

VOLUME 21, ISSUE 42, TUESDAY, APRIL 12, 2022
CHAITRA 29, 1428 BS

Star

LIFE

Style

E-mail: lifestyleds@yahoo.com
64-65 Kazi Nazrul Islam Avenue, Dhaka-1215.
A publication of The Daily Star

A Baishakh *in* RAMADAN

STANDING OUT WITH PANACHE
DURJOY RAHMAN AND REPRESENTING BANGLADESH P4,5
WHAT'S IN THE CURRY?
FISH, OF COURSE! C
WHAT TO MAKE ON BOISHAKH?
TRY THESE FOR IFTAR P8,9

PHOTO: SAZZAD IBNE SAYED
MODEL: SIMMI
WARDROBE: KUMUDINI
MAKEUP: SUMON RAHAT
STYLING: SONIA YEASMIN ISHA

চারিদিক উজ্জ্বল
বাড়ি হবে ঝলমল



সুপার প্লাস লুক



পানি ও আগুন প্রতিরোধক


BERGER
Trusted Worldwide

Pahela Baishakh is back

It is a Bengali festival like no other, for Bengalis and Bangladeshis of all walks of life feel pulled to the festivities for its traditional charm. Simple rituals like having traditional and culturally relevant cuisine, dressing up in bright splashes of colours or pristine whites,

wearing flower jewellery...all of it allows people to feel in touch with the Bengali part of most of our now globalised souls.

While the pandemic robbed us of the celebrations for two years, this year Ramadan has brought a different flavour to

the festival. What to do, then? Easy, switch the festive spread to iftar, and celebrate with your loved ones none the less.

Make the quintessential Bengali "*machher jhol*" for sehri and "*kacha aam er shorbot*" for the iftar. Snack on a "*moa*" or some

"*murki*," or some *panta*, if you wish. Dress to impress in the colours of Baishakh, which are many and vibrant, and let the joy touch your soul.

– LS Desk



Like us on [Facebook](#) /Sandalina

ঐতিহ্যের আর এক তাম্র আধুনিকতা
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

স্যান্ডালিনা
সোপ

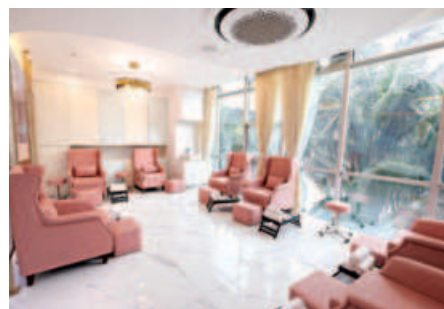
রূপচর্চায় আভিজাত্য...

KOHINOOR CHEMICAL

Persona relocates Banani outlet

For the past 25 years since its inception, Persona has been a reigning name in the beauty industry. Owing to their quality services that are provided with precision and perfection, Persona only strives to do better in terms of serving their clientele. Furthering this notion, Persona's Banani outlet has recently been relocated and revamped.

Kaniz Almas Khan, owner of Persona stated, "The previous outlet had some limitations that were preventing us from



beauty arena, it is like a slice of Europe right here in Dhaka.

Shaon Tanvir, Business Development Director at Persona said, "Nowadays, it is not only about makeup, but maintaining and enhancing what you already have. With our wide range of services, we offer something for everybody. We can seamlessly cater to everyone's preferred price and convenience of time, whether they opt for a bridal makeover or corporate look." Experience Persona like never before in the newly



offering the best possible service to clients. We are hopeful that with the new outlet, which features some of the most cutting-edge facilities, we will be able to deliver on the promise of a soothing experience."

Truly enough, the new outlet is the perfect environment to de-stress and relax. The interior is the perfect amalgamation of comfort and convenience. The systems for ventilation and fresh air injection

ensure a refreshed atmosphere all the time. Furthermore, the usage of diffused lighting makes for a cosy affair.

Be prepared for an instant change of atmosphere as you walk into the beauty parlour that has a fresh new avatar with a functional layout. Officially relaunched on March 30, 2022, the 5000 sq. ft. marvel has been divided into five sections in order to provide the best of services to customers.

The cutting section is dedicated for hair cutting, treating, and colouring that is adjacent to the area designated for shampooing, which allows for efficient services. The makeup section is neatly arranged with a subsection for bridal makeup. Attaining these services from internationally trained artists and stylists makes the experience even more worthwhile.

Pass by the manicure and pedicure section and the setup will instantaneously

invite you to avail a quick cleansing — such is the refreshing and welcoming vibe it has. Persona caters to a large group of clients offering services for everyone, ranging from a quick facial to deep cleansing. The orderly and tranquil facial section is dedicated to people seeking such services.

Lastly, the wellness section has to be the best in the bunch! The private sections for individual pampering sessions are replete with starry lights on the ceiling. Spending an hour or two in this relaxing environment while getting a facial alongside massage from expert hands will transport you to a completely different place.

