



#FOOD & RECIPES

Durga puja recipes from the Ghosh household

As you enter the plush apartment of Lekha Ghosh in Baridhara, Dhaka, you are greeted with a glass of chilled lassi as a welcome drink. Your awe for her culinary skill will begin from the first sip.

Unlike traditional *lassi* of white sour curd, hers is slightly flavoured with lemon and garnished with lemon leaves; the fresh scent of our *deshi kagji lebu* takes the *lassi* to a completely different level and leaves you yearning for another glass.

Her *aloo bhujia*, a traditional crunchy snack made with potatoes, is spiced with curry patta leaves and salted peanuts. The art of cutting the potato in such threadlike julienne cuts makes you wonder if it is truly humanly possible. Her *phulko luchi*, the tempering of her *niramish* and the



creamy taste of her *payesh* attests to her fine and subtle skills of cooking; she is indeed a master of cooking Bengali dishes.

Born and brought up in Narayanganj, Lekha Ghosh carries a special love for food in her blood. Her maternal family is from Bikrampur and her grandfather was the founder of the legendary Bose Cabin of Narayanganj, but she actually started going to the kitchen only after getting married into a joint family. Although the journey started-off with responsibilities, soon she discovered her innate talents in

the art of creating perfect flavours, and Lekha transformed into a keen enthusiast of culinary skills. Anyone who has tasted her food became an instant admirer, keen on the next opportunity to enjoy some more.

Durga Puja season is obviously one of the most awaited annual food-week at the Ghosh household. Lekha loves experimenting with new items, multi-cuisine delicacies or fusion dishes, but during Puja week, she goes traditional all the way! Only the age-old delicacies of Bengali-Hindu households are served.

Her family and her guests expect and enjoy the usual stars of her ceremonial puja feast on the dining table during Puja. A nurturer of cultural traditions, good food and heartfelt hospitality, Lekha Ghosh has always been a perfect host, highly admired by family and many circles of friends.

Assisted by her daughter Srabanti Datta, the mother-daughter duo have presented a Mahabhoj Thali for Star Lifestyle.

Srabanti is a busy businessperson with a keen knack for culinary experiences. Her mother is a constant inspiration for her to learn and conserve the delicate recipes of conventional Bengali-Hindu cooking. She plans to preserve and publish her mum's recipes in English as a recipe book.

This Mahabhoj thali represents a classic ceremonial meal served at Hindu households. A combination of vegetarian items, fish items and sweet desserts, this platter is a wonderful medley of home-cooked delicacies. The variety of taste, spices and flavours of this spread offers a comprehensive gastronomic experience of classic Bengali cuisine.

See page 8 and 9 for her special recipes

— LS Desk

Photo: Sazzad Ibne Sayed

Food: Lekha Ghosh

Special thanks to Srabanti Datta

LIFE AS IT IS

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Conscious consumption is the trend of the future

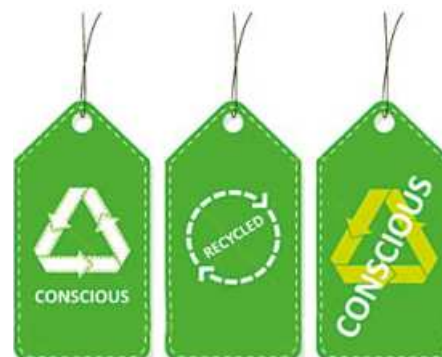
The day is already here when consumers are increasingly doing research about a product and the company producing it before making the final purchase. Consumers are now more educated than ever, which leads them to buy less, but buy better. 'Conscious consumption' is the trend of the future!

Impulse buying has dropped in this pandemic for a variety of reasons. People are visiting brick-and-mortar stores less than before. Impulse buying happens when we visit the mall to buy a pair of shoes, but end up acquiring a dress and a pair of

fashion earrings as well.

Impulse buying also takes place online when we watch targeted ads on social media, or simply when we see that something is being sold at a discount. We land up purchasing things that we do not need and perhaps will not use more than a couple of times.

There are occasions when an item bought online does not even meet our expectations, but we keep it anyway. Who is the loser here? You and only you. However, because so many of us are working from



home, so many of us have lost jobs or businesses or had salaries slashed, we are not shopping like before. We are tight on cash and impulse buying is not happening as frequently as before.

However, a drop in impulse buying is not just tied to pandemic and financial struggle. Consumers are increasingly becoming more and more aware of where their money goes. As a result, 'fast fashion' is going out of style among conscious consumers. These consumers are ready to pay more for better

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