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Style

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A Christmas week of SWEET FUN

DELIGHTS FOR THE SEASON OF GIVING
BAKED GOODIES FOR CHRISTMAS P4,5

SWEETS FROM THE EXPERTS
CHRISTMAS RECIPES FROM INTERCONTINENTAL DHAKA PC

REFRESH YOUR BODY AND SOUL
HEAD ON DOWN TO SAMAHITA RETREAT P12

PHOTO: SAZZAD IBNE SAYED ● STYLING: RBR

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#PRESS RELEASES

LIXIL inaugurates Experience Centre in Bangladesh

Leading Japanese building materials group of companies LIXIL's first experience centre starts its journey in Dhaka. LIXIL is well known for their innovative and pioneering water and housing products. With creativity, comfort and cleanliness in focus, LIXIL aims to make better home for everyone and the experience centre depicts exactly how that can become a reality.

One of the issues with buying building materials is that we only get to see the outlook before buying. Wouldn't it be wonderful if you could see up close how all the building materials, accessories and sanitary products work instead of just watching a demo sample of the product? You could make up your mind after you have watched how they function and all the features they offer. That is exactly what this experience centre offers.

It should be noted that this facility is called an experience centre rather than a showroom. This is because everything that one sees in here are set up in the layout itself and every accessory and product have been set up following innovative architect's instructions with the best possible design in mind. Which means one can not only watch the products up close, they can experience first-hand how they function.

With all the different output combinations of the water taps to the combinations of the



hand shower or the ceiling shower or the sensor activated items, all of them are set up in here and functioning so that you can experience them up close before you decide. The catalogue library in one corner allows you to browse through all the products that are available. The overall ambience of the experience centre offers a seamless browsing experience and thanks to the clever design, the products are placed in

such manner that you can observe each one individually as well as collectively so that it is easy for you to compare them side by side.

Tilottoma Bangla group is a LIXIL official franchise in Bangladesh who inaugurated the new experience centre in collaboration with LIXIL on Saturday, 11 December, 2021. The ceremony hosted Md Jasim Uddin, President of FBCCI as chief guest. Mubasshar Hussain, President of Bangladesh Institute of

Architects, Abu Sayeed M Ahmed, President of ARCASIA and Dean of University of Asia Pacific were present as the special guest of the inauguration ceremony. CEO of Tilottoma Bangla group, Shahriar Sajjad and other prominent executives were also present at the event.

Speaking as the chief guest, FCBBI president said that, "Bangladesh is now a preferred destination for investors for conducive environment, skilled manpower and as one of the largest markets of wide consumer base. World renowned brands have already started to enter into the Bangladeshi market one by one. In continuation of that development process, LIXIL Group has also started its journey in collaboration with Tilottoma Bangla Group. We hope that LIXIL will soon set up a factory in Bangladesh to manufacture sanitary products and export them abroad, spreading "Made in Bangladesh" all over the world."

Take your time as you walk through this experience centre. Whether you know what you are looking for or are indecisive, this facility hopes to meet your needs in style.

Find them at -- Level 03, Baro Bhuiyan, Plot No 3/A (Opposite of Gulshan Club), Road No 49, Gulshan 02, Dhaka 1212.

By Ashif Ahmed Rudro
Photo: LIXIL, Tilottoma Bangla Group

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সোপ

রূপচর্চায় আভিজাত্য...





WISDOMTOOTH

SANIA AIMAN
Sub-Editor, Lifestyle
The Daily Star



Tis the time for **CHRISTMAS**

Although there is no chance of ever having a white Christmas in Bangladesh like we see in Hollywood films, it does not mean the cheer and joy cannot be had here too. Like all other festivals here, it is, and can be celebrated with the warmth of loved ones coming together and sharing each other's joy.



The easiest thing to do to bring the joy home is to do a thorough clean up of the house and bring in fresh flower blooms. The nurseries at this time are full of colourful and some fragrant winter blooms like petunias and dantas, ground winter lillies, cosmos and of course, the evergreens. Nothing like fresh blooms to usher in the



joy of holidays. Hang some up as wreaths, put others in vases, and best of all, bring some into pots to nurture for the rest of the year! As most schools break for the winter, Christmas is the perfect excuse to snuggle up on the couch with blankets, snacks on the table, and some cheerful movies on the telly with the entire family.

