

VOLUME 21, ISSUE 35, TUESDAY, FEBRUARY 22, 2022
FALGUN 9, 1428 BS

Star

Life

E-mail: lifestyleds@yahoo.com
64-65 Kazi Nazrul Islam Avenue

Daily Star

THE GLOBAL PHENOMENA
KOREAN WAVE **P3, 4 & 5**
HILLS OF THE NORTH
AUTHENTIC GARO CUISINE AT JABA **P8**
RICE, RICE AND DESSERT
RECIPES WITH STICKY RICE **P9**

PHOTO: SAZZAD IBNE SAYED
MODEL: TANIA
WARDROBE: PREETI MODI
MAKE-UP: SUMON RAHAT
STYLING: SONIA YEASMIN ISHA

SARIS *for*
a spring evening



চারিদিক উজ্জ্বল
বাড়ি হবে ঝলমল

BERGER
Weather Coat
GLOW
Exterior Emulsion

সুপার গ্লসি লুক

পানি ও আর্দ্রতা প্রতিরোধক

BERGER
Trusted Worldwide

That beautiful (but often ignored) dedication page in books

When you start reading a book, don't start from chapter one, because, if you skip past the dedication page, you may miss the small but heartfelt/hilarious/uplifting note written by the author.

Pick any book, and chances are high that it has been dedicated to someone — a loving spouse, a friend, etc — someone important enough to the writer to dedicate his/her valuable work to.

Sometimes, dedication notes are quite mundane; 'to my parents', or just the name of a person.

But when great writers intend to articulate their thoughts, the one-page note becomes a gem.

We start with Humayun Ahmed, possibly the most loved storyteller Bangladesh ever produced. This is the dedication note (in his book 'Magic Munsir') to the magician Jewel Aich:

"Jadubiddar Everest e jini uthechen. Everestjoyira sringo bijoyer por neme ashen. Eni namte bhule gechen."

Such a warm compliment! Ahmed's dedication is simple and yet so profound, just like his stories — that's where his genius lies. Here's a tip: whenever you take on a Humayun Ahmed book, don't ever forget to read the dedication page. Those notes are usually as good — personal, funny, or

intimate — as the stories themselves.

Dedicating books to family members is common, but the witty Chetan Bhagat penned it in his own way. He wrote in the book 'One Night @ the Call Center', "To my baby twin boys and the wonderful woman who created them," then adding with asterisk in

a footnote, 'with a little bit of help from me.'

You have probably read Arundhati Roy's iconic work, 'The God of Small Things.' Have you read the beautiful dedication, though? Beautiful indeed, and arguably, makes you curious too:

"For Mary Roy, who grew me up. Who taught me to say 'excuse me' before interrupting her in Public. Who loved me enough to let me go. For LKC, who, like me, survived."

On the other hand, the following dedication, by the renowned Neil Gaiman in his

glancing acquaintance/are just crazy about each other/haven't seen each other in much too long/are in some way related/will never meet, but will, I trust, despite that, always think fondly of each other...

This one's for you.

With you know what, and you probably know why."

Sometimes, an author pours his heart out in gratitude, like the bestselling writer John Grisham did in 'Ford County- Stories':

"When 'A Time to Kill' (debut novel of the author) was published twenty years ago, I soon learned the painful lesson that selling

books was far more difficult than writing them. I bought a thousand copies and had trouble giving them away. I hauled them in the trunk of my car and peddled them at libraries, garden clubs, grocery stores, coffee shops, and a handful of book stores. Often, I was assisted by my dear friend Bobby Moak.

There are stories we will never tell."

Last but not the least, sometimes, an author just may not dedicate. But, back to Humayun Ahmed, when this happened to him, he actually announced it in his own brilliant style. In the book 'Aaj Himur Biye,' a note —

"Utshorgo korar moto kowke pachchi na. Sorry."

By M H Haider

Photo: The visuals are of dedication pages taken from a few books by Humayun Ahmed

কোনো মৃত মানুষ মহান আন্দোলন চালিয়ে
নিতে পারেন না। একজন পেরেছিলেন।
আমানুল্লাহ মোহাম্মদ আসাদুজ্জামান
তার রক্তমাখা শার্ট ছিল উনসত্তরের
গণআন্দোলনের চালিকাশক্তি।

উৎসর্গ
বড়মামা শেখ ফজলুল করিম
যিনি এই পৃথিবীতে খুব অল্প আয় নিয়ে এসেছিলেন
সেই অল্প আয়ের সবটাই খরচ করে গেলেন আমাদের পেছনে।

উৎসর্গ
এক সময় তার পছন্দের চরিত্র ছিল হিমু।
সে হিমুর মতো কথা বলত, হিমুর মতো ভাবত।
তার বোনরা তার কাণ্ড দেখে তাকে একটা
হলুদ পাঞ্জাবিও বানিয়ে দিল। সে গভীর মুখে
হলুদ পাঞ্জাবি পরে আমার সঙ্গে দেখা করতে এলো।
কিছু দিন হলো সে জানাচ্ছে হিমু এখন আর তার
প্রিয় চরিত্র না। সে এখন মিসির আলির ভক্ত।
মিসির আলির এই বইটি তার জন্যে।
নুহাশ হুমায়ূন দ্য গ্রেট।

জুয়েল আইচ
জাদুবিদ্যার এভারেস্টে যিনি উঠেছেন।
এভারেস্টজয়ীরা শৃঙ্গ বিজয়ের পর নেমে আসেন।
ইনি নামতে ভুলে গেছেন।

novel

Anansi Boys, is literally for everyone:

"You know how it is. You pick up a book, flip to the dedication, and find that, once again, the author has dedicated a book to someone else and not to you.

