













EVERYTHING IS ONLINE GROCERY ON DARAZ C



EASY NOODLE RECIPES
MR NOODLES INSTANT FOOD P10

PHOTO: SAZZAD IBNE SAYED



FOOD AND STYLING: RBR



Easy Lifestyle changes for a productive Ramadan



Every year, the arrival of Ramadan creates buzz and excitement of different kinds in all parts of the society. Our everyday lifestyles change for a while, and people look for ways to make the month most productive in all things they do. One aspect of Ramadan is definitely healthy living and easy cooking, but it is undeniable that the Eid festival that marks

the month's end is also a major component of people's plans of the month— what to wear and what to cook being the basics of it. Here we have a number of piece offering easy refreshing recipes, and e-commerce shopping, all to make your Ramadan more fruitful by saving as much time as possible!

LS Desk







#RECIPES AND FOOD

Rejuvenate your soul with ISPI

Ramadan coinciding with summer this year means we have to take extra care about hydrating, which makes refreshing drinks during iftar a must! ISPI Powder Drink is a delicious instant powder drink from the house of Ispahani that is available in two flavours - mango and orange. These can be perfect iftar companions throughout this

Only high-quality ingredients go into the preparation of ISPI Powder Drink that are imported from various countries. ISPI Powder Drink is also enriched with essential vitamins that not only quench thirst, but also rejuvenates the soul after a long day of fasting, making it an essential pantry staple.

Although ISPI is delightful in taste as it is, there are a variety of refreshers you can prepare using the powder drink. Here are some delicious ways in which you can use ISPI Powder Drink this Ramadan.

SUNSET MOCKTAIL

Ingredients

1 pomegranate 2 tbsp ISPI Mango Powder Drink 2½ cups water Pinch of black salt Crushed ice Handful of mint leaves

Take out the pomegranate arils and blend them with half a cup of water. Pass the mixture through a fine mesh sieve to remove the seeds completely. Dissolve ISPI Mango Powder Drink with the remaining two cups of water and add a pinch of black

Place crushed ice in a glass and pour the pomegranate juice first. Then carefully pour the mango juice mixture and they shall reverse colours creating an ombre effect. Serve chilled!

STRAWBERRY MANGO MOCKTAIL Ingredients

5 - 6 strawberries 2½ cups water

2 tbsp ISPI Mango Powder Drink 1 lime

A handful of mint leaves

Method

Blend the strawberries with half a cup of water to get a fine puree. Mix ISPI Mango Powder Drink with two cups of water and dissolve completely. Combine both the mixtures to get a homogenous concoction. In a glass, muddle slices of lime with mint to extract their juices and flavours. Pour the mocktail over this and stir. Lastly, garnish

with a sliced strawberry or lime on the rim of the glass.

ORANGE PUNCH

Ingredients

2 cups water 2 tbsp ISPI Orange Powder Drink

1 thumb ginger

1/2 tsp salt

1/2 tsp black pepper

Pinch of cumin powder A handful of mint leaves

Method

Dissolve ISPI Orange Powder Drink with two cups of water. Finely grate one ginger thumb and add it in. Add a pinch of each salt, black pepper, and cumin powder. Lastly, tear some mint leaves and throw them in. Whisk everything together to combine all the flavours. Serve this as it is or chilled over ice.

ORANGE MOJITO

Ingredients

1 lime

A handful of mint leaves

½ tsp salt

1½ cup water

1 tbsp ISPI Orange Powder Drink 100 ml lime soda

Orange wheels

Cut the lime into thin wheels and muddle them with mint leaves and salt. In a pitcher, along with these, drop a few orange wheels and ice cubes. Mix ISPI Orange Powder Drink with water and add it to the mixture. Finally, pour in lime soda and enjoy chilled.

FRUIT ICICLES Ingredients

1 kiwi

1/2 cup blueberries

6 – 8 strawberries

2 cups water

1 tbsp ISPI Orange Powder Drink

1 tbsp ISPI Mango Powder Drink

Dissolve ISPI Orange Powder Drink with one cup of water and ISPI Mango Powder Drink with another cup of water. Dice the kiwi and slice the strawberries into little pieces. Fill your popsicle moulds with the triad of fruits till the top. Pour the juice mixtures alternatively to cover the mould entirely. Freeze them overnight or until they are completely frozen.