Cult classics like Home Alone or A Charlie Brown Christmas rarely fail to entertain entire families with kids and all. For the rest, there are Netflix offerings and sappy happy movies about Christmas in small towns and romance with Keanu Reeves or the tried and tested Love Actually. The superhero or LOTR and Harry Potter marathons sound great too, no? What about when guests come over? Pop a packet of popcorn in the oven, and quickly whip up a hot chocolate with marshmallow on top. Or a banana/strawberry milkshake, and some wings and potato wedges or cheese fritters too. Stocking up on cookies is

a must for Christmas. Keep some goodies bags ready for the various guests you expect for Christmas; it would make for a lovely surprise. Colour theme the ones for ladies, gents and children (teens and toddlers). Some chocolate, a small packet of cookies or candy, a cute mug or a toy, a couple of hair scrunchies or themed socks—the options are endless, and quite easy, to put a smile on a loved one's face. Merry Christmas, everyone.

Photo: Sazzad Ibne Sayed
Styling: RBR



**HANGRY**

SARIA SAGUARDO
I have two moods.
Cooking helps both!

Delicious baked goodies FOR CHRISTMAS



Christmas is fast approaching, and for this season of giving, give your loved ones true gastronomical bliss with these baked delights.

CHRISTMAS TREE CAKE

Serving: 8-10 people

Ingredients

For the cake —
8 tbsp butter
1¼ cup sugar
¼ cup brown sugar
3 eggs
½ cup milk
½ cup vegetable oil
1 tbsp vanilla extract
1½ cup flour
1 tsp baking powder
1 tsp salt

For the French Buttercream —

75g eggs
90g granulated sugar
40ml water
125g butter
1 tsp vanilla essence
Candy pink gel food colour

Method

For the cake —
Preheat the oven to 180° C. Grease three 6-inch cake pans with butter and line bottoms with baking paper. Bake one at a time if there are limited cake pans. Combine butter and sugar in a bowl and beat at medium speed for 2-3 minutes. Add the eggs one at a time, beating between each addition. Mix the milk, oil and vanilla in a jug. Turning the egg mix to low, add the liquids in a slow steady stream. Scrape sides of the bowls and mix well. Weigh out the flour, baking powder and salt in



a bowl. Lowering the speed of the cake batter, add the flour in 2 additions, mixing between each. Do not overmix. Divide and pour each layer into the tins and bake separately for 20-22 minutes. Cakes are done when skewers inserted come out clean. Cool completely before frosting.

For the French Buttercream —

Measure sugar and water in a saucepan and place on high heat. Using a candy thermometer, go up to 105° C to create a sugar syrup. Brush the sides of the pan with a wet pastry brush from time to time to avoid burnt bits of sugar. Meanwhile, whisk the eggs on a stand mixer/hand held mixer until light and frothy. Once the sugar and water mixture reaches the ideal temperature, remove and shock the pan over a bowl of iced water. Lowering the speed of the mixer whisking the eggs, add the sugar syrup from one side in a thin, steady stream. Once added, turn the speed on high and whisk for 10 minutes. While that's going, measure out the butter and keep it a little over room temperature. Add the butter in doses to the egg and sugar mixture. Once added, whisk again for 5-10 minutes until it comes together and add the vanilla.

To assemble —

On a cake board, add a dollop of cream and place the first cake layer; this ensures that your cake doesn't move from the board as you build it up. Add a scoop of frosting and spread around evenly before adding the next layer and repeat to get three layers of cake. Frost all sides of the cake — best to have the cake sitting on top of a turntable rotating cake stand. Remember to do a crumb coat first and chill your cake in the fridge for 30 minutes before applying another layer of buttercream to get a smooth white finishing. Using a smoother, smooth all sides of the cake. Leave in the fridge to chill.

To decorate —

Use ice cream cones sliced down to be the base of your trees. Colour your buttercream a deep bright green and put in piping bags. Using a small star nozzle, pipe out trees and dust with icing sugar. Let this chill in the fridge before



attempting to place on top of the cake. Assemble a red macaroon and place the decorations carefully on top of the cake and keep a fork handy!

SOUR CREAM CHOCOLATE CUPCAKES
Ingredients

For the cupcakes —
150g sour cream
2 eggs
1½ tsp vanilla extract
200g flour
40g cocoa
200g sugar
¾ tsp baking powder
¼ tsp baking soda
200g unsalted butter



Lowering the speed of the mixer whisking the eggs, add the sugar syrup from one side in a thin, steady stream. Once added, turn the speed on high and whisk for 10 minutes. While that's going, measure out the butter and keep it a little over room temperature.

For the American Buttercream —
4 cups icing sugar
227g unsalted butter
1 tbsp vanilla essence
1 tbsp milk

Method

For the cupcakes —
Preheat the oven to 180° C and line 18 cupcake pans with inserts. In a small bowl or jug, lightly whisk together the sour cream, eggs and vanilla extract. Place the flour, cocoa, sugar, baking powder, baking soda, salt and butter into the bowl of a stand mixer with the paddle attachment. Beat on low speed until the butter is incorporated into the dry ingredients. Slowly add the egg mixture and beat until the batter is thoroughly mixed. Pour the batter evenly

into the prepared cake tins and bake for about 18-20 minutes, or until a skewer inserted in the middle comes out clean. Place the cake tins on a wire rack and let the cakes cool in the tins for about 10 minutes, before turning them onto the wire rack to cool completely.