In the revamped outlet, experience the epitome of relaxation and pampering like never before. The entire spatial layout has been designed to ensure a seamless flow of services that reflects years of experience. Taking inspiration from the European



relaunched Banani outlet. Geared with over 80 employees waiting to serve you, you know where to head for a day of relaxing and de-stressing. The operating hours are from 10am to 8pm every day.

By Fariha Amber

Photo: Persona

Address: Khaja Palace, House 76/B (Second Floor), Road 11, Banani

EVENT

Monno Ceramic presents Grand Eid Exhibition 2022 in Chattogram Radisson Blu

Shopping during Eid sometimes turns into an unpleasant experience with the crowd, heat, and incessant bargaining. Having one place to shop for yourself and friends and family is quite rare. For the residents of Chattogram, this is no longer an issue! The 3-day long fair styled Monno Ceramic presents Grand Eid Exhibition 2022, starting from the 14th April, is the most hyped event of the season.

Organised by Manzuma Murshed, the founder and CEO of M&M Business Communications, the fair will host 80 stalls which will all be under the same roof in one of the biggest halls of the Radisson Blu Chattogram Bay View. Monno Ceramic is the title sponsor of the event, and Veneto Furniture is the gold sponsor. Partnering with The Business Standard, ICE Today, Bengal Tea from City Group and FnF Photography, the Grand Eid Exhibition 2022 promises convenient Eid shopping in comfort from 11am to 11pm.

Manzuma has been working in the education field almost her entire life. In her journey as an education consultant, Manzuma has a penchant for organising various exhibitions. As such, she has been organising this Eid fair since 2018. Given her dedication and reliability, the fair has now become something the residents of Chattogram and Manzuma herself look forward to every season.



"When I am in Dhaka, I cannot always go to two or three shops to buy gifts and other Eid necessities. Additionally, not everyone can go out and invest so much time in shopping nor does everyone have access to a good, quality collection," says Manzuma. With these concerns, Manzuma aims to make shopping convenient for the residents of Chattogram and give them access to a wider and authentic range of products.

Hosting the event in one of the biggest halls of Radisson Blu Chattogram Bay View, the intention is to allow shoppers to get their Eid shopping done in one spree. Each of the 80 stalls brings something unique to

the fair. Starting from clothing, jewellery and accessories to home decor, crockeries and other lifestyle products, all Eid necessities will be present under one roof.

To ensure the best of the best products, Manzuma herself goes through each and every business which approaches her to participate in the event entailing that reliable businesses can display their products. With such determination and passion, Manzuma with her experiences in organising fruitful events is introducing a more reliable, convenient and comfortable shopping hub.

"We have a tradition of giving gifts in Chattogram, not just to our close and

distant family members but also to our friends, especially during Eid. Shops tend to remain open till Sehri," says Manzuma. Keeping this tradition in mind, this event allows shoppers to have a more relaxing experience. Additionally, to give residents of Chattogram more variety, the stalls will also include renowned brands from not only the city but also from Dhaka, India, Pakistan, Dubai and more. "This variety of collections makes the event more attractive in Chattogram," she adds.

What sets this Eid event apart is how it gives a platform to online businesses with no physical stores. Additionally, the majority of stalls are all female-run enterprises and such, this event is also a platform for female entrepreneurs. Open to everyone, this fair has something from everyone. "I don't just bring high-end brands to this event. Even in an affordable price range, you can find quality and standard products. So, the fair is for all kinds of people. However, the products have to be standard and nice," she adds.

The event will welcome Khadijatul Anwar Sony MP as the chief guest at its inauguration. The fair promises a wide range of products for the residents of Chattogram with hassle-free shopping experiences for shoppers, all under one roof!

By Puja Sarkar



Living the fashionable life with Durjoy Rahman

Durjoy Rahman, a multifaceted man with the heart of a philanthropist has donned many hats in his ongoing journey. From being a co-founder of one of the oldest textile and garment sourcing companies in Bangladesh, vintage and antique collector to promoting South Asian art and artists to global audiences through his foundation, Durjoy Bangladesh Foundation, based in both Berlin and Dhaka, the debonair man has done it all when it comes to being distinct.



While shuffling through his roles, he also takes pride and finds solace in putting together his ensembles for every occasion. Star Lifestyle sits with Durjoy Rahman and goes in-depth about his process of being chic.

Do you consider yourself flamboyant?

My identity is Bangladesh and there is nothing more flamboyant than being a patriot. I wore a Bangladeshi hand-stitched quilt vest at an event in Berlin. Many found the vest interesting due to its design and many asked about its origin. Those are the moments where I beam with pride and flamboyance. My philosophy is to be



distinct very politely with your own sense of fashion in a crowd and that makes me flamboyant.

What is your colour fascination?

