

Star LIFE Style

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Little yummy bites

PHOTO: FARIHA AMBER

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CHECK IT OUT

Snack on!

We often take the simple pleasures of life for granted, but it is these simpler pleasures that keep us going. Case in point: food! And snacks, munchies, and the like are the ultimate comfort food, our constant companions.

Have you ever wondered how many occasions in the daily life would remain unfulfilling or dull without something to munch on? Hangouts are not complete without it. Meetings at the office require it. Watching your favourite game demands it, so do binge-watching the latest web series. There's no denying that binge watching and binge eating go hand in hand! But also, when you have to burn the midnight oil in the lonesome night, snacks, munchies, and various forms of comfort food is your soother, possibly along with your favourite cup of caffeine.

With all that said, one doesn't even need an excuse to grab a bite to replenish not just the body, but the soul as well.

Now, throw in the ongoing pandemic in the equation, and along with staying safe and healthy, the need for the simple joys of life become even more necessary. After all, amidst all the uncertainties thrown at



us, simple and easy food is something we should be thankful for. The mantra is of course to stay safe, but we would extend

it to say that in addition to staying safe, let's try our best to not let the worries of the pandemic overwhelm us. Perhaps, it took a pandemic to make people realise the things they always used to take for granted.

And hence, this week, Star Lifestyle zeroes down on all things food and snacks. Looking into it from various angles, we present to you a wide array of delicacies, catering to a broad range of palates, while keeping a focus on some health and hygiene issues that come with food.

So, flip through the pages to explore a delightful culinary world, and let the foods set the right mood for you.

Here's to the simpler joys of life!

— LS Desk

Photo: LS Archive/Sazzad Ibne Sayed

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KOHINOOR
CHEMICAL

Ispahani Bakery Fresh: The ultimate snack solution

Every time I meet a friend or go over to someone's place following an invitation, the first thing they offer is either tea or coffee. I myself am oddly fond of black coffee but a good tea with lemon and honey is hard to beat. That being said, perhaps the combination of tea and biscuits are a match made in heaven. Why else would it be so simple yet so desirable and so pleasant to chat over?



Whether you are planning on hosting an evening tea, or just want to keep some biscuits like snacks to munch on all by yourself, Ispahani Foods Limited offers a number of different types of Toast, Sweet Toast & Dry cake and we will explore some of their finest.

Bakery Fresh Dry Cake

While the average cake itself is a terrific choice itself, dry cakes are more suited to pair with tea. The Bakery Fresh Dry Cake from Ispahani Foods comes in vanilla flavour. While dry cakes alone have a unique texture of their own, this buttery flavour adds to that texture and elevates the taste. The crunchy slices are delightful to bite into, and very suitable to pair with tea. The buttery taste lingers a little after you have finished the dry cake and washing it down with a warm cup of lemon tea will be absolutely blissful.

If you need a caffeine boost, you could also pair it with coffee but dry cakes are best complemented by tea. That way the flavours are not masked by the overpowering punch of coffee. Ispahani Foods Bakery Fresh Dry Cake comes in two different packs, a 330g box pack and a 32g foil pack, so you can carry it for a quick snack whether at home or even for the



road.

Bakery Fresh Dry Cake is available outside Bangladesh as well.

Premium Toast Biscuit

Toasts are already popular and have been a popular tea time snack in Bangladesh for a long time. Whether you are having tea at a local tea stall or with some friends at your home, toasts are one of the best choices to pair with tea.

Ispahani Foods brings you Ispahani Premium Toast Biscuit which is made from quality ingredients and offer fresh crunchy pieces, which is probably the best quality in a toast. Crispy, tasty yet light, toast is a great solution. It could also be a light breakfast for people in a hurry or people who need dry food as breakfast.

On your way to office? Just take a toast and munch on it while double checking your accessories. Ispahani Premium Toast Biscuits is available in packs of 300g.

Bakery Fresh Sweet Toast

Picture this — It's the FIFA World Cup, Germany vs France (one can hope). You have had your dinner but the apprehension of the game has been exhaustive and now you need something to soothe the hunger

as well as the munchies. Toast sounds like the perfect solution, but they are not sweet enough for your taste. If you are in this conundrum like I have been, then you should go pick up a pack of Ispahani Bakery Fresh Sweet Toast.

The Bakery Fresh sweet toasts are smaller in size, sort of like pieces of crisps in your hands with a layer of sugar all over them. The sugar is added through a mixture machine so there's no excessive amount of sweetness that can be bothersome while eating. Perfectly shaped for munchies and the sweet taste will appeal to anyone who has a sweet tooth.

This Bakery Fresh toast will definitely appeal to the younger people, but because of the sweet of the toast itself, it is not

recommended with sweet tea. The sweet toasts are a better snack on its own or followed by tea.