For the American Buttercream —

Combine the butter, sugar and salt in the bowl of a stand mixer fitted with a paddle attachment (or in a large bowl if using a handheld electric mixer). Mix on low speed until mostly incorporated. Add the vanilla, increase the speed to medium-high and mix until



smooth. Adjust the consistency with milk as desired. Use immediately, or refrigerate in an airtight container for up to 3 days.

To decorate —

Prepare fondant in different colours — red, white, black, green, sky blue and orange. Roll each out and cut into shapes and prepare according to the designs.

Photo: Sazzad Ibne Sayed
Food: Saria Saguaro



adani wilmar | BEOL

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#COVER STORY



SWEET DELIGHTS STRAIGHT from the Christmas kitchen

There is perhaps nothing more iconic that all the sweet delights associated with a scrumptious Christmas. Here are some of those explained in easy recipes, courtesy of the InterContinental Dhaka.

CHRISTMAS COOKIES

Ingredients

For cookies —
 1 cup unsalted butter, softened (or use salted, skip salt)
 1 cup (220g) white sugar, preferably caster/superfine
 1½ tsp vanilla extract
 1 large egg (55-60g)
 3 cups (450g) flour, plain/all purpose
 ¾ tsp baking powder
 ¾ tsp salt
For decoration—
 500g icing sugar
 ¼ cup egg white
 2 tbsp corn syrup
 1½ tbsp water (or more if needed)
 Food dye as required

Method

Preheat the oven to 180°C (160°C fan) and line 2 baking sheets with parchment paper. Beat butter and sugar in a large bowl until creamy, add egg, vanilla, and beat to completely combine. Add flour, baking powder, salt, and mix slowly, until the flour is incorporated — the mixture will be clumpy. Scrape dough out of bowl, and on a flour-dusted surface, pat together, halve, and shape into 2 discs. Roll the discs into 0.3cm (for thinner, crispier cookies) or 0.6cm (for thicker, softer cookies), sprinkling flour under and over the dough so it doesn't stick. Cut out cookie shapes and use a knife or spatula to transfer to prepared baking sheets. Keep the extra dough in the fridge. Bake for 10 minutes, until the surface is pale golden and the edges are just beginning to turn light golden. Allow cookies to cool completely on trays.

To decorate, combine 500g icing sugar, 1/4 cup of egg white, 2 tablespoons of corn syrup, 1½ tablespoons of water (or more if needed), and food dye — liquid or gel. Pipe onto cookies and let set.

YULE LOG (LOG CAKE)

Ingredients

For the cake—
 4 tbsp salted butter, melted, plus more for the pan
 6 large eggs, separated
 ¼ tsp cream of tartar
 ¼ tsp salt
 ¾ cup granulated sugar
 ¾ cup all-purpose flour
 ¼ cup unsweetened cocoa powder
 ½ tsp baking powder
 1 tsp pure vanilla extract
 ¼ cup strong brewed coffee, at room temperature
 ¼ cup powdered sugar
For the filling—
 113g cream cheese, at room temperature
 ½ cup powdered sugar, sifted
 1 cup heavy cream
 1 tsp vanilla extract

For the frosting—

340g semisweet chocolate, chopped
 ¾ cup heavy cream
 1 tbsp light corn syrup
 Rosemary sprigs and pomegranate seeds, for garnish

Method

Preheat the oven to 350°F. Butter a 12-by-17-inch rimmed baking sheet and line with buttered parchment paper, leaving an overhang on all sides. Beat the egg whites, cream of tartar and salt in a large bowl with a mixer on medium-high speed until frothy, add ¼ cup granulated sugar, and beat on high speed until stiff, glossy peaks form, about 2 minutes. Sift the flour, cocoa powder and baking powder in a bowl. In a separate bowl, combine the egg yolks, the remaining ½ cup sugar and the vanilla. Beat on high speed until thick and creamy, or 3 to 4 minutes. Beat in the melted butter and coffee until combined. Add the flour to the yolk mixture and beat slowly to combine. Fold a spoonful of the beaten egg whites into the batter

until no streaks remain. Gently fold in the remaining egg whites until combined. Transfer the batter to the prepared pan, gently nudging the batter so it fills the corners. Give the pan a little shimmy to even it out. Bake until the top just starts to spring back when gently pressed, 10 to 12 minutes, the top might feel sticky even when done. Place a clean dish towel on a large wire rack. Dust with 2 tablespoons of powdered sugar. Starting at one of the long sides, use the towel to tightly roll up the cake with the towel inside. Position the cake seam-side down and let cool about 1 hour. To make the filling, beat the

cream cheese in a large bowl with a mixer on low speed until just smooth, add powdered sugar and beat until smooth, about 1 minute, now gradually beat in the heavy cream 1/4 cup at a time, making sure the mixture is smooth before adding more cream. After pouring all the cream, increase the intensity of beating, until stiff peaks are formed. Add the vanilla, beat to combine.