By Fariha Amber Photo and Food: Fariha Amber #FOOD

Ramadan delicacies made to taste better with Sauces

We love to have our favourite iftar items when we break the fast, delicacies like piyaju, alur chop and chhola add that satisfying feeling to satiate our cravings. For the iftar items to taste even better, we need condiments that boast quality along with the taste. Fortunately for us we have sauces, which in addition to elevating our foods delicious factor, have become a staple, be it on our dining tables or in the kitchen, to go with the food.

Foods that go with sauces

Apart from the iftar favourite piyajus and chops, the staple of Bangladeshi snacks like shingara, samosa and pakora can't be imagined without sauces! Often a food that can be quite bland, its taste is enhanced by just dipping into the sauce. Sauces not only go with our local foods, but also Asian delicacies like dumplings, tempura, sushi's and more.

Ramadan also sees huge demands for kababs and chaaps, perfect food to use sauce with. And the best thing about sauces is that not only it can be used as a condiment, but for also as key cooking ingredients for items like chicken chilli, chowmein, pastas and more.

Sauces in Bangladesh

Not too long ago, the sauce scene in Bangladesh was full of foreign brands. While there was no question about their quality, the price was quite high so it was out of reach for many people. In recent years, our local companies have stepped up their efforts and introduced sauces that match those by foreign brands.

We now have sauces that are of international standard made in Bangladesh. Because of the local production factor, sauce prices have become more affordable, allowing any food lover to get their preferred sauces easily. Out of all the sauce companies, PRAN has become a household name thanks to its wide range of sauces and emphasis on putting food security and hygiene at the forefront.



Workers of PRAN Agro in full safety gear sorting the tomatoes for the pulping process during the tomato collecting season.

Sauce sourcing and pulping process

It's natural to be curious about how our favourite sauces are made and the steps they take to ensure quality. One such factory that takes these issues very seriously is PRAN Agro, the factory that's situated in Natore, where production of sauces takes place. The process starts from getting tomatoes from the contractual farmers, who are also provided with guidelines and training to get the best corps. From there on the tomatoes go to the pulping section, the process is similar for other kinds of sauces like chilli, tamarind and so on.

PRAN uses their state of the art machineries to sort and wash tomatoes for the pulping process. Levels of brisk and acidity are checked along with vacuum evaporation, from there it goes for sterilisation with heat treatment. Pulps are filled automatically in aseptic bags. With the pulping done, they are transported to cold storage for preserving and can be accessed any time.

Production process

The production process begins by receiving and keeping the necessary ingredients, where they are mixed as per PRAN's own recipe and are sucked into suction pumps and sent to mixing tanks. From there on the sauces are transferred to the storage silo, homogenising sauce and ketchup to make sauce uniform and transferring them to the vaccum evaporator.

To ensure food security and hygiene, sauces are pasteurised in the tubular pasteuriser. The sauce is then filled into

single bottle or jar with auto filling machines after they have been automatically washed by hot water. Metal detectors are used to look for any kind of metal substances in the sauce, while automatic machines are used for capping the bottle and jars to maintain the cleanliness. Following the labelling, the sauce bottles and jars are taped and wrapped and sent to the production floor and transported to the warehouse.

Ramadan is that time of the year when we get to break our fast with our family members together, and make delicious foods, keeping dinner and sehri in mind. So let's hope we all have a Ramadan full of healthy foods, all made better with sauces that do not compromise on food safety and security.

By Feda Al Hossain





NEED & OCCASION, Daraz is the Solution!



With Ramadan and Eid coming along soon, we prepare ourselves to take on the season with vigour and excitement. To fulfil all our Eid requirements of fashion, make-up and groceries, Daraz is presenting a range of quality products from our favourite brands at affordable prices! Starting from everything needed to present ourselves fashionably and elegantly to the produce needed to prepare a bountiful feast, Daraz is the one platform needed to meet all demands!