Also popular outside of Bangladesh, these bags of crunchy deliciousness are available in two different packs of 195g



and 300g. Try not to eat a whole pack all by yourself once you get introduced to the taste.

If you live in a dormitory and breakfast is often an issue for you, getting a pack of toast or dry cake is probably not a bad idea. Evening hangouts and chit chats are always better with a snack and if you are not overly eager to cook something fancy, dry cakes will do just nicely. With Bakery Fresh vanilla flavoured dry cake, it is difficult to find anyone who will complain. And for your munching needs, get the premium toast or sweet toast based on your taste. Just make sure to save the leftovers in an airtight pack or box and you will be fine.

By Ashif Ahmed Rudro
Photo: Fariha Amber



#CHECK IT OUT

Satiate your spicy cravings with Mr. Noodles Korean Super Spicy!

Some foods not only fill our stomach when hunger calls but directly reach the soul, and a warm bowl of noodles is definitely one of them! A comforting and spicy bowl of noodles made with Mr. Noodles Korean Super Spicy that is bursting with umami flavours and replete with delicious toppings truly reaches the heart.

Mr. Noodles Korean Super Spicy can be your companion for any occasion – while watching a movie or your favourite series, during the changing seasons be it a rainy summer day or chilly winter evening, on days when you are too tired to prepare a full meal, or on lazy days when you just feel like slurping a delicious bowl of noodles.

It is extremely easy to prepare but tastes addictively delicious!

Ingredients

2 packs Mr. Noodles Korean Super Spicy
Mr. Noodles Korean Super Spicy spice mix (included in the pack)
Mr. Noodles Korean Super Spicy dried vegetables (included in the pack)
650ml water
1 tbsp gochujang paste
1 tbsp ketchup
1 tsp chilli flakes

6 pieces tofu
9 pieces chicken balls
1 egg
2 spring onion greens
2 tsp chilli oil
Oil for frying

Method

Let the water come to a rolling boil and crack in two packs of Mr. Noodles Korean Super Spicy. Let it cook for two minutes and then add the spice mix and dried vegetables that are included in the packet, along with gochujang paste and ketchup. Let this cook for 3-4 minutes.

Meanwhile, bring enough oil to temperature and deep fry the tofu and chicken balls until they are puffy and golden. Also boil an egg so that the centre is soft when sliced open. Once the noodles are cooked, turn off the flame and stir in the fried tofu and chicken balls along with chilli flakes.

Serve this in a large bowl while still piping hot and garnish with the sliced egg, chilli oil and freshly chopped spring greens. Slurp and enjoy!

By Fariha Amber
Food & Photo: Fariha Amber

Jazz up your dishes with

PRAN Hot Tomato Sauce

The perfect blend of ingredients and right mix of spices can turn ordinary food into mouth-wateringly delicious. PRAN Hot Tomato Sauce is one key ingredient that can bring together a variety of flavours to create food which is appetising.

The triad of flavours in PRAN Hot Tomato Sauce that includes a little bit of sweet, tangy, and spicy can be used as a dip for various fried delicacies and can also add zing to any savoury dish, heightening its flavour profile.

Chicken cashew nut salad is one of the many dishes that can be prepared using PRAN Hot Tomato Sauce.

Ingredients

300g chicken breast fillets
½ cup yellow bell pepper
½ cup green bell pepper
2 spring onions
2 cloves garlic
100g cashew nuts
½ cup corn flour
1 tsp salt
1 tsp chilli powder
1 tsp sesame oil
Vegetable oil for frying
For the stir fry sauce —
½ tsp Sichuan pepper
1 tsp Chinese 5 spice
3 tbsp soy sauce
1 tbsp vinegar
1 tsp fish sauce

2 tbsp PRAN Hot Tomato Sauce
1 tbsp chilli sauce
½ tsp corn flour

Method

Cut chicken into strips and sprinkle over chilli powder and salt. Dust with corn flour to coat well and deep fry the pieces in hot oil. Once golden brown and crispy, drain them.

In a wok, take one tablespoon of vegetable oil and toast the cashew nuts for a minute. Remove them and add sliced garlic and onion. Sauté for a minute and then add chopped bell peppers.

Cook this for a while and add back the chicken and cashews. Combine the ingredients for stir-fry sauce and pour it over. Stir well to combine until the sauce thickens and turns glossy.

Lastly, finish off with a drizzle of sesame oil and chopped spring onion greens.

By Fariha Amber
Food and Photo: Fariha Amber



ENO: A solution for a quick relief

The human body resembles a fine machine in more ways than one. The food we eat works as fuel that power our bodies and just like bad fuel can compromise the efficiency of an engine, sometimes the food we eat can cause discomfort in our digestive system. The vexing sensation can be severe enough that it prevents you from carrying out your daily tasks. Fortunately, GSK ENO can be a quick solution for such digestive issues.