Carefully unroll the cooled cake and spread evenly with the filling, leaving a 1/4 to 1/2-inch border on all sides. Re-roll the cake, using the towel to help you. Cover the cake roll with parchment paper and then tightly wrap in plastic wrap. Chill for at least 2 hours.

To make the frosting, put the chocolate in a medium bowl. Bring the heavy cream and corn syrup to a simmer in a saucepan, then pour over the

to room temperature
 ¾ cup (150g) packed light or dark brown sugar
 1 large egg, at room temperature
 ½ cup un-sulphured dark molasses
 1 tbsp (15ml) water
 Royal Icing/ icing glue (300gm icing sugar, 2 egg whites beaten until stiff peaks)

Method

To make the cookie dough, whisk the flour, baking soda, ginger, cinnamon, allspice, and salt together in a large bowl. Set aside. Now beat butter and brown sugar together on medium speed until completely smooth and creamy, then add in the egg, molasses, and water, on high speed. Reduce the speed and gradually add the dry ingredients to combine. Cookie dough will be very thick.

Divide cookie dough in half, flatten into discs (about 4-5 inches in diameter), and tightly wrap each in plastic, and leave to chill in the fridge for 2 hours or up to 3 days.

Preheat oven to 350°F (177°C).

Line 2-3 large baking sheets with parchment paper or silicone baking mats. Buy or cut out templates for

house and 1 side. Using a squeeze bottle, run a thick line of icing glue on one long edge and one short edge of the side of the house piece. Stick it to the base. Use whatever you have around the house to help it stand up. Run a line of icing along the bottom of the front of the house piece. Stick it to your base, adhering it to the side of the house piece. Hold the two in place for a few minutes until the icing is partially set, propping them up as necessary. Repeat with the second side of the house piece and back of the house piece. Pipe icing glue inside any seams, inside and outside of the house, to fill any voids and allow it to set for at least one hour before adding the roof pieces. Don't be afraid to go heavy on the icing "glue" — when it dries, it looks like snow!

The chimney is optional. Put together the chimney separately, then add to the roof. It's easiest to glue the chimney pieces together upside-down. The chimney may not fit to the exact angle of the roof because both puffed up or lost some shape during baking and cooling, so use as much royal icing as necessary



gingerbread house.

Place the chilled dough on parchment paper, roll out, and cut into thick pieces in the shapes needed for the house by lightly flouring the underside of gingerbread house template. Use any extra dough to create fun shapes using cookie cutters, like stars.

Carefully arrange gingerbread house shapes onto prepared baking sheets, about 3 inches apart. If they lose some of their shape transferring to the baking sheet, straighten out the edges.

Bake house pieces for about 18-20 minutes or until edges are lightly browned. Bake chimney pieces for about 12-13 minutes or until edges are lightly browned. Remove from the oven and allow shapes to cool completely on the baking sheets or on the counter. A flat surface is a must to avoid curling up of the pieces.

Now, for the base of the house, you can use a wooden cake server. Start with two pieces: the front of the

and you can cover any bare spots with buttercream during decoration.

Allow the house to completely set, preferably 4-6 hours or even overnight, before starting the decorations. Bring to room temperature before piping/ decorating.

With a paddle, beat the shortening and butter together on medium speed until creamy, about 2 minutes. Add confectioners' sugar, milk, and vanilla extract. Beat on low speed for 30 seconds, then increase to high speed and beat for 3 full minutes. The frosting will be very thick but if necessary, add another splash of milk to lighten it. Add a pinch of salt if frosting is too sweet.

Use buttercream, leftover icing glue, and candies for decorating.

Recipes and Food: Chef Mohammad Abu Taleb, Executive Pastry Chef, InterContinental Dhaka
Photo: Sazzad Ibne Sayed



FUSION GALORE

SHAHEDA YESMIN
Proprietor of Jewel's Kitchen
boutique school



Soups for winter

There are few dishes that really hit the spot better than soups, and that is doubly true during cold winters, when you crave something warm you up from the inside. And so, for this winter, try out these delicious soup recipes.