A part of Eid is the way we dress and present ourselves and share a heartfelt meal with our loved ones. Daraz is going the extra mile with a wide range of special discounts and vouchers to make sure customers can dress their best and feast their hearts out without any extra worries. The platform allows customers to shop within the comfort of their own homes without any compromise



on shopping for Eid essentials. Better yet, they can have this wardrobe delivered right to their doorstep without having to fight their way through a crowd or bargaining for hours on end. Through Daraz, customers can create their own vibrantly unique Eid wardrobe by shopping from their favourite fashion brands. Popular brands such as Puma, SSB Leather, RiBANA, Lotto, Laikou, and others can be found among their

exclusive lifestyle and fashion products. It does not stop only with special Eid vouchers but Daraz

is also offering
free shipping
for fashion
products.
The first
step in Eid
preparation
is the perfect
wardrobe
with the
perfect
outfits and

complementary

accessories. Daraz

is introducing a myriad of stylish and fashionable products.
Starting from an extensive and diverse range of cotton and chiffon headscarves, formal wear, and traditional clothes, to sportswear for the fitness fanatic, Daraz has something for everyone's personal aesthetic. Keeping in mind the excitement and joy children are filled

with during Eid, Daraz also has a wide collection of children's clothing. Additionally, Daraz has not forgotten about footwear and includes a collection of stylish sneakers, casual shoes, loafers, sandals, socks and formal shoes from popular brands like Puma and SSB Leather. Finally, an outfit is never complete without accessories. Daraz's diverse accessory collection has both minimalist and chunky jewellery. Necklaces, pendants, earrings, jewellery sets and much more are available within an affordable price range. Furthemore, a sleek collection of wallets, belts and bags are also in stock. Not only does this season entail that we

Not only does this season entail that we look out best but also that we feel our best. Daraz offers a diverse make-up line from brands like Focallure, RiBANA, and Laikou. The skincare line includes vitamin-C serums, face masks, gel masks and much more. In haircare, a wide array of serums, oils, and creams are all available to ensure that our hair is healthy, strong, and looks its best during Eid celebrations. Aside from that, cosmetics such as highlighters, eyeshadow palettes, and BB creams are available in a variety of shades. Customers can save up to 70% on healthcare and beauty products by shopping on Daraz, which also offers free shipping and seller vouchers.

Eid remains incomplete without the lavish and sumptuous food and desserts. Preparing such a feast requires the finest of ingredients which are essential to every household. Fortunately, Daraz is not only home to fashion and healthcare products but also to kitchen essentials including seeds, spices, nuts and other groceries at up to 55% discount. Chia seeds, sesame seeds, spice mix, dried fruits, saffron, nuts, snacks, beverages and many more items are available in multiple quantities and fit not only for Eid preparation, but for daily convenience as well.

With their efficient delivery system, Daraz has marked itself as a reliable and global online marketplace with e-commerce stores in Pakistan, Bangladesh Nepal, Sri Lanka and Myanmar. Daraz's delivery time within Dhaka is usually less than 3 days and within 7 days outside Dhaka. For overseas, delivery usually takes about 20-30 days.



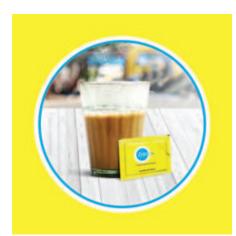


This Ramadan, make a healthy choice with Zerocal

The blessed month is upon us, and so are our preparations for iftar and sehri. After fasting from dawn to sunset, we absolutely love the first sip of our favourite cold sweet drink. While on one hand it's an absolute blessing, on the other it is like dropping a bucket of sugar on an empty stomach.

We know that sugar intake of a high amount cannot be healthy, but do we have a choice? It turns out that we do! Zerocal by Square Toiletries is a sucralose-based artificial sweetener that lets you enjoy the sweet things in life without worrying about the calorie count.

A common misconception revolving around sweeteners is that it is only for



diabetic patients. As these are sugar alternative, anyone aiming to cut down on sugar can consume them. Zerocal has also been tested against high temperatures and is completely unaffected by any such



fluctuations in it. So cooking and baking with it will neither destroy its characteristics nor its taste.

During Ramadan, when our meal preferences change, we naturally want to prepare something special. It is common for our iftars to consist of some savoury items, but at the same time many of us also follow a simple tradition of breaking our fast with something sweet in addition to sweetened drinks.