Not this time.

Because we haven't yet met/have only a

us on /Sandalina

ঐতিহ্যের আর এক নাম আধুনিকতা
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

অ্যান্ড্রানিমা
সোপ

রূপচর্চায় আভিজাত্য...

KOHINOOR CHEMICAL

#HEALTH & FITNESS

BTS: Unorthodox advocates of self-love and mental health

Bangtan Sonyeondan (Korean for Bulletproof Boy Scouts), more commonly known as BTS (Behind the Scene), is undoubtedly a household name amongst the young generation. This South Korean boy band that debuted in 2013 has not only become the most popular boy band in the world, but also earned its position as one of the biggest faces in the global music industry. From selling record-breaking albums to getting nominations including the Grammys, to receiving prestigious awards like American Music Award, BTS has managed to carve their spot in history.

The biggest fan base in the world currently is the BTS ARMY (the fans/supporters of BTS). There are a number of reasons that make BTS so deeply loved and acknowledged—the ‘magical’ visuals they create on stage and in their music videos, the utterly exceptional dance moves and choreography, their heart-touching story of struggle and how they rose from almost nothing. But perhaps their most unique feature is their motto: self-love. Yes, they produce music that we groove to, but hidden among the lyrics are messages that teach us how to love ourselves, and why it is important. BTS strongly believes that you can only be the best version of yourself once you learn to love yourself and they want their fans to feel the same way.

Songs that beautifully portray and

depict self-love and positivity

Their song ‘Answer: Love Myself’ is perhaps the best example for self-love in the best possible way, through a song’s lyrics. “It’s harder loving yourself than loving someone else, let’s admit it, the standards you made are more strict (sic) for yourself,” teaches us to not be too hard on ourselves and that it is okay to cut ourselves some slack. “Why do you keep wanting to hide inside your mask,” show that there is no need to be scared of who you really are, just because of what others may think or say. Most importantly, the chorus of the song, “You’ve shown me I have reasons, I should love myself,” literally plays with our sub-consciousness and causes us to put one step forward in learning to love ourselves.

‘Epiphany,’ which is a solo song by one of the members, Kim Seok-jin (Jin), is no different. “I am the one I should love in this world, the shining me, the precious soul of mine, I finally realized, so I love me, not so perfect but so beautiful,” talks about how it is okay to prioritize yourself without always having to put others before you. “Why did I want to hide my precious self, what made me so afraid that I hid my true self,” acts like a rhetoric question to tell us to never change our identity for someone else’s sake.

“Somebody call me right one, somebody call me wrong, I don’t want to care, so what about you too?” from ‘So

What’ promotes believing in yourself, the decisions you make and the path you choose. “Even if they say it’s dangerous beyond the borders, let’s go with the wind” encourages people to follow their dreams despite the countless obstacles put forward by society.

A band that does their bit towards social messages/services

In addition to their marvelously meaningful songs, BTS tries to deliver social messages and fight social stigma. In most of their interviews, they ask their fans to never stop loving themselves and to give ample importance to their mental health. BTS urges everyone to come forward with their troubles without bottling them up.

In 2017, BTS teamed up with UNICEF to launch their ‘Love Myself’ campaign. The objective behind is to spread the power and true meaning of love and to prevent activities like bullying in schools. After more than four years of its initiation, the ‘Love Myself’ campaign has seen tremendous success through the various events and donations. It has evidently brought about positive impacts in the lives of countless students worldwide.

In 2018, BTS was invited to speak at the United Nations’ 73rd General Assembly, for the launch of UNICEF’s Generation Unlimited. “Tell me your story. I want to hear your voice, and I want to hear your conviction. No matter who you are, where you’re

from, your skin color, gender identity: speak yourself. Find your name, find your voice by speaking yourself,” were some of the words of the band leader, Kim Namjoon. Through his speech, he requested young people to be brave enough to listen to their own heart’s desire and be willing to be their true selves without putting up any facade.

BTS’s swarm side as seen by their contributions during the COVID-19 pandemic

BTS stood by the side of their fans throughout the difficult time the COVID-19 pandemic brought. They remained virtually connected with ARMY, regularly sharing encouraging posts and tweets. They even came up with their song ‘Life Goes On,’ whose lyric and music were meant to lift the spirits of their fans.

Not only that, they donated money to many countries that had been severely affected by the pandemic. And it is not only the band that helped during this trying time. The BTS army organized a fundraiser to assist India as it was one of the most adversely affected countries. They were able to raise nearly USD 27,000 in 24 hours. This goes on to show the power of love and positivity BTS has been able to shower among their fans, and also the unity of their fans.

