



#FOOD

CHIANGMI TALUKDER  
LENA



# Bamboo shoot recipes from the Chittagong Hill Tracts

It may once seem like the oddest of picks for a recipe, but the ever-rising popularity of bamboo shoots as a delicacy now makes fresh edible shoots available in the local market, especially during monsoon. Hill shoots are also available in the supermarket nowadays, not to mention online food pages.



Modern research has revealed that bamboo shoots have many health benefits such as improving appetite and digestion, weight loss and curing few diseases as shoots may



possibly have antibacterial and antiviral properties.

Traditionally, people like to cook and consume fresh or fermented shoots with sidol or dry fish paste gravy with other vegetables, and sometimes by stir frying with dried shrimp. Bamboo shoot meat curry is also a popular dish now. Bamboo shoots are versatile and allow pairings with a range of items like noodles, fried rice, soup to dal.

**How to process —**

To prepare fresh bamboo shoots, trim the fibrous outer layers and excess leaves starting from the base and working on towards its tip. Trim away any tough

portion at the base but reserve the tender leaves, as they are edible. Then dice the shoot to your desired sizes. Dip the cubes in a bowl of cold water to avoid them turning brown. As raw shoots contain toxins, cook the shoots uncovered in boiling, salted water for about 20 minutes to detoxify them.

**BACHCHURI MALAH**

*Bachchuri malah* or stuffed bamboo shoots is a traditional and popular dish to the indigenous people. Traditionally the stuffing is prepared with sautéed dry fish paste, but it can be prepared as one's preference with any minced meat or prawns, cheese etc.

**Ingredients**

- 6-8 pcs whole bamboo shoots, boiled
- ¼ cup sidol/fish paste/shrimp paste
- 10-15 green chillies, made into a coarse paste
- ¼ tsp turmeric powder
- ½ tsp red chilli powder
- 1 cup onion diced
- ½ cup lemon basil/coriander leaves/parsley/cilantro
- Oil

**Method**

To prepare the stuffing, heat a pan on medium flame. Add 2 tablespoons oil, onion, chilli paste, turmeric, red chilli powder, shrimp paste and sauté for a few minutes until the oil separates. Add basil, sauté for another minute and set aside to cool down.

Take the shoots and make holes through it vertically by using a spoon and then stuffed with the sautéed stuffing. Set aside and heat a frying pan with oil in low-medium flame. Sauté the stuffed bamboo shoots for a few minutes until skin colour changes to brown. Serve with hot steaming rice.

**PRAWN BAMBOO SHOOT STIR-FRY**

An easy bamboo shoots stir frying recipe that can be paired with any meat or ground meat and with seafood as well.

**Ingredients**

- 6-8 pcs boiled bamboo shoots
- 8-10 pcs prawn
- ½ cup onion, chopped
- 1 tbsp garlic, chopped
- 5-8 pcs green chillies, slit
- ¼ tsp turmeric powder
- ½ tsp black pepper powder
- 2 tsp soya sauce
- Salt to taste
- 2 tbsp oil