

#FOOD & RECIPES
SALINA PARVIN



An assortment of diverse recipes

MANDI

Ingredients

500g rice
700g mutton
Salt as needed
6 tbsp oil
2 medium size onions
1 tsp whole cumin
1 tbsp whole hot spices
2 green chillies
1 tbsp chopped garlic
1 tsp dry ginger powder
1 tsp red chilli powder
1 tsp coriander powder
1 tsp cumin powder
2½ glasses hot water
1 tsp butter

For the mandi masala —

1 tsp bay leaf
1 tsp cloves
1 tsp cardamom
1 stick cinnamon
1 tsp black pepper corn
1 tsp nutmeg
1 tsp roasted cumin

Method

Put all the mandi masala ingredients in a grinder and grind well. Keep aside.

In a pot, add and marinate the mutton using salt, 1 tablespoon of mandi masala, turmeric, and oil. Keep in the refrigerator for 30 minutes.

In a cooking pan, add oil, onions, whole cumin, whole hot spices, salt, green chillies and fry it until light brown. Add

garlic, marinated mutton, salt, red chilli powder, black pepper, dry ginger powder, and cumin powder. Mix well.

Now add hot water and steam for 30-40 minutes on low heat. After steam let the mutton out and add rice in the pot and cook for a while.

Afterward, add mutton on the surface of the rice and cook. In the end place a foil paper in the middle of the rice with hot coal and butter and cover it for a while to get that smoked aroma. Now your tasty mutton mandi is ready to serve.

VERMICELLI LOAF

Ingredients

1 pack vermicelli
¼ cup ghee
1 cup sugar
½ cup mawa
½ cup mix nuts
¼ tsp cardamom powder
2 egg white
½ cup powder milk

Method

In a pan, dry roast the vermicelli. Soak vermicelli in hot water for few second. Let the water drain. Grease a cake mould. Now in a bowl beat the egg thoroughly and make a foam. Add all ingredients to it. Mix gently. Pour the mixture into the prepared cake mould and bake in a moderate oven for 30 minutes. When it is done, allow it to cool down. Cut into pieces and serve.

CHOCOLATE SALAMI

Ingredients

1 cup cocoa powder
200g tea biscuits, digestive
½ cup toasted almond, chopped
4 tbsp raisins
2 tbsp water
½ cup butter, melted
¾ cup condensed milk
2 rectangle plastic sheet
Coating —
2 tbsp cocoa powder
2-3 biscuits, powdered for coating

Method

Soak raisins in 2 tablespoons of water for 10 minutes. Break biscuits into large bits with hand. Then take biscuits, cocoa powder, chopped nuts in a bowl. Mix all together. Add soaked raisins, butter and condensed milk to the biscuits mixture and mix thoroughly. Mixture will be wet but firm. Divide the mixture into two portions. Place one portion in the centre of a plastic sheet. Then roll it into a log. Press it very tightly and twist the ends like candy. Repeat with remaining mixture to make second log.

Coating the log —

In a bowl mix biscuit powder and cocoa powder. Remove the plastic wrap from the chocolate salami log. Roll the log in cocoa-biscuit mixture. Slice with a sharp knife just before serving.

Photo: Sazzad Ibne Sayed

Food: Salina Parvin

#PRESS RELEASES

‘Feed the Hungry’ — an event celebrating six months of C’Zar

C’Zar marked its 6-month anniversary by organising an event on 12 September, 2021, called ‘Feed the Hungry.’ The purpose was to feed high-quality food to underprivileged children. A total of 109 children from Korail slum area were provided food on the day of the event.

One of C’Zar’s specialties is their 5-metre pizza, the first of its kind in Bangladesh, which gained immense popularity among customers, food bloggers and critics. They wanted to share their specialty with less fortunate children of the city and spread happiness among them, if even for a day.

“We have seen kids curiously stare at our metre-long pizzas while delivering. However, they could only look as the price



was too much for them to afford. Upon completing six months as a successful pizzeria, we decided to feed these underprivileged children with the same quality of ingredients we use to treat our premium customer base. We used cheese from Australia and the base of the pizza was



made with Italian San Marzano tomatoes. We wanted to serve the most special pizza to these little angels,” said Sifat Siddique, Managing Director of C’Zar Foods Pvt Ltd.

Keeping in mind that most of these children fail to get a well-balanced regular diet, C’Zar ensured that the meal they were

providing the children was wholesome. A nutritionist was consulted to make sure the meal contained everything a child needs in a day. The pizza had extra protein and vegetables. Special focus was given to ensure the meal had vitamin C and B12 as well as beta-carotene, because many of the children were malnourished. The children were given chocolates and drinks as well.

The day was a one filled with joy and laughter from the children, not because of the mouth-watering food they got to eat but also for the kind and loving interaction they experienced from C’Zar.

By Faiza Khondokar