It is often referred to as heartburn and this is a result of the digestive

acid travelling up towards the throat (oesophagus). A heartburn is an annoying sensation that can last from a few minutes to a couple of hours. A burning feeling in your chest or your throat is common with heartburns. Often accompanied by hot, acidic, salty or even sour taste at the back of one's throat, and sour burps. Some people experience bad breath, feeling of bloating and general feeling of sickness. In addition to that, heartburn is dreaded because if you feel sick and try to lie down the vexing sensation worsens.

So, what causes heartburn? The issue is so common and so frequent that you have probably experienced it already. Heartburn can be triggered by a number of issues, but the nuisance is mostly caused by certain food; meals rich in oil are a major culprit. Perhaps, snacks should be considered with equal caution as they often tend to be fried or spicy. The imbalance of PH level in the stomach leads to the burning sensation. Sometimes snacks are accompanied by beverages such as caffeinated and carbonated drinks, which can cause heartburn for some people. But it must be noted that different people experience post meal digestive discomforts in different ways and while there are the average trigger foods, the causes can vary.

Some people prefer high fat food or junk food as snacks. The allure of a street food as well as junk food with extra mayonnaise and BBQ sauce is understandable, but unfortunately it can be the cause of an irritated digestive system. There is no point in wishing that you had skipped the snack once it has been consumed. But what you

can do is get yourself a sachet of GSK ENO that will help with the post meal digestive discomfort in seconds and take 'Jhat Pat' action.

ENO needs no introduction. GSK ENO is an effervescent powder and available in two flavours — Lemon and Orange. The 5g packs are found in pharmacies, groceries, and general stores within your reach. Just pour the powder in a glass of water and voila! Bob's your uncle. It is recommended that you drink the solution as soon as it has completely dissolved in the water. Since ENO is essentially a salt-based product, it dissolves very quickly and works within seconds.

If you are travelling, hosting a party (which may not be a good idea amidst this new wave of COVID infections) or just staying in and cooking some delicious food and having something fried for snacks, we suggest keeping a few sachets of ENO within reach just to be careful.

Picture this — it's 2AM, you have had some fried food as midnight snack after that Netflix movie and now you are having sour burps. If you try to lie down and go to sleep, it feels like there's something stuck in your throat and the irritation in your stomach keeps growing with each passing second. If you have a pack of GSK ENO, you can just get yourself a glass of water and take 'Jhat Pat' action. Better safe than sorry!

Remember:

If you are having digestive issues and discomforts regularly and frequently, perhaps it is time to visit a doctor. Make sure you read label prior to use.

By Ashif Ahmed Rudro
Photo: GSK ENO



No existence of fruit pulp or extract. Acid neutralization capacity of ingredients. Not based on relief data, doesn't imply relief. Read label prior to use. Trademarks are owned or licensed to the GSK Group of Companies. © 2021 GSK Group of Companies.

#DECOR

Table décor ideas for a cosy time with your family



Under normal circumstances we would love to hang out with our friends at home or somewhere else, but with rising numbers of COVID-19 infections, the government has issued directives to cancel any social event or gathering of people. So instead of venturing out, why not stay inside the comfort of your home and observe an occasion, like a family member's birthday, over a cup of tea, snacks and a table décor to remember by.

CHOOSE THE RIGHT TABLE

For a simple arrangement, a table that can sit four to six people should be fine as long as it can fit all the tableware and food. Small tables offer ample space in the room for people to move around and is more suitable for a light afternoon tea event.

TABLECLOTH AND PLACEMATS

For the tablecloth, you should pick a linen of your preferred colour. Along with solid colours, you can also go for prints. Floral prints with beautiful stripes look very elegant, just don't go for oversized flowery patterns as it can ruin the whole look of the table.

Placemats can either go with the same colour of your linen tablecloth or you can contrast it with printed ones. It's better to stay away from patterns and colours that are too jarring and clash with your overall table décor.

TABLEWARE SETUP

With the basic parts done, it's time to pick out the right tableware. You can opt for the vintage tea sets sitting in your family's cupboard or bring out your recently bought modern style tea set that can offer you a trendy dining

experience.

You can set up tea service on one end of the table for the family members. The essential tea additions should include a milk pitcher, a sugar bowl with sugar cubes in it, teapots and a tray for lemon slices. You can also set up coffee or cocoa tray on the other end of the table to add variety.

Since it's a family only event, you should provide small plates, teacups with saucers and spoons for the served foods. You can add additional tableware and cutlery depending on the food like soup bowls and spoons, dessert plates, and forks. Don't forget to provide a tray or a large plate of sweet and savoury foods on the middle of the table.

MAKE THE CENTREPIECE CAPTIVATE EVERYONE

For a floral centrepiece, you can



choose a transparent vase and fill it with your preferred flowers like white and lavender bougainvillea. Feel free to experiment with bright colours like placing fuchsia hue flowers in contrasting coloured vases like teal. Glossy metallic candle stands can be used for flowers too to make it interesting.

