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JOYFUL and Stylish EID

BRIMMING WITH YOUTHFUL ENERGY

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PHOTO: SAZZAD IBNE SAYED

MODEL: HRITIKA

STYLING: SONIA YEASMIN ISHA

WARDROBE: ALMIRA BY SHAHRUKH AMIN

MAKE-UP: HOSEN



পাঁচ দশক ধরে দেশজুড়ে
সবার আস্তার শিখরে বার্জার রবিয়াল্যাক।
তারুণ্যে ভরা অনন্য এই রঙে রাঙিয়ে যাব দেশ একসাথে।



The spirit of Eid ul Azha

Given the current flood situation in many parts of Bangladesh, the coming Qurbani Eid will be full of mixed emotions for the nation. For many, it will be a supposed day of joy turned into abject hardship, and for others, it will be Eid as is. But, Qurbani Eid itself is meant to remind us of sacrifice, it reminds us that in our pursuit of attaining

God's favour we must help those who are in need. Let this Eid be no different, and let us enjoy the joyous occasion with our brethren who are in distress, in every way we can.

Eid Mubarak to everyone!

Photo: LS Archive/Sazzad Ibne Sayed



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ঐতিহ্যের আর এক তাম্র আধুনিকতা
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

স্যান্ডালিনা

সোপ

রূপচর্চায় আভিজাত্য...





Know your beef cuts and how to best prep them as steaks

Prime Cuts include muscle tissues that experience the least frequency of strenuous movements in an animal. Sometimes, these are created deliberately, including but not limited to what the cattle is fed to produce what's known as the marbling effect in beef and other red meats such as lamb, goat, mutton, camel, etc.

However, these are not the only variables that produce prime cuts. Consider the tenderloin or the fillet of beef! It hardly shows any marbling whatsoever, but it is undeniably the tenderest cut that the bovine possesses, making it the costliest. And it is one of the smallest muscle tissues inside the animal.

Then there are large groups like the



technical terms as Jus de Viande. It's invaluable to the taste profile.

Here are a few ways to perfectly prepare non-prime cuts —

Brining

It simply means keeping a piece of meat submerged in liquid for several hours and in restaurants for several days, up to 72 hours under refrigeration. Common flavouring agents are salt, crushed cloves



ribs and the sirloin. The sirloin is further dissected into at least 4 to 7 commercial cuts, ranging from the bone-in, such as the T-bone and the porterhouse or the NY strip. The T-bone displays the NY strip on one side and the wider end of the fillet mignon or the Tenderloin on the opposite side. The popular large cut Tomahawk is a bone-in ribeye, which comes from the upper midsection of the beef cattle. Those cuts consist of about 18 to 22 percent of the cattle, by weight.

For the rest of the non-prime meat, remember:

The hardest working muscle tissues will certainly be the leanest, so marbling cannot even be expected.

They will behave as dryers, as the harder working tissues seem to generate wider muscle fibres and tend to retain a lot less moisture.

Leaner tissues mean less influence of fatty tissues in the flavour profile of cooked meat. Grilling, smoking and roasting methods greatly depend on fat and caramelisation of sugars naturally present in animal tissues.

The contraction effect upon protein fibres can make for chewier results than shoe leather. Perhaps the final, most important step before serving that fantastic steak or that perfectly browned roast beef is to let it rest before cutting it.

The larger the cut, the longer the rest period. Typically, a good cut of steak deserves a 7 to 10 minutes rest period so that the protein fibres can relax.

Proper sealing at a very high temperature helps red meat dishes retain the internal juices or what's known in



garlic, slices of onions, crumbled dry bay leaves, juniper berries, peppercorns, a few chilli peppers, rosemary, etc. Be careful to not freeze it, as that will stop flavour penetration.

Browning

Add a generous amount of salt and freshly crushed black peppercorns to your meat injected with healthy and flavourful fat, like Greek Olive Oil. Massage the meat for 15 minutes with the oil and form a reasonably thick crust with some Sea Salt and cracked pepper. Add some oil to your skillet or brush your grill generously with oil. If the oven is your cooking method, just oil the roasting pan generously. At the highest attainable temperature, sear off the piece of meat, and turn it only once.

This will take some practice to know when you have achieved the surface of the meat,

and the salt and pepper have formed a suitable crust.

As a rule of thumb, at the highest temperature available via the knob of your oven control, it will take anywhere from 2 to 3 minutes to form a crust on each side. When one side is done, simply flip it over and do not flip it over again. This also ensures juice retention. Ideal doneness is at least medium or over a medium well done.

Resting

Take meat out and let it rest at room temperature. For every 500g, allow 7 minutes of resting time. But never exceed 25 minutes, no matter how large the piece is.

The stock

You will probably end up with many bones, which can make the outcome of the final dish even more robust. The more the bones and beef trimmings, the better. You will want to make sure to achieve a deep brown colour for your bones.

Use the stovetop and a pan or even a stockpot for this. Take a large onion, wrap a bay leaf around it and stab a few cloves to hold the bay leaf in place. Take a whole head of garlic and halve it; you do not have to take the skin off of the garlic. A couple of carrots and a stick or two of celery would be great.

Take any fresh herbs that you have handy. Adding cilantro, however, will result in a slightly unpleasant bitterness in your final assembly.