By Faiza Khondokar
Photo: Collected





#CULTURE

The Korean story of Bangladesh

We are touched by Korean influences perhaps in more ways than we can imagine. From electronics to entertainment, and from business to food, Koreans have made their mark in Bangladesh and the world at large.

Bangladesh is not exactly a very cosmopolitan country. Despite that — on one hand, there is an impressive Korean community here, and on the other, we have come to embrace K-wave, the global phenomenon of the rising popularity of Korean culture.

And so there is a Korean story of Bangladesh that needs to be told!

The community

Some sources say that there are around 1600 Koreans in our country, with the majority living in the capital. The community may seem small, but its contribution isn't. The Republic of Korea is a large investor in Bangladesh, and most of the Koreans here are businesspeople and their families.

Some of them have been here since the

early 1980s, and one of the chief areas of their investment has been the RMG sector, says LEE Jang-keun, the ambassador of the Republic of Korea to Bangladesh.

It was a time when the RMG sector — that would eventually be hailed as one of the strongest pillars of our economy — was still in its infancy. “So there lies the role of Koreans. They came at a very early stage and started their business and they grew together with the Bangladesh RMG sector,” he stated.

This is not to say that RMG is the only



[From left to right] Tashnuva Zahan (Founder), Saiful Islam (President), and Tina Zahan (Co-founder) of BD K-Family.

area where Korean businesses operate in our country. Construction is another noteworthy example.

Anyway, Bangladesh is the home away home for the Koreans working here. “Many Koreans have been here for very long. It's not just ‘several years.’ Even 10 years is short for them. Many have been here for more than 30 years,” the ambassador continued,



At the Korean Film and Tourism Festival 2021: Ambassador of the Republic of Korea to Bangladesh, Chairman of Korean Community in Bangladesh, and the Co-founders and President of BD K-Family.

adding that choosing to stay in Bangladesh with families for such long periods of time mean that they must be quite satisfied, with their business, but beyond that as well.

The fact that the Korean Community in Bangladesh had been established in around mid-1980s is a testament to this long and ongoing presence. Its current chairman, Yong Oh Yu, has been in the country for more than three decades. “We work towards strengthening the relationship between Bangladesh and the Republic of Korea, and promote Korean culture in Bangladesh, and also Bangladeshi culture to Korea,” he said.

Not just cultural activities, though, the association also heavily engages in philanthropic and charitable works.

Having lived here for long, Yu holds Bangladesh close to his heart. “There may be many differences between the two cultures, but there are similarities too, especially when it comes to the importance of family and family values. Emotionally, we are all similar,” he opined.

The K-wave

It's now been a few years since we first grooved to Gangnam Style. On the other hand, the band BTS rose to incredible popularity and has become a craze across the globe. The Oscar-winning movie Parasite brought Korean cinema to new heights. Squid Game became a monumental success.

These comprise of just the tip of the iceberg. Korean wave is much more than that. It is not just about the fandom of K-pop, but an aggregate of a wide array of Korean cultural aspects and influences, from cuisine to cosmetics to of course entertainment, be it movies or the so-called K-drama, which arguably has emerged as a genre in its own right.

Bangladesh, like the rest of the world, has seen its share of this phenomenal K-wave, with an ever-growing fandom and several clubs and organisations celebrating it.

BD K-Family, established in 2010, has seen the Bangladesh chapter of K-wave grow throughout the years.

Things started casually enough for BD K-Family. “Initially, we were just a small group of people interested in Korean culture and entertainment as a hobby, and got together to discuss and share Korean food, K-pop, and K-drama,” Tashnuva Zahan, the founder, states.

The smaller meet-ups eventually turned into bigger gatherings as the number of people grew, and eventually, those gatherings became large-scale events to cater to the huge population of K-wave enthusiasts.

CONTINUED TO PAGE 11



#ENTERTAINMENT

What makes K-pop and K-drama worldwide sensations?

In 2012, Psy's global hit "Gangnam Style" went viral because of its catchy tune, vibrant aesthetics and uniqueness. It was the first time a South Korean artist had broken into the international music scene. More recently, K-pop (Korean pop) boy band BTS's "Boy With Luv" featuring American singer Halsey is a popular tune while their track "Dynamite" broke records for the most views on YouTube in 24 hours.

culture since the 1990s) has been recognised in many parts of the world for the past two decades, and K-drama and K-pop is now reaching non-Korean media consumers and enthusiasts.

In the K-pop industry, fans smile and cry with their artists. Starting from the rigorous training that artists, or more commonly known as idols, endure from a young age perfecting their singing,

in higher commercialisation of idols and increased profits in the industry. Unlike their predecessors, second generation groups (TVXQ, BIGBANG, Super Junior, Girls' Generation, SHINee, 2PM, INFINITE, f(x), 2NE1, Miss A, SISTAR and Wonder Girls) abandoned the 'secret untouchable superstar' image and favoured the 'friendly neighbourhood star' concept. This made fans feel like their idols were their friends.