Along with the floral centrepiece, you can add a homemade baked cake and display it in the middle of the table. Scented candles or candlesticks on elegant stands will also look nice beside the cake or you can get boxed colourful candles to have a radiating colour display around the cake.

An informal event with your beloved family will be forever in your memories if the table décor can portray your intrinsic sensibilities, elevating any dining occasion.

By Fedra Al Hossain
Photo: LS Archive/Sazzad Ibne Sayed

#COOKING

Cooking made easy with VISION Oven



Kitchen gadgets are the new modern day helping hands to assist you with your culinary endeavours. Having the right appliances makes cooking a lot more fun, easier, and not to mention "adventurous"! One such essential kitchen appliance is an oven, and nothing compares with a multifunctional oven, such as the array of electric and microwave ovens offered by VISION.

VISION offers high quality ovens created by superior manufacturing procedures making them among the local companies that are raising the bar and setting new benchmarks. The cutting-edge technology and sleek design along with innovation in every product makes these ovens replete with functional and useful features.

Gone are the days when ovens were used only for heating and reheating

Give your oven a go and you can eliminate most, if not all of the problems. Preparing food using an oven also makes cooking more efficient and hassle free. That recipe you found online which makes you drool every time you see it? Maybe it is time to finally try it!

VISION ovens come equipped with multi-cooking stages that aids in food preparation. With the defrost function, you do not have to wait for hours to defrost before cooking, as the oven can do that task in mere seconds! This also enables stress-free cooking since you do not have to worry much about pre-cooking preparation.

There are several foods that can be made using only an oven, avoiding the usage of a stove completely, for example, mug cakes or brownies. Simply mix the ingredients together and let your oven do its magic. Another quick snack that only requires an oven is popcorn – flavour it with sweet caramel or savoury spices to munch on while you binge watch.

VISION Micro Oven VSM 30L Rotisserie is an all-rounder with microwave, convention, and grill functions that can toast, bake, grill, and broil. Using a feature as simple as toasting, you can prepare international delicacies such as Italian bruschetta or Mexican tostada. You can also bake whatever your heart desires be it cake, chips, bread, or muffin. Apart from snacks, try cooking full meals such as baked fish and vegetables in the oven

while you handle other chores.

With the broil function, get that perfect, glistening finish to your cheesy dishes such as pizza, pasta, or cheesy bread for that gorgeous cheese pull. And utilizing the grill function, you can throw in it marinated meat anytime you want and let your oven do the job whether for a quick dinner or upon the arrival of unexpected guests.

A multifunctional oven makes preparing restaurant-like food right at your home so much easier! You can also keep check of food hygiene and safety by yourself in this manner. VISION oven can be your partner for cooking adventures, whether it is a quick bite you are craving or a complete meal to satiate your stomach.

The vast array of products is available in capacities ranging from 20 to 32 litre. Geared with amazing functions, VISION ovens are also highly affordable with price ranging from Tk 8000 – Tk 17,500. Additionally, each oven has a minimum warranty of one year along with superior after sales home service.

To view the full range of products, visit <https://vision.com.bd/home-appliance/microwave-oven/>

By Fariha Amber
Photo: VISION



food. Now, you can also make a variety of meals from sweet to savoury using an oven. Cooking over a stove can be the customary method but it also entails strict temperature control, long exposure to heat, and risk of food spillage.

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Safe snacking with Sepsnil Instant Hand Sanitizer

With the coronavirus spreading rapidly once again, there is no doubt that everyone ought to be cautious about their hygiene and safety. Now that many restaurants and cafes, roadside food stalls, and other eateries are opening back up, and as we try to restore and normalise our social lives, keeping ourselves safe is necessary more than ever. To make sure we can go about an evening with our friends and family, the widely available Sepsnil Instant Hand Sanitizer is fit for both family meals and outings.

Sepsnil Instant Hand Sanitizer is an excellent product that suits everyone's personal hygiene needs, especially before meals when washing hands is not an option. Because of the product's practical design, it is easy to take the sanitizer with you everywhere you go. The 40ml travel pack is designed in such a way that it takes up very little space in one's bag or pocket, adds no extra weight, and can be carried around easily. Keeping a bottle on hand is thus always a good idea!

You might ask, why is using a sanitiser before eating necessary?

It is particularly important while eating at roadside stalls where hygiene is not always the primary concern. In such situations where one might not have access to clean water and soap, sanitiser is the next best thing. In this regard, Sepsnil Instant Hand Sanitizer kills 99.9 percent of germs. This assures that when you eat the germs do not transfer from your hand to your food and consequently, into your body.

