

Bamboo shoot recipes from the Chittagong Hill Tracts

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Method

Chop bamboo shoots vertically and discard prawn shells and set aside. Heat a pan on medium flame with oil. Add chopped garlic and sauté until brown. Add onion, chillies, turmeric powder, prawn and sauté for a few minutes. Add chopped shoots and soya sauce, black pepper powder and stir fry until bamboo shoots become tender. Adjust the salt. Garnish with any herb leaves.

BACHCHURI BODA HOLA

This is another Chakma style 'hola' or stir-fry where traditionally dry shrimps and 'boda' or eggs are used to get the authentic flavour.

Ingredients

5-6 pcs boiled bamboo shoots, chopped thinly
2 eggs
10-15 pcs large dry shrimp
2 medium onion, chopped
2 cloves garlic, chopped
5-6 green chillies, slit
¼ tsp turmeric powder
3 tbsp oil
Salt to taste
Any herbs for garnishing

Method

Heat oil in a pan on medium flame. Add garlic and onion, sauté for a minute. Add turmeric, green chillies and dry shrimp, sauté for another minute until dry shrimp become crispy. Add thinly chopped bamboo shoots, salt and fry until shoots get tender. Add beaten eggs over the shoots and stir fry until eggs get mixed and cooked properly. Garnish with any herb leaves such as basil, coriander etc. Serve hot with steam rice.

DUCK CURRY WITH BAMBOO SHOOTS

Ingredients

1 whole young duck (approx. 1.5 kg)
6-8 pcs boiled bamboo shoots
2 cups chopped onion
2 tbsp ginger-garlic paste
1 cup oil
1 tsp turmeric powder
3 tsp red chilli powder
1 tsp cumin powder
1 tsp coriander powder
1 big cinnamon stick
5 green cardamoms
1 star anise
6-8 pcs green chilli
6-8 cups water
Salt to taste

Method

Clean and skin the duck. Cut into 3- to 4-inch-long pieces and set aside. Heat a cooking pot with oil on medium flame. Add onion and salt and fry until golden. Add ½ cup of water. Cook the fried onion for a minute. Add ginger garlic paste and fry. Add all the whole garam masalas and let fry for another minute. Add ½ cup water along with turmeric, red chilli and all powdered masala. Stir and cook for a minute until the spicy aromas fill the air. Add duck pieces and cook, stirring often until water goes and oil comes out. Add a little bit of water at a time and cook in the same process for 2-3 times.

Add bamboo shoots and let them sauté in the duck masala oil for a few minutes, stirring often. Add water, cover with lid and let it cook in low-medium flame until meat gets tender. Adjust the gravy amount by adding water if needed. Adjust salt amount. Add green chillies and cook with a cover for another minute.

Food and Photo: Chiangmi Talukder Lena



#FOOD

Grilling techniques for smoky flavours!

A grill or barbeque is perhaps the most commonly used equipment here to seal that charred flavour, which has become a home staple. And to every foodie's excitement, it is that time of the year again – to pull out your grilling machines and get your skewers ready!

If done right, charring meat not only adds a depth of flavour, but imparts a subtle bitterness that tantalises the taste buds. Alongside, this technique enhances the colour of food and infuses a potent aroma making food seem more appetising.

The use of charcoal is what packs that unique woody flavour and a distinctive hit of smokiness. But that doesn't mean you cannot receive similar results without firing up your barbeque. Much to our delight, modern cooks have found smarter ways to mimic that smoky flavour.

One such technique is to burn a piece of coal until it becomes incandescently orange. Place that in a small bowl, drop a little amount of ghee, and cover instantly. Puffs of smoke will rise, which shall infuse with the meat, whether you are grilling on a pan or marinating.

Another clever way to sneak that delectable smoky flavour is by using smoked spices or marinades. If your marinade requires vegetable puree, such as tomatoes, bell peppers, or onions, try scorching them over open flame, much like we do with grilled corn.

As a last resort, a good old grill pan with ridges can be your grilling partner. Although it takes time, labour, and patience, by grilling the right protein at the right temperature, it is possible to capture that distinctive charred flavour.

Charred and smoky flavour is a unique cuisine of its own. There is something extremely piquant about a perfectly scorched piece of meat that everybody likes. After all, we all love munching on those burnt bits of grilled meat, don't we?

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Photo: LS Archive/ Sazzad Ibne Sayed