South Korean dramas, or K-dramas, have also started breaking into international platforms. Although some might consider the genre's popularity to be a fad and purely for its aesthetic appeal, there is more cultural and emotional resonance than meets the eye. With captivating visual effects, appealing aesthetics and mesmerising storylines, Korean pop culture has influenced music and fashion trends, vocabulary, etc. globally.

So, what is it about k-pop and k-drama that transcends cultural barriers?

The Korean Wave (the increasing worldwide popularity of South Korean

dancing, and acting, to their hardships after debut, their stories have a universal appeal because of their sacrifice, perseverance and determination. However, this is often overshadowed by commercialisation. Consequently, those who are not avid fans of k-pop and unaware of what goes into moulding these artists are quick to judge. Despite such judgments, the catchy music, visual aesthetic and the musical diversity presented in this genre along with the unique choreography, is what makes K-pop so popular.

During the second generation of K-pop in 2007, Korea's economic crisis resulted

Idols also began landing roles in K-dramas. Artists like IU, one of South Korea's most beloved soloists, moonlighted as an actor, having acted in some of the highest-rated TV shows in Korean cable history, such as *Hotel Del Luna* and *Dream High*. Other idols have created waves with their acting talents throughout the years, including BTS's V, EXO's D.O and Suho, Got7's Jinyoung and JB, Red Velvet's Joy, and many more.

K-dramas in particular present a vision of a society that upholds traditional values while progressing toward economic development. For international audiences, these dramas act as a cultural portal. In

comparison to Western TV shows and drama, K-dramas have a defined beginning and end — one plot arc usually covering 16 to 20 one-hour-long episodes. As the show is only on for a limited time, viewers do not get bored with the characters, and do not have to watch a once-popular series go off the rails by overstaying its welcome. Many K-dramas like *What's Wrong With Secretary Kim?* and *My Love From Another Star*, offer chaste storytelling and escape that feels like a throwback to simpler times. K-dramas also depict Korean norms and etiquettes, rarely use vulgar vocabulary, violence, and rarely show any awkward love scenes, making it more wholesome and endearing.

It is undeniable that the genre's aesthetic is captivating but the genre is dynamic. With individuals training away their childhood and prioritising their fan base, and heartfelt stories evoking both sadness and joy, it speaks to people universally and creates an attachment with the genre filled with hope and comfort.

By Puja Sarkar
Photo: Collected

#FASHION & BEAUTY

From saris embellished in Swarovski crystals to sequins and mirror work, we at Star Lifestyle have put together a curated list of designer saris which are upbeat, modern and quintessentially trendy. If you are looking to wear something beyond the traditional, especially in saris, there are a whole lot of options available, especially on celebrity Instagram handles and Pinterest.



SPRING IS HERE:

saris *for* the modern women



For a millennial looking for basic contemporary options, these style ideas should be enough. However, for the sari connoisseur who wants something 'different,' there's more in store.

Keeping the upcoming heat of the summer season in mind, most designer brands of the country are busy today making minimally embellished saris that are lightweight and at the same time, soothing to the eyes.

Do you find prints attractive? Dhaka designers already have a variety of saris on display, which are largely in geometric and floral prints, promising to instantly brighten wardrobes.

If, on the other hand, people believe that dark tones suit their personalities better, then there's always the option to go for the lightweight, grey-toned, dark brown, or black Mulmul cottons with tiny specks of zari work in the borders. These saris are so comfortable that even dark colours seem suitable in the terrible summer heat.

An easier way to play with contemporary styles is to experiment with the draping style and if that doesn't come naturally, then there's always the option of choosing from pre-draped iterations on the offer, for example the dhoti style or the sari gown.

Another winning choice to invest in is to dress up a plain sari with statement accessories like the chandelier earrings or dress it down, with a pair of sneakers.

Whatever the choice, our love for the traditional sari will always outmatch any other as an enduring symbol of classicism and femininity. By traditional, we mean the katan saris, the regal jamdani, the heritage chiffons, Chantilly laces, khadi cotton etc.

There's no need to play with these versions because each style is a statement on its own and should not be 'manipulated' with any other designs in-between. Thanks to the perennial demand, season after

season, designers populate their collections with a variety of traditional outfits, leaving no shade or finish unturned. So, our earnest request to readers is to try them out rather than ruin an exclusive piece by incorporating anything in-between.

Whilst we have our urges to try our hands at designing and doing something different, this is where the contemporary styles come in and thankfully, they do! And the best way to be trendy and yet classic, with the contemporary is to play with the motifs, prints and the draping style rather than the fabric itself.

Like we always prefer to say: Each has their own place in the rhythm of the world.

By Mehrin Mubdi Chowdhury
Photographer: Sazzad Ibne Sayed
Model: Tania
Styling: Isha Yeasmin
Hair and Makeup: Sumon Rahat
Wardrobe: Preeti Modi



Taste the flavour of the northern hills at JABA with Garo cuisine

Ever experienced the joy of eating traditional food amidst the hilly areas of the northern part of Bangladesh? Sitting in a cottage far away from the bustling city while feasting on the delicacies of hilly regions being surrounded by nature has a different vibe altogether. While it is not possible to move nature and hills, you can surely enjoy the food right here in Dhaka.