Some eateries might not have a clean place to wash your hands or have soap available. Sometimes we ourselves forget to wash your hands, or we might have friends



who forget to wash their hands. Sometimes, people are just lazy. So for these demographics, Sepsnil Instant Hand Sanitizer is here to save the day.

Sepsnil Instant Hand Sanitizer, coming in a variety of sizes, is also suitable for family meals. Getting takeout, dining in and indulging in our favourite fast food like pizza and burger, in the comfort of our homes with family, is always a treat. Even in such situations, we might not wash up before eating. With or without the fear of the coronavirus, using sanitizer before eating is always wise. For this, Sepsnil Instant Hand Sanitizer's family pack serves the purpose of killing any germs.

Some might believe that using sanitiser before their meals does the opposite. They might argue that the chemicals from the sanitiser are not only harsh for your skin, but also make their way into the food. However, such misconceptions are not backed by any proof. It might be true but some sanitisers are harsher than others. However, Sepsnil Instant

Hand Sanitizer, with its gentle chemical composition, has a moisturising effect which leaves your hands smelling clean and fresh. It not only makes your hands soft and supple, but also clean and ready to be used.

Roadside food stalls, and eating out with friends and dining in with family is a part of our culture and is integrated with our socialisation. So, instead of taking the risk, it is best to be safe and enjoy the meal, and partake in conversation without worrying about what might happen. And for this, make sure to keep a bottle of Sepsnil Instant Hand Sanitizer on hand! It is easily available

By Puja Sarkar

Photo: Sepsnil Instant Hand Sanitizer






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Dan Cake working towards a better future with quality food options

We live in an era where we are inundated with more options of food than we can count. While this may be a blessing, the vast availability of food in many forms and flavours brings with it new and emerging challenges, and adulteration is a major global concern surrounding this progression.

When food is not handled and produced adhering to strict hygiene guidelines, what we rely upon for nutrition intake can become the cause of foodborne illnesses and diseases. There are over 200 conditions caused by consumption of food that has been improperly managed such as diarrhoea, salmonella, and even cancer. According to the World Health Organization, approximately one out of ten people in the world fall prey to illnesses after consuming adulterated food, which often leads to deadly repercussions. Unsafe food storage and food handling along with insufficient sanitisation measures are primary factors that contribute to food contamination. Furthermore, food adulteration can occur at any stage of the preparation of food, especially in a commercial setting. Thus, it is of paramount importance that the entire process from sourcing raw materials to packaging is done while ensuring all necessary measures for safe food production are in place. A practical solution to this concern is mandating certain quality standards before selling commercially produced food, but

despite this, we often lack assurance of how much of the safety protocols are indeed in place during manufacturing procedures. After all, not all glossy and attractive food packets contain quality products in them.

Today, we are dependent on packed food owing to the change in our lifestyle and food consumption pattern. Packed cakes and bakery items are highly popular in our daily food routine.

With the vast demand of ready-to-eat cakes, there are plenty of packaged cakes available in the market. But with a plethora of options to choose from, how to make the right pick surrounding factors of quality, hygiene, and taste?

Ticking all these requirements, delicious cakes from Dan Cake could be your answer! Dan Cake, produced under Dan Foods Limited which is a joint venture between Pandugar Limited and Scandinavian company Dan Cake A/S makes sure that European standard quality is ensured in every batch of production.

The state-of-the-art manufacturing process warrants that throughout every step, starting from mixing the ingredients to packaging, utmost hygiene protocols are adhered to. With the operations

being fully automated, there is minimal human contact and absolutely no room for manual errors in the entire procedure.

Utmost emphasis is given on ensuring all necessary safety measures and precautions are in place, warranting the finished product is hygienic and of superior quality.

Not only during the production procedure, every product is prepared with the best quality raw materials available, and this truly reflects in the rich taste and fine texture of the cakes. The impressive line of products is ample to satiate your cravings for any type of cake you prefer. Muffin, layer cake, Swiss rolls, and pound cake are must haves that can assure tasty and quality snacks for all members in the family.

Dan Cake not only ensures the best of flavour and taste, but also warrants food safety, utmost hygiene standard, and superior quality during the preparation of cakes. So that, while munching on these cakes, you can rest assured that you are treating yourself to the best of packaged cakes keeping aside worries of food safety and hygiene.



By Fariha Amber
Photo: Dan Foods Limited

DESHI MIX
SALINA PARVIN


Deshi snacks for winter

The moment we start boiling water to make our evening tea, our taste buds send signals to the brain, asking for crunchy snacks to go with it! Indeed, if we think about it, many of us probably spend more time preparing and purchasing snacks than in cooking the main meals. Life would be very boring without snacks. From evening tea time to rainy afternoons, from after school treats to party snacks, there are snacks for every occasion too!

Nothing describes the winter better than a plate of steaming *pakoras*, and a hot cup of tea. Winter is the season, when your heart and brain, by default start feeling good, your heart definitely wants just one thing — delicious and mouth-watering food! In order to calm your food craving, I want to list few items that are synonymous with winter.