It has to be red, yellow, and white. But mostly red. Being a rebel has always been my second nature and the colour red represents that. This colour fascinates me to the point where I try to incorporate that into my everyday life. Painting the walls of my office lounge or exhibiting red trousers at a social event. I have done it all.

When it comes to being mellow, I do not shy away from wearing all white. A complete neutral colour. I resonate only with either end of the spectrum, “Bold or Mellow”. We usually misconstrue the essence of being bold into being loud. However, I try to put that notion on the right track.

Whose couture were you inspired by?

There’s an eloquent sense of fashion in the bygone eras. To this day I take inspiration from the stars of those times. If I had to specify, Gregory Peck, Roger Moore, Uttam Kumar and Nayok Raj Razzak knew how to dress. Their magnetism and elegance would put you into a trance. They were the

epitome of suave and the initial inspiration for me.

Who’s your fashion idol?

As I grew more fascinated with the world of fashion, the creative endeavours of Gianni Versace, Pierre Balmain, Giorgio Armani and, last but not least, Karl Lagerfeld intrigued me enough to venture into my own sense of fashion. Knowing about them back in the day would serve you as a great conversation starter or ice breaker.

Being a man of finesse and culture, how do you define your taste in fashion?

I would wear anything that has a story behind it. Anything that invokes emotion in me. From wearing a Bangladeshi Katha Stitched Vest, a belt from a street peddler in Berlin or an Army Jacket from an army memorabilia shop in Moscow— they all have a bit of history with them.

“Be distinct but tolerant,” would be my sense of fashion if you put it into words. The motto “standing out in the crowd” is something I admire and even follow to this day. However, I always make sure not to be too eccentric. You do not want to be a fish out of the water.

When you’re travelling, how do you plan out your sets of attires for the entire trip?

It depends on the purpose of my travel. Being a frequent flyer myself, I start with attires that are comfortable and are easy to breathe in during long-haul flights. It is imperative for me to be professional and dignified when I land due to people greeting me or joining an impromptu meeting right away.



That being said, two or three decades back, you would see me wearing shorts and slacks, like the Americans, on my flights. However, you will not see me in that anymore (laughs). There are phases in life where you learn to let go of things you fancy.

During the daytime, I try to play it safe by wearing a khaki or beige coloured ensemble. You can never go wrong with it until evening. You can even be in meetings without feeling out of place. At the end of the day, I set my attires according to my itinerary.

Stealing the show in the Dhaka party scene, how do you plan it?

Whenever I attend any occasion, I always tend to treat it as an event. Dressing appropriately is imperative but being identifiable also takes precedence. All these efforts are made to respect the host. If the host can go through all the trouble to make arrangements for a group of people and me, the least I can do is honour the host with my chose of clothes.

Where do you see the fashion scene of Dhaka in the next five years, how would you contribute to it?



Bangladesh is currently on its way to becoming a middle-income country. Hence the growth of the fashion industry is inevitable. However, it has to project a sustainable growth pattern.

If I have the opportunity to contribute to its sustainability, I would do so by requesting all fashion designers to be an example of humility. You have to possess the ability to respect your work, your peers and your clients during your journey as a creator. There



must be a positive vibe and a nurturing environment in a creative field such as the Fashion industry in order to be sustainable.

By K Tanzeel Zaman
Photo: Sazzad Ibne Sayed
Model: Durjoy Rahman
Wardrobe: Durjoy Rahman personal and Kuhu Plamondon and Chandana Dewan
Makeup: Sumon Rahat
Styling: Isha Yeasmin



SCAN US



Website



Facebook



Shop Location





Opening Soon

WAR

www.saralifestyle.com.bd

Helpline: +8801885 998899

MACHHER JHOL

Story of the Bengali FISH CURRY



Some like it watery, cooked with large tomatoes and spiced with fiery red chillies; others prefer a thick, mellowed version with vegetables tossed in it. There are cooks who will vouch for the tradition of frying fish before adding on the gravy, others stir fry the spices in water before adding the freshly cut fish pieces in it. Which is a better method to prepare fish curries? Who is to say?



Long before the Jamuna bridge came to use, the only way to reach the northern districts of Bangladesh, like Nilphamari, was by bus through Aricha and across the river Jamuna on ferries. It was a long wait often taking two hours to eight hours just waiting for the ferry!

What made those long waits worthwhile was the food served at the shanty restaurants dotted on the sides of the road leading to the *ghat*. The eateries would have large woks at the entrance, each filled to the brim with mouth-watering curries — fish, egg, and chicken.

At the *ferryghat*, rice and watery curries were staples. My father was especially fond of the food served there, and everytime we were travelling to Nilphamari, he made it a point to feast at the restaurants along with us children. No matter how much mother wanted to discourage him, it was all in vain!