JABA is a restaurant serving authentic food of Garo cuisine in the heart of the city. It was inaugurated on January 2019 and recently completed three years of its journey. Although there are quite a few restaurants now that bring the taste of food from hilly regions, JABA is the first of its kind to specialise in Garo cuisine.

Despite being a small country, Bangladesh has an abundance of different types of food from various districts, offering us with so much to explore. Among so many options, Garo food is distinct in that it makes minimal usage of oil and spices, yet where the results are nothing but delicious. With the aim to popularise this particular cuisine, JABA was inaugurated.

“Our aim is to preserve our culture and heritage and disperse our unique delicacy within a larger populace. Being a food enthusiast myself, I love working with food and thus, set up this establishment,” remarked Sumon Nongmin, owner of JABA.

The word “jaba” essentially translates to curry, and it is indicative of the various types of curries and food they offer. Most of the food is steamed and mild in taste with no hint of oiliness. They also make use of ingredients that are unusual to us such as papaya flower and snails, but which nevertheless is delightful to the taste buds.

A lot of the ingredients are sourced from the hilly regions to keep the authenticity and freshness intact. “We are built on the



pillars of hygienic and quality food along with great customer service, and these are what drives us forward,” stated Nongmin.

Food is prepared at JABA using authentic Garo techniques of cooking, which include steaming, *goppa* and *khari* used to cook fish, meat, and vegetables. Albeit the method used are very simple with basic ingredients, the food is packed with flavours. The minimal usage of spices allows the true flavour of ingredients to shine.

The must-have items from their menu include steamed small fish in banana leaf, snail and vegetable *khari*, chicken and fish *goppa*, and the assortment of *bhortas*. For a sweet ending to your meal, try *pitha* and



payesh made from *binni* rice and *hishal manthi*, which can be both savoury and sweet. Lastly, do not leave the

arrangement made of canes and is decked with images and accoutrements portraying their everyday lifestyle such as traditional flute, *dikka* (which is a drum used to store beer) and cane lamps.

Popularising the diversity of food in Bangladesh while keeping authenticity intact, JABA offers mouth-watering delicacies at an affordable price. They are open for dine-in and take-away from 12 PM – 10 PM every day and are also available on Facebook, foodpanda, Pathao, and HungryNaki for online orders.



place without taking delightful sips of the wood apple tea.

JABA is not only bringing to you the taste of hilly regions, but through the restaurant you can catch a glimpse of the rural life of people residing in these areas. The restaurant has a comfortable seating

By Fariha Amber

Photo: JABA

Essentials –

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

Address: 3rd floor, Green Super Market, Green Road, Dhaka



adani wilmar | BEOL

The perfect combination of
taste and health

Fortune
RICE BRAN OIL

To keep your heart well,
switch to healthy option
and use Fortune Rice Bran Oil



#FOOD & RECIPES

Delicious recipes from across the globe

Chicken and Mushroom Risotto with Lemon, Rosemary, and Thyme

Ingredients

1.5 cups Arborio rice
150g + 1 tbsp Butter
4 cups vegetable/chicken stock
1 whole medium-sized shallot
5-7 buttons Mushroom
250g chicken breast
Lemon zest from 1 whole peeled lemon
1 tbsp heavy cream
2 tbsp Parmesan cheese (grated)
1 pinch of rosemary
½ tsp thyme
Salt, to taste

TIP: In case Arborio rice is not available, use Binni Rice as an alternative. Just add more stock amount to the rice, because Binni Rice is more absorbent and needs more time to cook.

Method

Cut half of the chicken breast into cubes and marinate in lemon juice and garlic paste. In a pan, heat up 1 tablespoon of butter. When its heated, add in your marinated chicken cubes and cook for around three minutes (until cooked through). Set aside. In a separate pan, add in butter. Chop up the shallot and add into your butter, until the moisture gets sorted. Once the shallot turns translucent, add in your washed rice, and mix together. Fry the rice for around three minutes, and slowly in turns, add in your stock, one cup at a time. Arborio Rice soaks up water really fast, so be mindful and stir occasionally, and once each cup of the stock gets soaked up by the rice in the process of getting cooked, add your next cup and stir. Make sure your stock has salt, and if it doesn't, adjust the level of salt as per preference.

After mixing the fourth cup of stock, add in your cooked chicken, and the mushroom, and mix them together. Once combined, the risotto will start to hold its shape and consistency that is thick and rice. Zest your lemon, and add into your risotto, along with rosemary and thyme. Slightly mix your heavy cream with a teaspoon of water and loosen the consistency, then add in your grated cheese to the heavy cream. Once combined, pour the mix into your risotto and stir to mix properly.

Once fully incorporated, pour the glorious rich risotto into a bowl, and top off with a little dollop of extra cheese. Serve hot!