MIXED LENTIL FRITTERS

Ingredients

¼ cup red lentil, *masoor dal*
 ¼ cup yellow lentil, *moong dal*
 ¼ cup yellow lentil, *khesari dal*
 ½ cup grated onions
 4 green chillies, chopped
 1 tsp chilli flakes
 ¼ cup chopped coriander leaves
 Salt to taste
 Oil for deep fry

Method

Soak the lentils in water for 5-6 hours or until softened. Then wash and drain the water. Put the lentils in a food processor and blend into a semi coarse mixture. Pour the mixture into a bowl together with the rest of the ingredients. Mix until well combined. Heat oil in a pan, fry the fritters in small batches until golden brown. Remove and place them on kitchen paper to absorb the oil. Serve warm!

VEGETABLE EGG ROLL

Ingredients

4 cups cabbage, shredded



1 carrot, shredded
 ½ cup fresh bean sprouts
 ½ cup green onions, chopped
 2 tbsp chopped onions
 3 green chillies, chopped
 1 tbsp soy sauce
 ½ tsp garlic powder
 ½ tsp black pepper powder
 1 egg, beaten
 Corn starch as required
 15 egg roll wrappers
 Salt to taste
 Oil for frying



Method

In a large bowl, mix together cabbage, carrots, sprouts, green onion, green chillies, onion, garlic powder, black pepper powder, and soy sauce. Heat 1 teaspoon of oil in a pan. Pour beaten egg into a pan placed over medium heat. Cook flat and thin, flipping once, until done. Remove from pan, cool, and chop finely.

Stir egg into cabbage mixture. Sprinkle top with corn starch, mix and allow it to set for 10 minutes. Mix 1 tablespoon corn starch with 2 tablespoons cold water. Set aside.

Place 2-3 tablespoons of vegetable mixture into the centre of an egg roll skin. Dip a spoon into the corn starch mixture, and moisten all corners of the sheet. Fold the egg roll skin from the bottom over the mixture, making a tight tube of the vegetable mixture. Fold corners in from the sides, and press to stick against folded roll. Then roll the rest of the way. Repeat with remaining egg roll wrappers. Heat oil in a deep frying pan. Carefully place egg rolls into hot oil, and fry until golden brown

Remove to paper towels.

Serve hot with sauce.

GHUGNI

Ingredients

1 cup dried yellow peas, or *motor dal*
 1 medium potato, cut into small cubes
 ½ cup onions, finely chopped
 ½ cup tomato, finely chopped
 3 fresh green chillies, finely chopped
 2 tbsp tamarind pulp
 ½ tsp garlic paste
 ½ tsp turmeric powder
 1 tbsp coriander powder
 1 tsp cumin powder
 1 tsp red chilli powder
 1 tsp cumin seeds
 1 bay leaf
 1 small cinnamon stick
 1 green cardamom
 2 tbsp mustard oil
 2 cups water to cook the dal
 2-3 tsp chat masala
 Salt and sugar to taste

Method

Soak the dried peas in water for 8 hours or

overnight. Wash and drain the dal. Transfer this to pressure cooker, add salt and turmeric powder. Cook until the peas soften and keep aside.

Heat oil until smokes, then lower the flame and add the whole spices. Once they become fragrant add the onions.

When onions turn light brown, add chillies along with ginger-garlic pastes. Fry until their raw smell goes off. Add potatoes and stir fry for 3-4 minutes. Next add all the spices powder, salt, sugar and little water. Cook for 2-3 minutes and then add the tomatoes and wait until soften.

Pour cooked yellow peas, tamarind paste and mix well. Add ¾ cup of water and cook on medium heat for 6-7 minutes. Turn the flame off and add the chat masala. Let it sit covered for 5 minutes.

Serve *ghugni* with some chopped chillies, onions, and coriander leaves.

KEEMA ALOO SINGARA

Ingredients



500g beef/mutton mince
 2 boiled potatoes, cut into small cubes
 2 cups refined flour
 1 tsp ginger paste
 ½ tsp garlic paste
 ½ tsp cumin seeds
 1 tsp red chilli powder
 ½ tsp turmeric powder
 ¼ cup chopped onion
 3 chopped green chillies
 ½ tsp *garam masala* powder
 Salt to taste
 1 tbsp oil for staffing
 4 tbsp ghee
 Oil for deep fry

Method

Heat oil in a pan, add cumin seeds. When they begin to change colour, add ginger-garlic paste. Fry for few seconds. Add meat mince, red chilli powder, turmeric powder, *garam masala* powder, and salt. Mix well and stir. Cook for 7-8 minutes. Add boiled potatoes, onions and chopped green chillies. Fry for few minutes and remove from heat. Allow it to cool completely.