Enthused by the flavour of the curries, father inquisitively asked about the preparation of the food, especially the secret behind the bright red colour of the curries. The answer he got was that the gravy is prepared from a simple paste of turmeric, red chilli, and onions! Mother tried and tried again to replicate that red fish curry at home, but never quite succeeded. That distinctive whiff of the fish, and that bright red colour were always missing.

Amma was certain the secret ingredient in making that watery, red curry has remained a secret with the restaurateurs!

Having the curry at the *ferryghat* was nothing short of a family ritual, but if we ever missed it, there was always the food on the steamer or on the ferry itself. No matter which dish one opted for, the chicken or the fish, the gravy and the rice and daal were free! One could eat to heart's content.

People who still travel long distances to the southern regions of the country can get the taste of that heavenly food. Some teased that the recipe to the delicious taste was the riverwater itself!

Although it has been proven impossible to replicate that distinctive flavor of the curry at the *ferryghat* that is not to say that the technique in making delicious *macher jhol* has not been mastered.

Fish curries remain one of the most favoured dish for Bengalis. A word of caution though, making the gravy light does not mean one can add endless pints of water. Creating the right balance is an art in itself, and takes a while to master.



Who can forget the taste of hilsa cooked in a light broth using just turmeric, red chillies, salt and some onions? The *ilish* curry itself has many variations, which cooks across Bengal have seasoned over centuries. The gravy is often thickened to one's

liking by simply adding potatoes, pointed gourd, green bananas, or large cucumbers. There are many who use mustard oil, green chillies and poppy seed paste to reduce the gravy. No matter what ingredients are used, one of the basic requirement for the dish is the fresh fish from the river.

One does not require a hilsa to make the dish tasty. Koi, magur, shing, or shol— cooked with potatoes, eggplants, cauliflower and tomatoes, and steaming white rice can also do the trick.

The technique of cooking fish varies from one region to another and depends on using the spices in the correct proportions. In our neighbouring districts of northern Bengal, cooks sprinkle jeera powder and that simple hack completely changes the taste of food. And, of course, some

use lentil fritters to thicken the dish.

The mystery in cooking the perfect fish curry not only lies in the amount of water used, or the fish itself. A lot also depends on the vegetables. Although tomatoes and potatoes are commonly used, how many of you have relished on the traditional food of bitter gourd cooked with small fish in a light gravy? One needs to taste the divine dish to appreciate the subtle use of the vegetable to change the taste of the food. The trick is simple, the bitter gourd in cut and salt rubbed on its surfaces to drain the bitter juice out. Although this does not take away the signature taste of the bitter gourd completely, adding all the ingredients takes the dish to new heights.

Before I end, I would like to pose one question to the readers. Is there an ideal way to cook fish? If you are a Bengali, the answer to the question is a simple no. Rivirine Bangladesh is a source of abundant variations of fish, and each region has developed their own unique way of cooking them. There was a time when resources were geography bound, but as more and ingredients are found equally across the country, regional variations are being tried out across the country. This has added variations in the way we cook fish, especially the *majher jhol*, the curry.

Based on the article, "Ghater jhol theke ghorer jhol: radhte parle shobie mojar" by Shahana Huda Ranjana.

**Photo: Sazzad Ibne Sayed
Styling and Food: RBR**

DESHI MIX

SALINA PARVIN



A Baishakhi iftar

Iftar on the very first day of Baishakh? A challenging task indeed for anyone who is responsible for planning or cooking the food in the house! Normally, one would consider a dish of *panta-ilish*, *shutki*, and different kinds of *bhortas*. As an alternative, *luchi/puri*, *pitha* and *sandesh* could have been thought of. But during the month of Ramadan, it is not that simple. One needs to carefully take into account the season and the fasting period.

Here is a selection of recipes that could be prepared for iftar on Pahela Baishakh.

CHARRED GREEN MANGOSHERBET

What is Pahela Baishakh without a glass of fresh green mango sherbet? It is refreshing, appetising, and super nutritious. It is also good for the stomach and the digestive system.

Ingredients

4 large green mangoes
½ tsp rock salt
1 tbsp mint leaves
4 glasses of water
Sugar to taste
Sea salt to taste
1 tsp *chaat masala*
Crushed or ice cube

Method

Wash and burn the green mangoes on a gas oven in low heat. When done, peel off the skin and remove the seeds. Blend all ingredients except ice, until smooth. Now pour in the glasses and add ice to it. Garnish with the mint leaves and serve.

PURI

These sinful, deep fried, puffed breads are most commonly served during breakfast. Puris are little discs of whole wheat dough that are deep fried in hot oil or ghee. Due to the steam they puff up and in a few seconds you have the most delicious fried bread. They are an indulgence, but worth every little bite.