A look at the amount of calories consumed in these foods might just scare you. Juices made with lemons, fruits or flavoured drink powder, need substantial amount of sugar in them. One litre (roughly a medium-sized jug) of juice made of sugar measures from 288 to 384 calories whereas the same drink made with artificial sweeteners like Zerocal, contains only 72 to 96 calories. The measurement is as simple



as equalling one sachet of Zerocal to one teaspoon of sugar.

So, if we have the option to go for some safer, why not take Zerocal?

There is a whole array of dessert items you can make with Zerocal. In fact, if you are one with a sweet tooth and love your health, with high intake of calories out of the picture you are free to make and eat a variety of items more often. If you are still out of ideas, take a quick scan of the social media accounts of Zerocal for numerous special recipes. Every year during Ramadan, the team behind Zerocal goes the extra mile to introduce various healthy desserts and drinks on their YouTube channel.

Why we suggest starting from Ramadan? Because this blessed month is known to bring changes in ourselves and our lives, touching every little aspect of our routine. In the face of such a change, we adapt

to a little shift in one staple item more easily than introducing it to our otherwise monotonous practices. So you can choose to bless yourself with better health during this Ramadan.

In our journey towards a healthy lifestyle and better weight, there are times when we are held back by sugar simply because it is unavoidable in our daily lives. Morning tea, a quick coffee recharge at the office, a cool drink on a hot day— just cannot function without sugar. However, the compact packaging of Zerocal allows you to keep a sachet or tablet box with you at all times. Your beverage will taste the same without interrupting you weight loss journey.

Now, it must be remembered that trying to change a lifelong habit is not easy. If this big step is followed by a bitter aftertaste of artificial sweeteners, we will ultimately seek out our dearest sugar again. Thankfully Zerocal prioritises health without compromising the taste. They have indeed lived up to their promise of offering 'the taste of sugar minus the calories.' So take a chance this Ramadan and replace sugar with an equally delicious but much healthier alternative with Zerocal.

Website:https://squaretoiletries.com/ product/zerocal/

Facebook: https://www.facebook.com/

You can also checkout some delicious recipes by scanning the code below:

By Nusrath Jahan Photo: Zerocal

Konka Mixer Grinder: The perfect kitchen solution

We love the spices in our food and home-made fruit juices at the iftar table to break our fast. Having ingredients ready for food preparations need a lot of time and effort. Thankfully mixer grinders are available to reduce the stress. Electro Mart, sole

distributor of renowned brand, Konka, has introduced the perfect solution to our cooking essentials grinding woes — the Konka Mixer Grinder. In Bangladesh, Konka has been a household name in home appliances for the last four decades. By continuing their tradition of offering quality products aimed at lessening the household workload, they have introduced the Konka Mixer Grinder, a solution for all your mixing and grinding needs in the kitchen.

What's in the box?

Straight out of the box you get the base unit machine with a powerful motor inside that has a capacity of 750 watts. Three stainless jars of big, medium, and small size mixed mate jars are provided along with a juicer jar made of transparent polycarbonate. All the jars have fixed blades and come with accessories like a spatula, juicer jar lid with fruit filter mesh, and peep lids that are used for covering the stainless jars.

Types of jars and their usages If you are craving mocktail or milkshake, or thinking

then just get to grinding with the big jar that has a capacity of 1.5 litres. Making your favourite drink is as easy as just putting the ingredients into the jar

along with the required amount of water and just switch on!

Dry grinding of raw rice, pepper, and red chillies can be done easily in the medium jar. Anyone who has experience in crushing spices by hands knows how much effort and energy is needed to turn the spices in its powdered form. Now, all you have to do is put the

spices in the medium jar, set it on the machine and start the grind! Wet grinding of lentil paste, coconut chutney can also be done in this jar.

Small but packing a punch, the mixer mate jar is ideally suited for grinding small quantities of daily requirements like coconut, ginger, raw rice, cashews among others, especially in Ramadan when ingredients like crushed chana daal is in high demand, the mixer mate jar offers a most convenient grinding

The juicer, as the name implies, is perfect for liquidising fruits. If a cup of citrus or grape juice is a part of your daily food intake or you need the healthiest drink at your iftar table, the juicer has you covered. The powerful motor can crush ice cubes easily so you can make that iced fruit juice at your heart's content!