BOK CHOY SOUP**Ingredients**

To marinate the chicken —

- 250 g chicken
- 1 tbsp soya sauce
- 2 tsp garlic paste



- 2 tsp coriander root paste
 - 1 tsp ginger paste
 - 1 tsp green chilli paste
 - 1 tsp salt
 - 1 tsp sugar
 - ¼ tsp white pepper powder
- For the soup —
- 1 litre chicken stock
 - 500g whole Bok choy or spinach
 - 1 tbsp soya sauce
 - 25g straw mushroom



- 4-5 green chilli
- Peppercorn stem

Method

In a bowl, combine all the ingredients from the chicken marinade and mix well. Make chicken mix into small balls using ½ tablespoon of the mixture. Wash and cut the bok choy in ½ inches lengthwise. Add the chicken stock in a soup pot on high heat. Let it boil. Add the chicken balls into the boiling stock. Simmer for 5 minutes. When the chicken balls are cooked add bok choy, soya sauce, mushrooms, green chili and peppercorn stem, simmer for 2 minutes, adjust the taste. Remove from the heat. Serve hot.

CANNELLINI BEAN SOUP**Ingredients**

- 2 tsp olive oil
- ¼ cup chorizo, cut in cubes
- ¼ cup leek, thinly sliced
- 1 tbsp minced garlic
- 100g chicken gizzard, cleaned, washed and cut in quarter
- 1½ cup mixed and soaked overnight



- 200g shrimp meat
- 100g champignon, quartered
- 1 tsp paprika powder
- 1 tsp dry chilli powder
- 1 tsp ginger paste
- 2 tsp garlic paste
- 2 tsp salt
- 1 tbsp oil

For the soup base —

- 4 cups water
- 1 cup homemade chicken stock
- 2 tbsp hot sauce
- 3 tbsp tomato-ketchup
- 1 tbsp sugar
- 3 egg
- 2 tbsp light soy sauce

Other ingredients for soup —

- 4 stalks of lemongrass, cut in 2 inch pieces and bruised
- 2-inch galangal, thinly sliced
- 3 tbsp corn flour, mix with ½ cup of water
- 5 green chillies, halved
- 2 tbsp lemon juice

Method

Marinate the protein and mushroom for 20 minutes. Heat a pan with oil and fry the protein mix in a high heat for about 2 minutes. Remove from the stove top. In a soup bowl add all the soup base ingredients and add the lemongrass and galangal. Bring it to a boil. Simmer for 7 minutes, add the fried proteins, simmer for 1 minute. Pour the corn flour slurry, green chillies and lemon juice. Adjust the taste and serve hot.

Food and Photo: Shaheda Yesmin

The Garden Kitchen of Sheraton Dhaka: A buffet restaurant in Banani

Located in 44 Kemal Ataturk Avenue, a new addition to Dhaka's culinary scene, is The Garden Kitchen, the buffet restaurant of Sheraton Dhaka on the 14th floor of the hotel.

As you step out of the elevator and onto the lobby of The Garden Kitchen, it would quickly hint that the restaurant has not been stringent at all about space. And this impression will get reinforced as you enter the main restaurant itself, which is indeed spacious, and also includes a rather large outdoor area for al-fresco dining, with greenery, a fountain, and unobstructed skies owing to the height at which The Garden Kitchen is located.

So the spacious restaurant is nicely decorated without overdoing it— just a

splash of opulence. There are also in total four private dining areas -- perfect for holding formal meetings and informal



get-togethers as well.

With that said, let's dive into the food now. Featuring a variety of cuisines, the buffet stations offer a wide plethora of delicacies, spoiling you with choices. So, there are your biryanis and curries, dumplings and sushi, steaks and grills, and so on -- an eclectic multi-cuisine feast, from continental to Pan Asian to flavours of Bangladesh and the subcontinent and much more.

The buffet spread includes live stations, sections where you can have food made-to-order, and counters with large elaborate dishes such as a whole baked fish where the servers will cut you chunks of it for your plate.

With such a wide array, there is something or other in The Garden Kitchen that you will definitely like— a presentation of cheeses, delightful goblets of shrimp cocktail, salads to binge on, the nicely crafted sushi along with the raging wasabi, the beef ribs and other meat items to unleash the carnivore in you, and of course scrumptious mousses and other pastries in the desserts section to end it all.

Generous not just in terms of variety and quality of food but also in terms of the space and the area which the eatery occupies, The Garden Kitchen of Sheraton Dhaka seems to be a promising one!