Now combine refined flour, salt, and ghee in a bowl.



Add sufficient water and knead into a stiff dough. Divide the dough into small portions, shape them into balls. Roll out each ball into oval shaped *puri* and halve each. Dampen the edges of each halved *puris* with water and shape into a cone, stuff with some of the meat potato mixture and seal the edges to make *singara*. Heat oil in a pan. Fry the *singara* on low flame until brown and crisp. Arrange on a serving platter and serve hot.

KHAJA

Ingredients

1 cup flour
 2 tbsp ghee
 ¼ cup water
 Oil for deep fry
 For sugar syrup —
 1½ cup sugar
 ½ cup water
 ¼ tsp cardamom powder
 1 tsp lemon juice

Method

Firstly, in a large bowl take flour and ghee. Crumble and mix well, making the flour moist. Now add ¼ cup water and knead smooth and soft dough. Grease the dough with oil. Cover and rest for 15 minutes. Dust the dough with flour and roll with the rolling pin.

Roll as thin as possible making sure to dust flour as required.

Cut the sides forming a large rectangle/square. Start to roll tightly from one side. Dust flour on each roll to prevent layers from sticking to each other. Roll the cylinder tight to remove any air gaps, if present. Cut it into 1 inch pieces and slightly flatten. Keep aside.

Boil water and sugar for making sugar syrup. Add lemon juice and cardamom powder. Cook for few minutes. Heat oil in a pan. Fry the *khaja* on low medium flame till they turn crispy and golden in colour. Immediately drop the fried *khaja* into the warm sugar syrup. Soak them in the syrup for 3-4 minutes. Finally, serve *khaja* or store in an airtight container for 10-15 days.

Photo: LS Archive/Sazzad Ibne Sayed

#PRESS RELEASES

Shajgoj launches Revlon in Bangladesh

The beauty e-commerce platform Shajgoj has added legendary makeup brand Revlon to its strong international portfolio last week, making it easier for Bangladeshi users of Shajgoj to easily access the international brand.

Shajgoj's Head of Business Development Farhana Preeti said Revlon being officially available in Bangladesh is like a dream



coming true for makeup users.

Shajgoj is also working to bring more world class makeup and personal care brands on its platform, she added.

Shajgoj has a portfolio of over 400 local and international brands across makeup, skincare, haircare and wellness. According to Shajgoj, the platform currently delivers a staggering 180,000-odd orders monthly.

Uber: Women's Companion for Safe Commute

Nabiha is a working woman. She often needs to go outside for urgent businesses. Today, the driver of her personal vehicle is absent, but she needs to leave for an urgent meeting. She doesn't want to ride a CNG autorickshaw, as she doesn't feel safe enough. She is looking for a safe and reliable medium for commuting.

In such situation, Nabiha can opt for ride-sharing services like Uber. These services are reliable for fast and safe commute. Uber trips can be tracked easily, as they are under constant GPS surveillance. Riders can also share live location with their loved ones. Riders can see the driver's name, photo, rating, etc.

before getting into the vehicle. This is really helpful in case the rider needs to report any unpleasant incident.

The Uber app also has a 'Safety Toolkit' for the riders' safety. This allows riders to call the emergency number 999 by pressing just one simple button. The 24x7 safety line provides riders with the option to get in touch with Uber's safety team should they have an urgent, non-emergency issue, during a trip or up to 30 minutes after the trip ends. The feature Ridecheck 3.0 flags certain trip irregularities.

Riders' safety is Uber's biggest concern. Therefore, Uber can be a reliable companion for women's safe and secure commute.

HOROSCOPE



ARIES
(MAR. 21-APR. 20)

Expect opposition at work. Don't let your competition know your moves. Stay out of trouble. Your lucky day this week will be Saturday.



TAURUS
(APR. 21-MAY 21)

Don't get overly emotional with your partner. Curb your bad habits. New relationships can arise through business contacts. Your lucky day this week will be Monday.



GEMINI
(MAY 22-JUN. 21)

Expand your social circle. Take the role of leader in group functions. Stop telling others about your problems. Your lucky day this week will be Wednesday.



CANCER
(JUN. 22-JUL. 22)

Jealousy may ruin a good relationship. Travel will be very enticing. Wrap up pending financial deals. Your lucky day this week will be Tuesday.



LEO
(JUL. 23-AUG. 22)

Your love life can be tumultuous. This is a good week for business deals. Social events will be successful. Your lucky day this week will be Wednesday.



VIRGO
(AUG. 23-SEP. 23)

Make plans to travel. Your romantic life could be all over the place. Don't overspend on luxury items. Your lucky day this week will be Wednesday.



LIBRA
(SEP. 24-OCT. 23)

Avoid going out. Focus on your own work. Make changes at home. Your lucky day this week will be Thursday.