Safety features

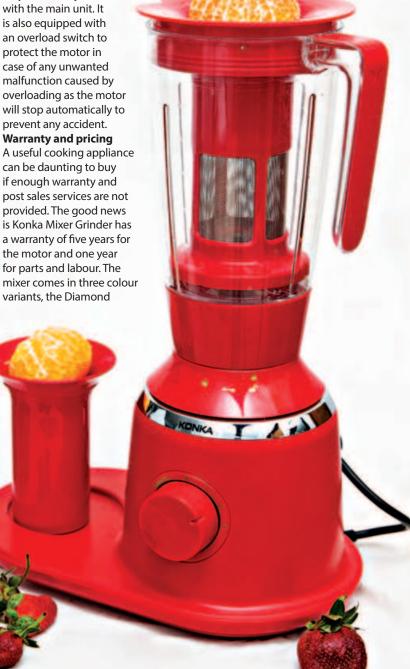
It's natural to have some safety concerns when you are operating a machine that can crush even the hardest of spices! Konka Mixer Grinder is full of safety features to put you at ease, like the micro base switch, which ensures the machine works only when the iar locks with the main unit. It is also equipped with

case of any unwanted malfunction caused by overloading as the motor will stop automatically to prevent any accident.

Warranty and pricing A useful cooking appliance can be daunting to buy if enough warranty and post sales services are not provided. The good news is Konka Mixer Grinder has a warranty of five years for the motor and one year for parts and labour. The mixer comes in three colour variant costs Tk 7490 and the Ruby Red and Ruby Black variants are priced at Tk

Konka Mixer Grinder offers a convenient and smart option that helps turning around the tiresome process of grinding spices into an easy one. In Ramadan, when delectable delicacies see a rise in demand, the Konka Mixer Grinder will ensure you will have a hassle free experience for sure.

> By Feda Al Hossain Photo: Sazzad Ibne Sayed



Quick iftar fix with Mr. Noodles Magic Masala

As we enjoy the peaceful atmosphere that comes along with Ramadan, we cannot help but wonder everyday what to prepare for iftar. Making a meal seems to get difficult, especially after a busy and hectic day at work when we have barely any time left to cook before the call to prayer.

In situations as such, instant snack solutions work as a quick fix, and Mr. Noodles . Magic Masala makes it possible to prepare iftar in no time at all. Its flavoursome taste makes for a delicious meal after a long day of fasting and there are plenty of ways in which it can be prepared.

With the addition of ingredients such as vegetables and egg, the nutrition profile can be enhanced. Mr. Noodles Magic Masala is fortified with vitamin B2 and iodine which helps to fulfil our daily nutrition intake.

VEGETABLE NOODLE SOUP Ingredients

6 cups water 1½ tbsp oil 2 packs Mr. Noodles Magic Masala

Mr. Noodles Magic Masala spice mix (included in the pack)

1/4 cup sliced mushrooms

¼ cup diced carrots

1/4 cup julienne bell peppers

¼ cup peas

1 onion, chopped

2 cloves garlic, chopped

1 tbsp white vinegar

2 tbsp soy sauce

½ tsp salt 2 eggs

Method

Sauté garlic and onion in hot oil and add mushroom, carrot, and bell pepper. Cook the vegetables with salt and Mr. Noodles Magic Masala spice mix. Once the vegetables are soft, add two cups of water and crack in two packets of Mr. Noodles Magic Masala.

Once the noodles are cooked, add the remaining water followed by peas, soy sauce, and vinegar. Let everything cook together for a few minutes. Meanwhile, soft boil the eggs and place them over the prepared noodle soup before serving.

CLASSIC VEGETABLE NOODLES Ingredients

2 cups water

2 packs Mr. Noodles Magic Masala Mr. Noodles Magic Masala spice mix (included in the pack)

½ cup sliced carrots

½ cup sliced bell pepper

½ cup sliced cabbage

1 chopped onion 2 cloves garlic, chopped 1 tbsp soy sauce 1 tbsp chilli sauce 2 tbsp tomato ketchup 1 tsp white vinegar ½ tsp black pepper Salt to taste Method

Boil the noodles in two cups of water until they are al dente and strain them. Toss them with a couple tablespoons of oil and leave them on the strainer. In a pan, heat one tablespoon of oil and sauté chopped onion and garlic for a couple of minutes.