By M H Haider
Photo: Sheraton Dhaka





FUSION FLAVOURS
CHIANGMI TALUKDER LENA



PIPING hot tea *for* chilly winter days

A freshly brewed cup of tea not only gives warmth to our body but also benefits in several other ways, especially in winter. There is scarcely something more comforting than a cup of tea. Being one of the largest consumed beverages in the world, tea is considered to be a miracle winter drink as it is useful for soothing sore throats, stopping sniffles and boosting our immunity system, **helps soothe winter aches and pains.**

The benefits of tea are many and winters only invite us to try at least one warm cup every day. Drinking tea is one way to naturally cleanse our bodies of toxins and provide aid for our ailments.

While making a cup of simple tea might look like an easy task, it too can get tricky with each one of us having our own preferences. While some like it black, others like it with or without milk and sugar.

Black tea is the most popular worldwide, followed by green, oolong and white tea.

Herbal teas are made from using fresh or dried herbs, spices, flowers, fruit, seeds, roots or leaves of other plants. Herbal tea typically does not contain caffeine as do traditional teas. The list of beneficial ingredients such as ginger root, turmeric, cinnamon, star anise, lemon, honey, rosemary, mint, etc. is unending and the limits set only by our imagination and preferences.

Adding those ingredients in our regular tea does not only make the tea unique and aromatic, creates magical compositions that warm us, stimulate the immune system, and strengthen our organism before it is confronted with difficult weather conditions. Without a doubt, a cup of tea in this weather is usually great.

ROYAL SAFFRON TEA

Ingredients

- 1 bay leaf
- 2 pods cardamom
- ½ inch cinnamon stick
- 2 cloves
- ¼ tsp fennel seeds
- A pinch of nutmeg powder
- 1 cup liquid milk
- ½ cup water
- 10 saffron strands
- 2 tsp black tea
- 2 tsp brown sugar
- 2 tsp powder milk
- 1 tsp hot water

Method

Heat a tawa with all whole spices and roast in low heat for 2 minutes to release the aroma. Crush them slightly and set aside. Heat your tea pot or pan with liquid milk, water, crushed spices, nutmeg powder, ground tea and few saffron strands on low to medium heat. Boil it until milk gets thickened and tea releases its colour. In your tea cup put sugar, powder milk and 1 tsp hot water, whisk it to make a creamy paste. Pour your boiled tea into the cup using a tea strainer. Stir it and garnish with saffron.

ROSE TEA

Ingredients

- 1 tsp white tea
- ½ cup hot water

- ¼ cup pomegranate juice
- ½ tsp lemon juice
- 1-2 tsp sugar or honey or any syrup
- 5-8 buds of food-grade dried rose buds

Method

Take hot water in a mug and add white tea. Let set it for a while. In your tea cup, put pomegranate juice, lemon juice, sugar or honey or syrup, rose buds and stir well. Pour the hot white tea water over your tea cup using a strainer. Stir and sip.

GOLDEN MILK TEA

Ingredients

- ½ cup almond or coconut milk
- ½ cup water
- ½ tsp turmeric powder
- ½ tsp vanilla essence
- 1 tsp coconut oil or ghee
- 1 tbsp honey or jaggery
- 1 tsp black tea
- 2 black peppercorns
- ½ inch cinnamon stick
- A pinch of salt

Method

In a saucepan over low-medium heat, bring all the ingredients except honey, coconut oil/ghee to a simmer. Stir well, cover with a lid and simmer for 5 minutes. Strain and pour the tea mixture into a blender. Put honey and ghee and blend for 30 seconds. Pour into your tea cup and garnish with a pinch of turmeric powder.

CHRISTMAS SPICED TEA

Ingredients

- 2 cups of water

- 1 cup of orange juice
- 1 apple, sliced
- 1 orange, sliced
- 2 cinnamon sticks
- 3 star anise
- 5 cloves
- ¼ tsp nutmeg, freshly grated
- 2 bags black tea
- 2 tbsp any sweetener syrup or honey

Method

In a saucepan, bring water to boil with cinnamon, star anise, cloves and nutmeg. Simmer for 5 minutes over low-medium heat. In a large pitcher, put orange juice, sliced apple and oranges along with 2 tea bags. Add sweetener syrup or honey. Pour the spiced hot water into the pitcher. Allow the tea bags to release its colour. Stir and pour into your tea cup.

LEMONGRASS TEA

Ingredients

- 2 cups of water
- 2 stalks lemon grass
- 1-inch long ginger
- Handful of peppermint leaves
- ½ tsp black tea
- 1 tsp jaggery or honey
- A pinch of rock salt
- A dash of lemon juice

Method

Cut the lemongrass stalks into 1-inch long pieces and julienne the ginger. In a saucepan, put water, lemon grass, sliced ginger, mint leaves, black tea and brew over low-medium heat until the tea quantity reduces by half. Strain and pour over your teacup. Add jaggery or honey, salt and lemon juice. Stir well and sip.