Ingredients

2 cup whole wheat flour
2½ tbsp oil
½ tsp salt
½ cup water
Oil for deep frying

Method

Combine flour, salt, and oil. Rub everything together. Slowly add water and only as much as you need to make a tight dough. Knead for 5-6 minutes, form a ball, coat the ball with half tsp of oil. Set it aside. The dough should be stiff enough to roll without flour. Divide the dough into 10-12 parts. Roll these into balls between the palms of your hands until they are smooth and without cracks. Take each ball of dough and roll into 4-5 inch discs. Heat oil in a wok. Put the puri into hot oil, and using a spatula, immediately start ladling hot oil on top of the *puris*. When it puffs up fully, flip the puri over and cook the other side until

light brown. Drain oil on paper towels and serve hot.

ALOORDOM

The combination of aloordom and puris is one of my most favourite dishes for breakfast. This combo is very popular in every Bengali household. You can include this meal any time of the day.

Ingredients

½ kg baby potatoes
¼ cup mustard oil
1 tsp chilli powder
½ tsp turmeric powder
½ tsp *panchphoron*
1 tsp cumin powder
1 tsp ginger paste
3 tbsp yoghurt

1 tsp sugar
2 pcs cardamom
Salt to taste

Method

Boil the potatoes and peel each one of them. In a heavy bottom pan, heat 2 tbsp oil. When the oil is hot, add a pinch of salt and turmeric powder to it and shallow fry the potatoes till they are slightly roasted. Keep all potatoes aside. In a same pan, add 2 tbsp oil. Add the *panchphoron* and let it splutter a little. Now add rest of the turmeric powder, chilli powder, cumin powder, ginger paste and salt with little water. Cook it for few minutes. Now add roasted potatoes, sugar and little more water. Bring to a boil. Cook for five minutes with the lid on. Finally add the yoghurt and cardamom. Cook for a few minutes till it all comes together. Serve it with puri.

FLATTENED RICE PULAO

Flattened rice, pressed rice, chira — it is a very good source of iron and quite easy to digest. The addition of chicken, vegetables and spices, makes it a very tasty and filling dish.

Ingredients

1 cup pressed rice, thick variety
½ cup mixed boiled vegetable (green peas, carrot, potato)
½ cup chicken, cut into small cubes
1 tsp ginger-garlic paste
¼ cup grated onion
3 green chillies
¼ tsp turmeric powder
½ tsp red chilli powder
¼ tsp cumin seeds



½ tsp *garam masala* powder
1 tbsp chopped coriander leaves
Salt to taste
1 tbsp ghee

Method

Wash and drain the pressed rice. In a vessel put in the pressed rice and sprinkle a little water and keep it covered. Heat ghee in a pan and add cumin seeds. When it splutters, put onion and sauté until golden brown. Add ginger-garlic paste and fry for 1 minute. Add chicken, salt and all the spices to it. Add one-fourth cup of water. When water dries up add boiled vegetable and cook until it loses its raw flavour. Add pressed rice and mix it. Lower the flame and cook for few minutes for the flavours to blend. Remove from heat and serve garnished with coriander leaves.

COCONUT MAWA BARFI

Ingredients

1 cup desiccated fresh coconut
2 tbsp ghee
½ cup sugar
¼ cup *mawa*
¼ cup milk
¼ tsp cardamom powder
Nuts for garnishing

Method

Grate the *mawa* using a fine grater. Firstly, grease a tray with ghee and set aside. Now heat ghee in a heavy bottom non-stick pan. Add *mawa* and sugar to it and mix gently. Add milk and mix. Cook on low flame for 2 minutes. By now *mawa* should start to melt. At this point add the desiccated coconut and cardamom powder and stir well. Keep stirring continuously for 4-5 minutes. Once the mixture thickens switch off the flame. Now transfer it to a greased tray and pat it gently. Garnish it with chopped nuts and set it aside for 1 hour. Once cool, cut into desired shape and serve.

MURALI

Muralis are crunchy, white, sugar coated sticks that are great as snacks. These can be stored for long in air tight containers, and just like nimkis, taste great with tea.

Ingredients

2½ cup all-purpose flour
2½ tbsp milk powder
Water as needed
Oil for deep frying
2 cups sugar
½ tsp baking powder
Pinch of salt

Method

In a bowl, pour flour, milk, baking powder, and salt. Mix well and add water to it. Knead well and make the dough. Make four parts from the dough. Roll each part out with about ½ inch thickness. Then cut the slab into finger long sticks. Now heat oil in a pan. Deep fry the sticks on low heat until crunchy. Make sure these do not turn red.

For the sugar coating —

In a saucepan, mix 1 cup of water with sugar. Stir on medium heat to make thick syrup. Then add the fried sticks. Mix well. Allow the sticks to cool. Store and serve.