Then, add carrots, cabbage and bell pepper and season the vegetables with Mr. Noodles Magic Masala spice mix, salt, and black pepper. Cook this for a while and add the noodles. Drizzle soy sauce, chilli sauce, tomato ketchup, and vinegar. Toss everything together to combine well and serve with fried eggs on top.

By Fariha Amber **Photo: Sazzad Ibne Sayed**



Beauty Service Owners Association of Bangladesh elects new executive committee

The Beauty Service Owners Association of Bangladesh (BSOAB) organised a press conference to introduce its newly elected executive panel for the 2021-2023 term.

This was BSOAB first ever "Meet the Press" event, and was held at the Gulshan Club in Dhaka. Kaniz Almas Khan, president of the Beauty Service Owners Association of Bangladesh, addressed the media on behalf of her organisation with some significant information and demands.

The beauty service sector is struggling to tackle and mend the losses caused due to the pandemic. We cannot deny that this industry has merely started to flourish but playing a very important role in the



development of the quality of life in the country. Furthermore, this sector is equally creating job opportunities for the minorities of the country, for example, by engaging the Garo women as skilled workers," said Kaniz Almas Khan.

She further explained, "Approximately 99 percent of the management of this sector is run by women. However, the existing value-added tax (VAT) system and the pandemic are creating hindrances for the beauty service providers, and many beauty

services have already been shut down or are on the verge of closing down. Thus, the government should reduce the VAT rate to 5% from the existing 15% on beauty parlours, spas and salon industries."

The Beauty Service Owners Association of Bangladesh has previously been recognised by the Ministry of Commerce.

At the end of the event, beauty service providers from different districts shared their struggles and hardships regarding the inconvenience of the current VAT system and the inequalities that still persist in this sector.

Bv Avman Anika

HOROSCOPE





TAURUS (APR. 21-MAY 21)

Spend time with loved ones. Give your partner the freedom they need. Don't let your emotions get out of hand. Your lucky day this week will be Sunday.



GEMINI (MAY 22-JUN. 21)

Patience will be vital this week. Work hard on improving things at home. Make plans with friends. Your lucky day this week will be



CANCER (JUN. 22-JUL. 22)

You will draw the wrong kind

of attention. Avoid unnecessary disputes. Expect changes in your living arrangements. Your lucky day this week will be



LEO

(JUL. 23-AUG. 22)

Take advantage of moneymaking ventures. Have a heart-to-heart with family. Focus on your domestic scene. Your lucky day this week will be Thursday.



VIRGO

(AUG. 23-SEP. 23)

Don't invest in shady ventures. Control vour emotions at work. Keep a cool head during any crisis. Your lucky day this week will be Thursday.



LIBRA (SEP. 24-OCT. 23)

Don't get involved in any financial ventures. Focus on projects that improve your self-image. Friends may not be too loyal. Your lucky day this



SCORPIO

week will be Tuesday.

(OCT. 24-NOV. 21)

Avoid disputes with your partner. Focus your energy into productive work. Romance opportunities can arise through colleagues. Your lucky day this week will be Monday.



SAGITTARIUS

(NOV. 22-DEC. 21)

Make plans that allow you to save money. Finish pending projects quickly. Relationships will be erratic this week. Your lucky day this week will be



CAPRICORN

(DEC. 22-JAN. 20)

Avoid being misunderstood. Make plans to travel this week. Try not to draw too much attention to yourself. Your lucky day this week will



AQUARIUS (JAN. 21-FEB. 19)

Don't overexert vourself in any physical activity. You'll make new friends this week. Visit friends or relatives. Your

lucky day this week will be Sunday. **PISCES** (FEB. 20-MAR. 20)



Focus your efforts on work. Keep any mood swings under control. Problems with in-laws will be quite troublesome. Your lucky day this week will be Friday.







IT'S OK TO GET STUCK WITH SLOW INTERNET BUT NOT WITH TEETH SENSITIVITY

Beat sensitivity fast*



Works in 60sec

When used as directed, individual results may vary.*Consult your dentist for more details on tooth sensitivity. *With twice daily brushing. Trademarks are owned or licensed to the GSK Group of Companies. © 2022 GSK Group of Companies