterChef Australia judge Jock Zonfrillo comments on Kishwar’s remark about “how she looks like she’s carrying the weight of the world on her shoulder.”

Kishwar’s voice cracked as she explained that she was not a trained chef and has made something that she “eats at home to nourish herself.”

Instead of thinking of making something that belonged in “fine dining” and was aesthetically pleasing, Kishwar had made something that was well-rendered, balanced, and familiar — something that she has experimented with consistently at home, and perfected.

This does not mean that the dish doesn’t have a place in the MasterChef Australia Kitchen, I write agreeing with judge Jock Zonfrillo. Judge Melissa Leong also commented about how Kishwar is knowledgeable about her palette of spices, flavour and the substance. Flavour trumps everything else. And so does a dose of self-confidence.

EMBRACE THOSE WHO PRAISE YOU CONSISTENTLY

It is very hard to get honest feedback from people. A majority of the time people will not be honest about what they don’t like about you. In Kishwar’s journey throughout MasterChef Australia, the judges were just as easy-going as they were tough. They praised her work when the execution and the flavours of her dishes were impeccably tasty and presentable but also provided tough constructive criticisms whenever needed for improvements.

This important takeaway is applicable, not only in competitions but in the real world too.

YOU DON’T ALWAYS HAVE TO BE A LEADER IN THE TEAM

In episode 6, Kishwar teamed up with 7 other chefs to prepare a 3-course meal using Yotam Ottolenghi’s 3 flavour bombs (homemade condiments). The dish she was seen marinating was “mishti kumra,” which became a fenugreek pumpkin curry paired with the baked tomato rice.

Kishwar was not the leader of the team but her dish stood out to the judges because of its flavour profile. The team was very meticulous with their directions and menu development, but what stood out was the pumpkin curry being featured as the entrée.

A lot of the times people feel discouraged not to be able to lead the team but sometimes one delivers better results even as a member. The key element of this success? Contributing 100 percent of the effort and confidence in the project that is to be delivered.

TRY SOMETHING NEW... AND DIFFERENT FROM OTHERS

Whether it was making *panta bhat* for the finale or ladling up an oxtail black curry out of a European pantry, or creating inventing dishes out of freshwater crawfish, Kishwar had laid out her creative palette throughout all 62 episodes.

She faced immense pressure when her tart refused to slide off the tart moulds but trusted her gut instincts to deconstruct the entire dish. She felt more pressure when she almost butchered her finger while following Chef Curtis Stone’s cooking methods.

Additionally, Kishwar dared herself to step out of her comfort zone when she prepared the “Persian Vanilla and Roses,” a modernist take on Vanilla Kulfi famously devoured in every corner of Bangladesh. However, what remained consistent was her South Asian heritage palette, even when working with Native Australian ingredients at Uluru, which is not only her strength but also an immense specialty on her magic hands.

“This is powerful food.” Melissa Leong comments on Kishwar’s preparation of the *Panta Bhat Feast* (smoked rice water) along with ‘aloo bharta’, and the sardines accompaniment. This leads me to the final takeaway...

Being a participant in this competitive global cooking show format takes a great deal of courage, creativity, and the willingness to go above and beyond. The majority of the people who made the backlash comment about the ‘Panta Bhat’ did not quite understand the historical element of this staple dish.

Kishwar not only showcased her exceptional culinary skills but also took that native smoked rice dish to secure herself a spot as a finalist.

The final takeaway is that doing something unconventional and different, taking the route less travelled, often yields success when it is driven by self-confidence, positive mind set, and the passion to achieve one’s dream.

For a Bengal Tiger, they are born with these attributes.

Congratulations, Kishwar Chowdhury!

By Madiha Turshin
Photo: MasterChef Australia

The author is a Bangladeshi-Canadian cook and food stylist. Her works focus on cultural institutions, new media culture, and evolving food ways. She has a food styling and digital creation page on Instagram called *YumMoments* (@yummoments), where she inspires modernist food styling concepts, architectural-inspired food photography, and documents gastronomic experience through endless journeys around the city’s best eateries. In her spare time, she spends time developing new recipes.