Lip care during *the* winter



Winter can be pretty harsh. Perhaps the most annoying thing about winter is how it affects your skin. And the skin on your lips suffers the most because it is thinner and more delicate. By following a few instructions, you can care for your lips and have them looking healthy and plump even in winter.

Use a lip balm

The cold winter air is dry and takes a toll on your lips by extracting moisture from them. This causes the lips to get dry easily and can result in chapped lips; something that is to be avoided at all cost. Using a lip balm can be very helpful for this issue. The balm can moisturise your lips and even create a protective barrier that should protect your lips from the harsh winter air for hours. After a few hours, you might feel the need to reapply and it is recommended that you do so. Try to carry lip balm with you that can be used at all times.

Do not lick your lips

It is very tempting, I know. Done in hopes to get temporary moisture on your lips, in hopes that it will last you a few more hours without using lip balm. It does not. Not only it fails to work as a substitute for a lip balm,

licking your lips causes the lips to get even drier as soon as the saliva evaporates; which happens very quickly. This might be a habit for many. But whether you are doing it on purpose or not, try to avoid it as much as you can.

Overnight care

When you are awake, you will be applying lip balms a few times a day but we can't do that if we are asleep. This means the lips will remain unattended for at least 8 hours. That is more than enough time to get dry and chapped lips. It is recommended that you use a generous amount of lip balm or lip oil before you go to sleep. Diluted glycerine can be used as well. If you are wearing lipstick, take the extra few minutes to remove the lipstick before going to bed. If possible, try to exfoliate once a week.

Avoid peeling

Some people have the habit of pinching and plucking the dry skin on the lips little by little. Some enjoy peeling it all together. Either way, it should be avoided if you care about having healthy lips at all. Not only it exposes the layer beneath the dry skin, it can result in bleeding and even infection.

Stay Hydrated

Last but not least, staying hydrated is as important as any skin care routine. People do not sweat much in the winter, as a result they tend to drink less water. Which is one of the reasons we get dry skin and lips. Drinking plenty of water is highly recommended for healthy skin and lips.

Remember, dry and chapped lips look very unappealing and can cause awkward situations but these can be avoided if you take a few minutes of your day to care for you lips. Take the time to care for yourself. And if things get bad even after caring for your lips, consider visiting a dermatologist.

By Ashif Ahmed Rudro

Photo: LS Archive/Sazzad Ibne Sayed

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LEMON
Vitamin E Enriched
50 mg (1.7g) & 1.5g

কুমার টেক্সটাইল লিমিটেড

#PRESS RELEASES

Celebrate Christmas and New Year with InterContinental Dhaka

InterContinental Dhaka will hold festive celebrations during the upcoming season of festivity.

To celebrate Christmas this year, they have arranged "Christmas Kids's Party" on the morning of 25 December with the theme "Farm Villa," where children can enjoy various activities from 10:30AM – 1PM. Santa Clause will come to meet and take photos with them. Also, they can enjoy cake cutting with Santa Claus, Farmville with live pets, Magic Show, Bumping House, Ball Pool, Cartoon Mascots, Fun Photo Zone, Raffle Draw, Live Music and a snack box. The charge for the Kids Party is Tk 1500 net per person. Kids under 4 years will get complementary pass.



Christmas Kids party tickets will be available at the front desk.

For the adults, a special Buffet Lunch & Buffet Dinner on 24 and 25 December at "Elements" restaurant will be offered. On 24 and 25 December,

Christmas Buffet Lunch will be Tk 4500 net per person and Christmas Buffet Dinner will Tk 6500 net per person.

Just a few days later, it will be the time to welcome another New Year. InterContinental Dhaka has arranged Gala New Year's Eve Celebration Dinner at "Elements" for Tk 6,999 net per person.

All of these will also offer BOGO facility with select bank cards.

For those avoiding travel, there are various specially designed room packages for a staycation with family and friends. Let's celebrate December in InterContinental Style!

For more details or reservations, call +880 2 55663030

◆ HOROSCOPE ◆



ARIES
(MAR. 21-APR. 20)

Don't take on unnecessary financial burdens. Your dramatization will get on your partner's nerves. Patience will be key this week. Your lucky day this week will be Monday.



TAURUS
(APR. 21-MAY 21)

Visit loved ones. Unrealistic promises will land you in trouble. Social get-togethers will be mentally stimulating. Your lucky day this week will be Wednesday.



GEMINI
(MAY 22-JUN. 21)

Don't push your luck. New romance can develop through group associations. Have a heart-to-heart with family. Your lucky day this week will be Monday.



CANCER
(JUN. 22-JUL. 22)

Pamper yourself this week. Your partner will be unsure with you. Don't give out personal information. Your lucky day this week will be Saturday.