Bread Pudding with Black Raisins, Orange Zest, Vanilla, and Cinnamon

Ingredients

7-9 slices Brioche bread (cut into any preferable shape)
2¼ cups full cream milk (lukewarm)
3 tbsp butter
5 tbsp sugar (or to taste)
2 tsp apple cider vinegar
1 tsp vanilla extract
1 tsp orange zest
Handful of black raisin
3 eggs
½ tsp cinnamon (powdered)

Method

First, line the brioche in a buttered baking

dish. After that, prepare the custard base for the pudding. Mix in milk, sugar, beaten eggs, apple cider vinegar, vanilla extract, orange zest, ground cinnamon, and beat them well together. Once fully combined, add in your butter after having it melted.

After all the ingredients are combined together, pour over the mixture to your lined brioche bread slices in your baking dish. Pre-heat oven at 180°C. Top the pudding with the black raisins, and few extra strands of orange zest. Bake at 180°C for about 20 minutes or until golden brown. You can also pair this with

Vanilla Crème Anglaise.

Indonesian Nasi Goreng

Ingredients

4 cups cooked rice
200g chicken thigh (cut into cubes)
5 tsp Kecap Manis (sweet dark soy sauce)
2 tsp light soy sauce
1 whole shallot (sliced)
2 Birds eye chilli (slivered in fours)
4 cloves garlic (diced finely)
Oil, for rice
½ tsp shrimp paste

Method

Marinate the chicken for at least 20 minutes with ginger-garlic paste and Kecap Manis. Make the sauce mix for rice by mixing Kecap Manis and light soy sauce. In a wok, heat oil, add chopped shallots and red chilli (Bird's eye chilli). Add in minced garlic when the onion turns translucent, cook for 2 minutes. Add the marinated chicken, and let it cook directly through the heat, make space putting shallot-mix aside, which will retain juiciness and prevent overcooking. When the chicken cooks, add shrimp paste and mix well. Add in the rice (pre-cooked; steamed rice), followed by the rice sauce mix, and stir and mix thoroughly.

Serve with crispy fried shallots, fried egg, and pickled cucumber for the whole experience! In case you do not have access to shrimp paste, you can use Balachaw.

Chinese Spicy Garlic Chicken with Pickled Scallions and Sticky Rice

Ingredients

250g chicken thigh (sliced)
6 cloves garlic (minced)
1 tsp ginger-garlic paste
2 tbsp soy sauce
½ tsp black pepper
Chilli flakes, to taste
Tempura, for frying
½ tsp onion and garlic powder
1 tbsp chilli oil
1 tsp ginger (minced)
½ tsp sugar
1 tbsp light soy sauce
1 tsp lemon juice
1 tbsp Chinese chilli paste (OPTIONAL)
1 stalk scallions, thinly sliced
½ cup vinegar, Oil
Salt, to taste
Sticky rice, if preferred

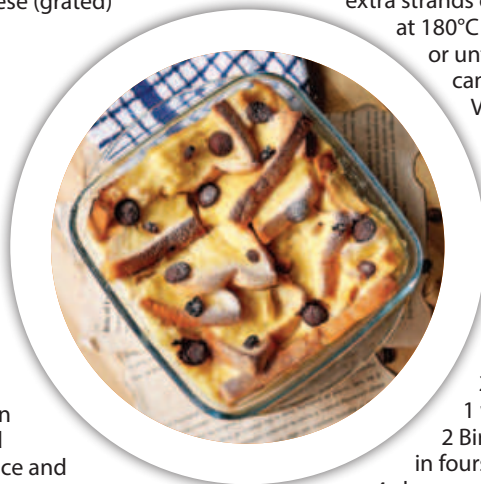
Method

First, marinate the chicken with ginger-

garlic paste, black pepper, 1 tablespoon soy sauce, oil, and lemon juice. To make pickled scallions, soak your sliced scallions in vinegar and rest for 2 hours at least. Make the tempura batter with cold water by mixing tempura, onion and garlic powder, salt, and fry the marinated chicken by dipping into the batter, and fry.

Now, on a pan, heat up oil, add minced ginger and garlic, and chilli flakes, and cook till garlic turns slightly golden. Add in the chilli oil, soy sauce, light soy, sugar, lemon juice, chilli paste, and mix thoroughly. Once the sauce bubbles, add in your fried chicken and mix well.

Serve the chicken over sticky rice or regular garlic rice. Top with the pickled scallions.



Recipe: Shababa Suzana Hossain/ Fatduck21
Food Stylist and Photographer: Shababa Suzana Hossain/ Fatduck21



Our destination was Swarupkathi Upazila, in Pirojpur district of South-western Bangladesh. A lingering myth in this region is that the second son of Shah Shuja, Firoz Shah, died in this area and to honour him, the area started being called 'Firozpur.' In time, the pronunciation for 'Firozpur' slowly transformed to 'Pirozpur.'

The word Swarupkathi means "beautiful port," now officially named Nesarabad (since the Ershad regime), after Haji Nesaruddin, Pir Saheb of Sarsina – a renowned Islamic scholar from the area.

We left Sadarghat river terminal aboard a three-storied modern vessel, M.V. Agradoot, in the evening. After about two hours, as we cruised into the Mehghna, we enjoyed dinner with prawn curry, chicken curry, mixed vegetable, beef bhuna and all types of bharta.