SCORPIO
(OCT. 24-NOV. 21)

Don't let your emotions affect your judgement. Career moves can be realised. Romantic endeavours won't last long. Your lucky day this week will be Saturday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Make special plans with your partner. Do not yield to undeserving relatives. Don't settle for convenience. Your lucky day this week will be Friday.



CAPRICORN
(DEC. 22-JAN. 20)

You will impress others with your productivity. Avoid lending money. Don't get involved in other people's problems. Your lucky day this week will be Thursday.



AQUARIUS
(JAN. 21-FEB. 19)

Don't irritate loved ones. Avoid joint financial ventures. Don't advertise half-baked ideas. Your lucky day this week will be Saturday.



PISCES
(FEB. 20-MAR. 20)

Don't confide in anyone right now. Renovations for your home will pay off. Your intuition will be right on. Your lucky day this week will be Thursday.

এখন
ফাস্ট ওয়াশ
ডিটারজেন্ট পাউডার
১ কেজির সাথে
১ টি  ৫৭০ লত্ৰীসোপ **ফ্রী!**







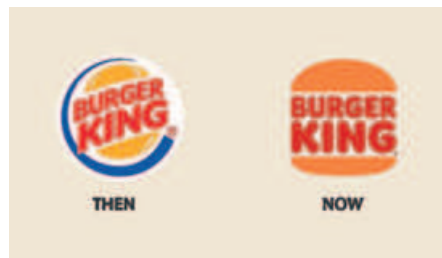
BURGER KING IN A WHOLE NEW FORM



“Mouth-watering, big and bold, playfully irreverent and proudly true.” Burger King is all set to carry out a comprehensive rebranding for the first time in over two decades.

According to Restaurant Brands International (the parent company of Burger King), as the business evolves, they felt that the brand personality, attributes, and all the work done around food quality should be better reflected in the visual identity.

Ditching the combination of white, yellow and blue, the logo has taken on a much simpler design of orange and red. The new flat design, looks like a classic with a touch of nostalgia, and rightfully so. As per the company press release, the rebranding has been inspired by Burger King’s heritage, the iconic status of the



having secured a fairly large customer base from the beginning, they never took their popularity for granted. Instead, every now and then the team comes up with an attractive new item while staying true to their authentic flavours. Even during the ongoing pandemic, Burger King has kept the spirits up with their consistent quality of food as well as top-notch service.

The flame-grilled beef patty comes in many variations like Mushroom Swiss, BBQ, Jalapeno Double Cheese, etc. The beef burger sizes range from King Jr. to Quad Beef stacker to satisfy eaters of all age and appetite. The ‘long’ chicken and beef were the answer to every sandwich lover’s prayer.

In 2021, Burger King Bangladesh introduced spicy crispy fried chicken for the first time and it was an instant

hit. Using bigger than average birds, these pieces come with no wings and spice levels are adjusted according to the customer’s requirements. Not only is it juicy and crunchy, the King of Fried Chicken is also free of any artificial flavours and tasting salt. It is no surprise that the new addition was widely appreciated by food bloggers and customers alike.

The latest of their creation, Chicken Tenders, is yet another mouth-watering item in the fried chicken series. These chicken strips have a generous amount of meat and are served with two new dip sauces, Spicy BBQ and Fiery. The Salmon Burger is also to make its debut soon among the Premium Burgers and add to the brand’s ever-growing menu.

A brilliant start to a new year and a promise of much more coming! With all that is changing, Burger King promises to keep their quality and taste absolutely uncompromised.

Essentials:

Website: <https://burgerkingbangladesh.com/delivery>

Facebook: <https://www.facebook.com/BurgerKingBangladesh/>

**By Nusrath Jahan
 Photo: Orchid Chakma**



brand and its original logo.

Aside from the logo, the interior of the restaurants, packaging, as well as the uniforms of Burger King employees will be changed over time. The new designs will focus primarily on the fun and playfulness that this joint aims to bring to its customers.

Burger King launched its first outlet in Bangladesh on 9 December, 2016 via a long term franchise agreement to launch and expand the brand with Tiffin Box Limited, a Bangla Trac company. According to Tarique E Haque, Managing Director of Bangla Trac Group, this was

a strategic move by the Bangla Trac to enter the QSR (quick restaurant service) sector in Bangladesh.

Burger King managed to grab the attention of foodies around the country and created quite the buzz right from the start, calling to our unparalleled love for burgers. After all, how can one possibly resist the sight of two sesame toasted buns with a juicy grilled patty and generous stuffing in-between, sitting beside a pack of crispy fries and a large fizzy drink? Add the promise of the legendary taste of an international franchise, and you’ve found your new favourite burger place.

This is probably why the signature beef flame-grilled Whopper quickly became top favourite of customers along with crispy nuggets and soft serve sundae.

Perhaps one of the best things about the team of Burger King is that despite