LEO
(JUL. 23-AUG. 22)

Make changes at home. Relatives will add to your social activities. Excellent career choices will present themselves. Your lucky day this week will be Sunday.



VIRGO
(AUG. 23-SEP. 23)

Negligence will be your worst enemy. Consider starting your own business. Join groups that can expand your horizons. Your lucky day this week will be Tuesday.



LIBRA
(SEP. 24-OCT. 23)

Your words will be taken out of context. Stay ahead of the game. Property investments should payoff. Your lucky day this week will be Wednesday.



SCORPIO
(OCT. 24-NOV. 21)

Don't take anyone for granted. Get back into the daily grind. Your partner won't be very accommodating. Your lucky day this week will be Friday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Discuss your objectives with loved ones. Deal with any minor health problems. Don't let your emotions take over. Your lucky day this week will be Monday.



CAPRICORN
(DEC. 22-JAN. 20)

Don't make any rash decisions. Business partnerships will be lucrative. Find time for some recreation. Your lucky day this week will be Tuesday.



AQUARIUS
(JAN. 21-FEB. 19)

This week will have lots of social functions. Find out what's expected of you. You can ask for favours if necessary. Your lucky day this week will be Wednesday.



PISCES
(FEB. 20-MAR. 20)

Don't let friends take advantage of you. Help elders with their concerns. Wise decisions will have big paydays. Your lucky day this week will be Sunday.

এখন
ফাস্ট ওয়াশ
ডিটারজেন্ট পাউডার
১ কেজির সাথে
১ টি ৫৭০
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SHAZIA OMAR
 Writer, activist and yogini
www.shaziaomar.com



Looking for a meaningful way to celebrate your holidays? I've got just the treat for you!

Yoga retreats are my favourite way to unwind, rejuvenate and have fun over my holidays. Stepping outside our comfort zones, moving away from our friends and family, disrupting our routine, gives us a chance to just BE, without the trappings of patterns and expectations that may have set in, so we can connect to who we truly are.

This may be what it takes to look at our lives from a distance, to identify habits that don't serve us, to redesign how we want to exist. Make time to connect with your true self and discover what it is that you love to do. This can bring about profound changes in your life.

I have been wandering around South Asia, sampling yoga retreats for about 20 years now, and I am about to reveal my favourite location to you. Are you ready? But first, why do I love this place?

I like to relax. Given the fast pace of life we live in Dhaka city, the density of people, the pollution of sound and air that



bombasts our senses, the last thing we want on vacation is another urban jungle. Visiting major cities may be fun, for a day or two, but does it leave you recharged or drained at the end of the trip?

I love yoga retreats that offer a sanctuary for mind and body. I like to hear the sound of ocean waves. I like to wake up with the sunrise on the horizon. I like to breathe fresh air and enjoy an ambiance that is Zen.

I like to eat well

Food is an important part of any holiday. On vacation, we want to indulge all our

senses in deliciousness. But that does not mean we need to damage our bodies, gain weight, and come back feeling worse. This yoga retreat offers a delicious and healthy selection of fresh, local, organic food prepared by expert chefs. There are also detox options if you are looking for a more intense transformation.

I like to connect to nature

On retreats, I like to be surrounded by trees



and flowers. We all know nature is good for the soul. Not only do we need trees for an exchange of oxygen and carbon dioxide, but also, trees are green, the colour of the heart chakra, the centre of healing. Being in nature helps us heal. The profound beauty of nature reminds us of our place in the universe.

I like to get strong

During the year, at work, we often over-tax our mind, so on vacation, I like to go deeper into my body instead. This might be by

climbing to the top of a mountain (well... hill) from where I can watch a magical sunset, or swimming in turquoise waves and watching the fish busy with their days, or hiking in a forest to a hidden waterfall. These are the sort of moments I yearn for. I also like to practice yoga while on holiday. Remember, we practice yoga not to get better at yoga, but to get better at life!

I like to meet fascinating people

I like meeting travellers who go off the beaten path to see the world and know themselves in a deeper way. These people often form the tapestry of stories and personalities that underpin my vacations. Some are just faces in my life for a day, some become life-long friends. The key, for me, is to meet open-minded people with open hearts.

There you have it, friends and fans, this is why I love the place I am about to reveal. Drum roll.... Here it is, the name of my secret haven: Samahita Retreat, Koh Samui. www.samahitarettreat.com

Some good news, Samahita has a beautiful Christmas and New Year's program, so book your holiday now. It is also part of the Samui Sandbox, so you will be able to stay there while complying with the travel requirements of Thailand.

Enjoy your holidays! See you next year.

Photo: Shazia Omar

Shazia Omar is a writer, an activist and a yogini.