

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