In the morning, as we left the Meghna behind and navigated through the Sandhya river, we were charmed by the mesmerising beauty of the countryside dotted with coconut, betel and banana plantations. It was a delight to find dolphins displaying their playful nature in the middle of Sandhya River.

We reached Indurhat (Miarhat) river terminal in Sutiakathi the early morning. We were impressed to find that Sutiakathi was very progressive and developed; absolutely clean with intricate network of canals amidst the dense forest with all urban facilities. The very first morning, we went on a canal cruise to Atghar Kuriana – famous for the guava garden and floating market. The entire landscape portrays a

serene natural ambience with an intricate network of rivers, estuaries, canals and a huge marshland. The area is highly forested with mahogany, teak, sal, garjan, rain tree (rendy) and Chambal, as well as fruit bearing trees such as hog plum (aamra), guava, elephant apple (chalta), Indian persimmon (gaab), wax apple (jamrul) and bananas. The area is equally famous for betel leaf and betel nuts. We came across some fishermen catching fish and boats loaded with goods of all kinds, destined for various places.

We saw logs of wood being towed along the river. The calm, tranquil water in the canals, with swaying coconut and betel plantations along the banks, was indeed soothing.

The following morning, we headed to Sutiakathi's floating market, famous for its tree saplings, fruits, and vegetables. Almost all the items are traded on boats, like fish, timber and coir (coconut fibre) products.

I found the age-old floating market very vibrant and colourful and close to nature. To our surprise, we also came across a booming ship building industry in the area that most of the country doesn't know about!

The region is a haven for fish lovers.

However, the bulk of the fish caught here, such as hilsa, pangash, koral and varieties of fresh water fish such as Ayr and rui are destined for Dhaka and abroad. While there, we had our fill of some mouth-watering fish dishes, such as hilsa with mustard and prawn, ilish pulao and small fish wrapped in banana leaves, and nearly all of them cooked with coconut milk.

Traditionally, the area has attracted merchants from afar. This trade goes back hundreds of years. Some of the desirable logs available here include of sal, teak, lohakath and garjan. The proximity of the Sundarbans has also contributed to the growth of the timber industry.

Swarupkathi is also known for its business centre and also the sundari tree (a kind of mangrove) that grows there.

I was told by a local that wood purchased in Guwahati, Assam and Darjeeling were towed down the rivers before finally reaching Indurhat. Houses, boats, furniture and various sports goods such as cricket bats, carrom boards etc. are all produced from wood sold locally.

We embarked on another canal cruise to Boithakata through Shohagdal. Across the Sandhya river, we availed a three-

wheeler that brought us to the Dargah of Sarsina Peer Saheb. Later, we visited some of the nurseries on the Swarupkathi – Barishal highway. Miles after miles of fruit, flower and vegetable nurseries added to the beauty of the panoramic landscape. Interestingly, a lot of the nurseries in Dhaka are owned and manned by people from Swarupkathi. Further down, we visited the mosque at Guthia – possibly the finest mosque in the country.

Later, we got to relish hot succulent roshogolla, jilapi, pithas made of coconut, and tea prepared with fresh cow milk in possibly one of the most vibrant and colourful bazaars in the countryside.

Swarupkathi has one of the highest literacy rates in the country. Traditionally, proximity of Kolkata through the now-redundant steamer route, and the contribution from dedicated teachers in the area is largely responsible for the spread of education in the area.

Sutiakathi can only be reached by waterways from Dhaka and the rest of the country. Only recently, three-wheelers and motorcycles have started plying the roads, much to the annoyance of the local populace in an otherwise calm, tranquil area. The area deserves to be recognised as a destination for eco-tourism and it is imperative that public and private enterprises put serious thought and consideration for the locals and the culture in the area.

By Shamim Ahmed
Photo: Shamim Ahmed



The Korean story of Bangladesh

CONTINUED FROM PAGE 4

There are festivals and events being held — songs and dance performances and competitions, and stalls selling Korean foods and products and so on. The events also bring together Bangladeshis and Koreans — a platform for cultural exchange, celebration, and collaboration.

The South Korean embassy is very helpful and encouraging, Zahan informed, explaining that the embassy in Bangladesh takes many initiatives to promote their culture here.

So, what has fuelled K-wave? This is complex, with no easy or singular answer. Of course, a lot of credit goes to the Korean artists themselves and the planning and

patronisation by the government.

In the Bangladesh context, ambassador LEE Jang-keun offers some thoughts. The young generation loves K-culture, and a large portion of Bangladesh is the youth, who are very active on social media. So, when this young generation is interested in something, it spreads very fast. They are also action-orientated and eager to see something new and different. Hence, there are now many organisations and clubs related to K-pop that arranges events and they are the key to spreading Korean culture. Some of these programmes are also sponsored, by Korean companies and by Bangladeshi companies in business with South Korea. On the other hand, there are Bangladeshi

workers and students in South Korea who are exposed to its culture, and when they return to Bangladesh, they become no less than cultural agents to disseminate it.