MURIRMOA (PUFFED RICE BALLS)

Ingredients

250g puffed rice
700g jaggery
2 cups water

Method

Dry roast the puffed rice in a cast iron skillet for about a minute. Take them out from the skillet and keep aside. Place jaggery and water in a pan. Dissolve the jaggery over low heat. Once the jaggery dissolves, increase the heat and bring it to boil and cook over full flame until a two-thread consistency is reached. Mix in the puffed rice quickly into the mixture. Take it off the heat and let it cool for a while. Make round balls by moistening the hands if the mixture is too sticky. Leave it to cool and serve.

MURKI

This is a simple dish made from khoi and jaggery. The popular in both Bangladesh and West Bengal. In West called 'upra' and during festivals.

Ingredients

250g *khoi* (popped rice)
250g

sweet dish made from jaggery. The popular in both Bangladesh and West Bengal it is prepared

grated jaggery
1 cup water
1 tbsp ginger juice

Method

Pour 1 cup of water in a pan and add jaggery. Keep the pan on medium flame. Keep on stirring until the jaggery becomes sticky. Now switch off the gas and after three minutes add *khoi* and ginger juice. Mix continuously with a spatula for the proper coating of jaggery. Allow it to cool down. After cooling, store *murki* in an air tight container.

NIMKI

Nimki, also known as 'namak para,' is a traditional Bengali snack made of white flour. It is a tasty, light, crunchy snack that can be made anywhere, any time without much hassle. The best thing about nimki is that it can be stored for a long time without using any kind of preservatives.

Ingredients

2 cups white flour
½ tsp *kalojira* (aniseed)
4 tbsp ghee
½ cup water
Salt to taste
Oil for deep fry

Method

In a bowl, mix flour, salt, *kalojira*, and ghee. Now add water to it and make a dough. Keep it aside. Covered with a wet cloth for 15 minutes. Roll the dough into thin *chapatis*. Cut them into shapes of your choice with a knife. Now heat oil in a pan. Deep fry the *nimkis* on low heat until they turn light brown and crispy. When done, remove from heat and set aside on a paper towel to drain oil and cool. Store in an air tight container so that it lasts long.

Tip: Make sure you fry nimkis on low heat. If the flame is high the nimkis will turn brown quickly and will remain raw and soft inside.

GOJA

Ingredients

2 cups refined flour
1 cup

sugar
A pinch of baking powder
2 tbsp ghee
2 green cardamom
1 tbsp lemon juice
Salt to taste
Oil for deep fry

Method

Combine sugar, water and cardamom pods in a heavy bottom pan. Bring to a boil. Stir frequently. As the syrup thickens, reduce the heat and test the consistency. Once the sugar syrup has reached a two-string consistency, turn off the heat and add lemon juice (this prevents the syrup from crystallising). Keep warm.

In a bowl mix flour, salt and baking powder. Add ghee and work it well into the mixture. Add water little by little and knead until a stiff dough is formed. Divide the dough into equal portions and using rolling pin roll out into ovals. Make several slashes on the ovals with a knife or a fork. Heat sufficient ghee or oil in a pan and deep fry the *gojas* until light brown and crisp. Remove with a slotted spoon and place on an absorbent paper to remove excess oil or ghee. Dip the fried *gojas* in sugar syrup. Coat rapidly and remove quickly. Toss till dry and crisp.

COCONUT TEEL PITHA

Ingredients

1 cup rice flour
½ cup plain flour
½ cup roasted sesame seeds
½ cup freshly grated coconut
1 cup sugar
1 cup milk
2 tbsp butter

Method

Combine the milk, plain flour and rice flour in a bowl and whisk well so that no lumps remain. Keep aside. Combine the sugar, sesame seeds and coconut in a bowl. Mix well and keep aside. Heat a non-stick pan and grease with little butter. Pour 2 tbsp of batter and spread to make a small round thin *pitha*. Cook lightly on both side. Spread 2 tbsp of coconut-sesame mixture on half side and cover with other half to form a semi-circle. Repeat the same to make more *pithas* using remaining ingredients. Serve immediately.

Photo: Sazzad Ibne Sayed
Styling: RBR
Food: Selina Parvin





5 healthy eating habits for Ramadan

The holy month of Ramadan is here with an abundance of blessings. During this month, we must bear in mind the need to eat healthy and balanced meals that help in taking care of our bodies as fasting offers an excellent opportunity to strengthen our digestive system.

The irony is, instead of focusing on cleansing our body along with our spirit, we go the opposite way of overindulging on rich, heavy foods. The overly fried foods, the excessively sweet desserts make us bloated, sluggish, and uncomfortable. For people who suffer from frequent weight gains or are prone to inflammatory diseases, it gets worse. So to combat these negative aspects this Ramadan, we have some healthy eating tips for you.

Stay hydrated

With fasting taking place in a very hot humid weather of ours, it's of paramount importance to stay hydrated after iftar. Start with a glass of water, along with fruits like tangerine, watermelon, apples and so on. You can also add lemon, ginger or cinnamon in your water to have a flavourful taste. Make sure to drink water throughout iftar to sehri, but don't go chug it all at once! Sip gradually so that it will not cause an imbalance in your body's electrolytes.