Looking beyond

One thing to appreciate — whether about Korean community or K-wave — is that the Korean presence in Bangladesh is not limited to the capital city. It goes much beyond.

“We get participants, performers, and visitors for our events from all over Bangladesh, such as Chattogram, Sylhet and Rangpur,” Zahan of BD K-Family said. “K-wave in our country is not limited to Dhaka.”

Meanwhile, Yong Oh Yu of the Korean Community in Bangladesh mentions of Koreans living and working in the port city

and of a Chattogram-based community organisation too.

Yu concludes that he looks forward to the next year: “2023 will see the 50th anniversary of Bangladesh-Republic of Korea diplomatic ties. Our organisation will prepare well, to celebrate the occasion and take it as a chance to further strengthen the bond between the two countries and cultures.”

The Korean story of Bangladesh shall hence hopefully continue in an even higher spirit. So, here’s to another 50 years and beyond!

By M H Haider

Photo: Korean Community in Bangladesh; BD K-Family

◆ HOROSCOPE ◆



ARIES (MAR. 21-APR. 20)

Get everything done while you still feel energised. Curb your bad habits. Keep your thoughts and opinions to yourself. Your lucky day this week will be Saturday.



TAURUS (APR. 21-MAY 21)

Your partner will need some attention. Look into physical games. Don't be too eager to spend money. Your lucky day this week will be Sunday.



GEMINI (MAY 22-JUN. 21)

Consider researching before venturing into business. Don't overreact to a situation at hand. Avoid overexerting yourself. Your lucky day this week will be Sunday.



CANCER (JUN. 22-JUL. 22)

Your charm will bring popularity. Don't let misunderstandings get in the way. Friends may not be entirely trustworthy. Your lucky day this week will be Friday.



LEO (JUL. 23-AUG. 22)

Don't hold back. Try to avoid conflict. Don't evade important issues. Your lucky day this week will be Thursday.



VIRGO (AUG. 23-SEP. 23)

Loved ones won't understand your needs. Spend time with your partner. Be prepared to make compensations. Your lucky day this week will be Monday.



LIBRA (SEP. 24-OCT. 23)

Try not to get upset. Pamper yourself. Your partner will be less than accommodating. Your lucky day this week will be Tuesday.



SCORPIO (OCT. 24-NOV. 21)

Go out with friends. Make changes at home. Look into new ways of making money. Your lucky day this week will be Tuesday.



SAGITTARIUS (NOV. 22-DEC. 21)

Think up new business ventures. Don't let anyone get under your skin. Make plans with friends. Your lucky day this week will be Sunday.



CAPRICORN (DEC. 22-JAN. 20)

Keep to yourself. Do not ruffle feathers if possible. Your partner will find you taxing this week. Your lucky day this week will be Thursday.



AQUARIUS (JAN. 21-FEB. 19)

A new relationship can start this week. Educational courses will be stimulating. Confusion regarding joint ventures will arise. Your lucky day this week will be Wednesday.



PISCES (FEB. 20-MAR. 20)

Do something nice for your family. Revamp your image to raise confidence. Get involved in creative projects. Your lucky day this week will be Saturday.

এখন

ফাস্ট ওয়াশ

ডিটারজেন্ট পাউডার

১ কেজির সাথে

১ টি

৫৭০

লব্ধীসোপ

ফ্রী!

#FASHION & BEAUTY

Wear your hair the French way!

French hairstyles are all about looking soft and demure. Even their bangs have a fringy texture, giving it that chic, dishevelled look that's just right. Harsh, geometric lines are replaced by texture and even a trendy bob lacks severity in French salons.

The French prefer their hair perfectly tousled, if there ever were an oxymoron. Ramrod straight hair is a fashion faux pas to them, almost an atrociously fool-proof way of making hair look limp and lifeless. More and more women in that part of Europe are opting for softer ends to their haircuts, going for the poetic option rather than the more realistic, straight-out-of-a-salon look. They prefer some natural bounce and movement in their hair, carefree, but never careless.

When going for the famous French fringe, French hairstylist David Mallett says that the trick is in how it's being cut — with frayed ends and edges. It needs to look comfortable, like the ends of well-worn jeans, fresh and natural, and not at all like a recent trip to the salon!

For every day look, the classic Frenchwoman likes her hair naturally beachy and wavy and so they use their hair straighteners sparingly and more often than not, to create that windblown effect rather than anything else.

Even when it comes to colouring their hair, severity and glare is not for the French. Instead of a head full of very defined and uniform highlights, they often go for an expertly subtle touch — darker at the roots and progressively lighter at the edges. It needs to look real, and well blended, easy, and not something that has been overtly done up at the salon.

Every man or woman who claims to understand fashion knows that the effortless look, really needs the most effort to create and maintain it. The French excel at this genre of style and wear it like a crown, but their well-kept beauty secret is gradually being passed around to others in the industry as more and more women give up the harsh, obviously sculpted looks for more natural, messy styles that look fresh, timeless and more convincingly beautiful.

By Munira Fidai

Photo: LS Archive/Sazzad Ibne Sayed