Reduce sugar intake

After fasting for all day, it is inevitable that you will be tempted to drink fizzy, sugary drinks, not to mention the desserts. Consumption of packaged foods and processed drinks containing high amounts of sugar increases during Ramadan, resulting in undesirable outcomes like weight gain. So, swap your sugary foods for fruits like dates, which have natural sugars in it. You can also go for fruit juices like sugarcane, orange to help satiate your sugar cravings.

Cut down fried food consumption

Fried foods, with excessive oil in it, offer no nutritional value to our iftars. A good workaround is shallow frying, which takes considerably less oil and if used with healthier oils like sunflower, olive oil than the nutritional value increases manifold. For healthier options, go for steamed and

baked items like baked samosas, chicken bread as these cooking methods bring out the flavour of foods and ensure it does not get overcooked.

Balancing your iftar and sehri meals

Your iftar platter should have a balanced portion of foods in great nutritional values like having a healthy blend of complex carbohydrates. Complex carbs like whole grain pasta or bread provide the much

Brought to you by



needed sustainable energy for our bodies alongside fibres and mineral.

During sehri, go for high quality proteins like beef, milk, yoghurt and eggs, as they are highly digestible and will make you feel fuller. Including lean protein like chicken breast pieces and low fat dairy in your sehri will help you to avoid fats.

Have some green tea

If you are looking for a beverage that's beneficial to health, then look no further

than having a cup of green tea, with its numerous health benefits like reducing the risks of various diseases, boosting fat burning which in turn helps to lose weight! Lipton Green Tea, available in Honey and Lemon, and Pure and Light variants, can be part of your essential solution in Ramadan to weight management journey along with a healthy diet. Keeping in mind the weather, an iced green tea will surely be a great refreshing beverage after iftar, fruits or herbs can also be added to have a fresher taste.

With weight gaining increasing rapidly during Ramadan, green tea can be beneficial for weight management by helping body's metabolism be more efficient. Green tea contains a type of flavonoid called catechin, which is an antioxidant that helps to break down excess fat. Research suggests that green tea has a positive impact on weight loss and weight management. People who are lactose intolerant, who cannot consume dairy products, can opt for green tea as a great milk tea alternative.

A month of giving and abstinence can also be a gateway to live a healthier life if we can indulge in a healthy eating practice. Let's hope this Ramadan we can start with healthy habits that will stay with us throughout the holy month and beyond.

By Feda Al Hossain

Photo: Sazzad Ibne Sayed
Styling: RBR

No Eid without Homeliness by Aadi

"The jamdani sari looks absolutely gorgeous! I cannot imagine the face of her beaming with utmost happiness and surprise when she unpacks this as her Eid gift! Oh my God! Babu will look like the tiny Imam with this panjabi. The patterns on the fabric are so much like mother's embroidery work on our childhood Eid outfits! I wonder if she has already got her present, her favourite kind of kameez piece. I hope I have sent the right lungi for Abba too! Oh my God! Can I even imagine how I would have done this without Aadi?"

Millions of expats might be feeling hopeless prior Eid because it isn't the same as back at home. But the monologue you just read can be your reality today with Aadi. Festivals without festivity outside the homeland should not be real in this era!



Even on Eid days, after a long work day in your foreign land, a piece of homeliness must be found at your doors. The childhood memories of Eid won't fade just because you are miles away from home.

Aadi really knows how people miss the

colors, designs, excitements, care and love blended in Bangladeshi products across the border, especially during special occasions! New fresh eid clothes, eidi presents or eid decorations — nothing should be unfamiliar during this occasion.

The first crossborder online marketplace of Bangladesh brings you the best authentic products from 1000+ renowned brands without any long wait. Buying the desirable products within a few clicks and getting the fastest delivery without any scratch on the purchase, that is what Aadi is aiming for you.

Even, gifting should not be hard any more. Aadi brings you the opportunity to buy presents for your dear ones, be it in Bangladesh or otherwise! The DHL express service will reach at your doors with your packet of joy!

Your happiness and pride to be a Bangladeshi around the globe must be celebrated! Celebrate your Eid with Bangladesh anywhere in the world through Aadi!

◆ HOROSCOPE ◆



ARIES (MAR. 21-APR. 20)

Don't push your partner away. Someone is trying to undermine you. Be creative in your efforts. Your lucky day this week will be Friday.



TAURUS (APR. 21-MAY 21)

Focus on the little details at work. You will make new friends this week. Social events will be beneficial. Your lucky day this week will be Thursday.



GEMINI (MAY 22-JUN. 21)

Avoid overindulging. Don't let anyone influence you. Take care your responsibilities. Your lucky day this week will be Monday.



CANCER (JUN. 22-JUL. 22)

Problems will be all around you. Don't spend too much on your home. Travel will lead to new partnerships. Your lucky day this week will be Saturday.



LEO (JUL. 23-AUG. 22)

Travel for pleasure. Don't second guess yourself. Have your facts straight before taking action. Your lucky day this week will be Friday.



VIRGO (AUG. 23-SEP. 23)

Unexpected events may be upsetting. Don't let others bully you. You will be indecisive this week. Your lucky day this week will be Monday.



LIBRA (SEP. 24-OCT. 23)

Your boss might be difficult. You yearn for adventure. Avoid joint financial ventures. Your lucky day this week will be Thursday.



SCORPIO (OCT. 24-NOV. 21)

Partnerships will be lucrative. Review your personal investments. Romance is likely during friendly excursions. Your lucky day this week will be Friday.



SAGITTARIUS (NOV. 22-DEC. 21)

Avoid being overly opinionated. Your partner will be extremely sensitive. Visit loved ones. Your lucky day this week will be Friday.



CAPRICORN (DEC. 22-JAN. 20)

Social events will be rewarding. Romance will be on your mind. Your partner can be extremely difficult. Your lucky day this week will be Monday.



AQUARIUS (JAN. 21-FEB. 19)

Things won't be harmonious at work. Romance is evident this week. Travelling for work will be beneficial. Your lucky day this week will be Wednesday.



PISCES (FEB. 20-MAR. 20)

Time is important for your relationship. Hidden matters are likely to surface. Make changes that will enhance your reputation. Your lucky day this week will be Monday.

এখন

ফাস্ট ওয়াশ

ডিটারজেন্ট পাউডার

১ কেজির সাথে

১ টি

৫৭০

লব্ধীসোপ

ফ্রী!

KOHINOOR
CHEMICAL

Electronics at Huge Discounts This Season: Need or Occasion, Daraz is the solution!

During Eid, be it out of necessity or to celebrate the festivities, we tend to buy electronic items and upgrade our home systems with our Eid bonuses. Daraz is offering a wide range of discounts on electronic products this Eid to make our lives better. Be it for need or celebration, Daraz is the solution! With electronics available from renowned brands all in one platform, the largest e-commerce marketplace is redefining the online shopping experience.



Customers can go through a wide range of budget-friendly products and select the devices suited for their needs without having to visit multiple shops, face the scorching heat and boisterous crowd. Daraz is not only a budget-friendly platform, but also strictly adheres to international quality standards ensuring trust and reliability in customer service and product originality. With everything needed to make Eid celebrations stress free with the best deals, Daraz is here to save the day!

What further makes this e-commerce platform the best place to shop this season for electronics is that customers have access to the best deals in the market, reliable shipping and delivery service. While shopping in the comfort of their home, shopping from Daraz means enjoying Mega Deals, vouchers on various discounts, and on top of that, a 10% extra discount with

prepayment partners and a 0% 12-months equated monthly instalment (EMI). A no-cost EMI means that instead of making the full payment at one go, customers can pay for a product in affordable monthly instalments with zero interest. In simple words, customers can pay the total price of the product, with no additional charges! With exclusive deals and the largest collection of electronics available online along with convenient payment methods, Daraz is the umbrella under which we can find any and all electronics.

With electronics, a concern is product authenticity. DarazMall is considered to be the trusted hub of branded electronic goodies. Through DarazMall, 100% authentic products are offered with a 14-day easy return policy.

Electronics for the entire household can be easily purchased from a diverse selection. Starting from the most popular air conditioner brands to the audio system needed to set up a home theatre, Daraz's electronic collection is multitude. With electronics from Haier, a wide collection of smart television and LED TVs, refrigerators and freezers and washing machines are available to everyone. Other brands like Singer, Midea, Panasonic, Vision and Viomi will also be on offer, with sleek collections of electronics. For home theatre or personal use, the selection of audio devices is endless. Soundbars and headphones needed to equip a home theatre to enjoy an immersive movie experience during Eid are available from companies like JBL, Microlab, Logitech and many more.

Apart from audio system options, a wide collection of headphones, musical instruments like ukuleles, flutes, guitars and guitar accessories, drums and percussions, keyboards and pianos are also sold under banner.

For those interested in upgrading their own electronic devices, Daraz also includes smartphones and tablets from popular brands including Realme, Samsung, Apple, Infinix, Motorola and Huawei. Furthermore, the platform offers a range of laptops from Dell, ASUS, Acer and HP along with the latest MacBooks.

With such diverse options, shopping for gifts has also become more convenient. With electronics fit for individual interest, there is something for everyone's unique taste. Making efficient use of our Eid bonuses can be through Daraz. Whether it be giving our homes a makeover, buying something for ourselves or buying gifts, Daraz is the place to find the necessary electronics and appliances for any time of the year.

By Puja Sarkar
Photo: Daraz