Brown off all the vegetables and take a couple of tomatoes. Once the beef trimmings, bones and vegetables take on a rich dark brown; just cover it with cold water and place it on your stovetop at low heat. Let it come to a slow undisturbed simmer.

Continue to add ambient temperature water to your stock as water begins to evaporate. About 10 hours later, your stock is ready for further improvisation. There will be bubbles of fat and impurities that rise to the top. Skim off as needed with a spoon throughout the process.

At Raffinato, the stock simmers for 48 hours or two days. After straining off the

solids, put the stock through a cheesecloth to eliminate as many solids as possible. Now you will be reducing the stock down to a consistency that will remind you of a thick syrup that can fully coat the back of a spoon. Your basic brown sauce, salsa Brune, demi-glaze or base salsa Espagnole is ready for improvisation.

Serve this with any grilled or roast meats. Add a splash of fresh lemon juice over the sauced-up meats, and a fresh rosemary stem with leaves can be a couple of nice finales.

By Faisal Aziz cha, cec
Chef de Cuisine and Operating Partner,
Raffinato Ristorante Italiano
Photo: Pronob Nath

Brining tips

Here are some simple instructions for an all-purpose brine. After the 4th day of the refrigerated brining process, it should be grilled, roasted, or smoked.

Take 35-45g (7 to 9 teaspoons of salt, non-iodised if possible, as iodine slows down osmosis) of regular table salt for every 2 litres of water for a light, low sodium brine. The water should be filtered, and salt and aromatics should all be at room temperature, as well as the beef. Wash the meat under running water and completely drain off the blood. Do not massage it with oil until after it is removed from the liquid after the brining period.

I am partial to Spanish elements in cooking, as well as flavours of Mediterranean French. I always crush up some garlic, even roast it for a more robust flavour. Next, it's rosemary, and then fennel, bay leaves, oregano, and onions, as well as a handful of black peppercorns and a dash of nutmeg.



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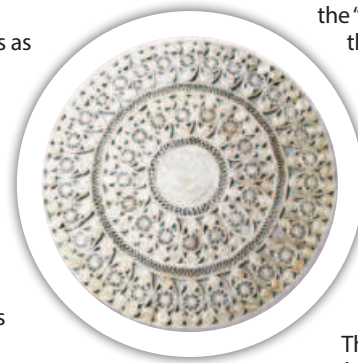
SutarKabbo Weaving dreams into reality



them.”

The SutarKabbo initiative is as challenging as it is rewarding. Largely self-financed until now, the proprietors are looking for other ways to finance their venture and keep up with the growing praise and popularity of the project. “We have recently applied for the special loan that the government provides to the SMEs at low rates of interest and are confident that we will get it.”

SutarKabbo is also exploring other options for obtaining loans provided to working women at low interest rates and are active members of Joyeeta and SME Foundations, and the JDPC to that effect. The business has also won an accolade for



the “Best Stall for Jute Goods” at the SME fair of 2021.

Initiatives like SutarKabbo are established to empower women and give them a sense of belonging through a thriving artisan community, and strive to promote and showcase their talent on the global platform.

Through their creative flair and diligent efforts, the rural artisans of Bangladesh are giving flight to their dreams and SutarKabbo is there with them every step of the way, acting as the wind beneath their wings.

By Munira Fidai
Photo: SutarKabbo

Bangladeshi weavers and artisans are a powerhouse of talent and creativity. Although especially known for their Nakshi Kantha needlework, they excel at most other traditional, artistic forms of stitching as well. Four old friends, Shirajum Munira, Fardous Ahmed, Rahmatul Alam and Nusrat Jahan, recognised the strength in this ancient heritage and instantly knew what they had to do, to lend due recognition and visibility to artisans and their work. They decided to form SutarKabbo, an establishment where rural craftswomen would be trained to create quality handicrafts and sustain their livelihoods through their skills.

Ever since its conception in 2017, SutarKabbo has been in the business of promoting mesmerising handicrafts by rural artistes, in healthy working conditions, with fair pay and keeping the environment in the forefront of all that they do.

“We wanted to revive the golden culture of weaving in rural Bangladesh and eco-friendly products like jute are gaining so much popularity now that we knew this was the best way to come together, to give back to our community,” says Shirajum Munira, chairman of SutarKabbo.

From its humble start as a small size manufacturer and supplier of modern home furnishings products, the business has grown, diversifying from rugs to jute crafts,

wooden crafts, furniture, gifts, metal crafts, jewellery, decorative hangings, and woollen crafts of home decor and lifestyle products.

The initiative now aims to expand their line to include shahi table runners, native to Thakurgaon, Baliadangi, and jute bags, both of which will be available very soon in their showrooms and reseller points. Until now, more than 175 rural women have been trained under the initiative and the number is expected to only grow in the coming time.

No training fee is taken from the rural women coming to learn under the expert tutelage of their teachers. Instead, the best out of the students are retained by SutarKabbo to work with them.

“We have a number of success stories to share. Mostly all the women who come to us belong to the poorer section of the economy and they believe that they can develop their lives through this initiative. One such student has learned the craft so well that we have retained her on our monthly payroll as ‘master,’” said Munira. SutarKabbo has

showrooms in Dinajpur, and Mohammadpur, Dhaka and they supply their products to a number of resellers in the country. “We never short sell our craftswomen. We sell their creations at a good price and also set fair rates for our resellers — going above or below these prices will nullify any future contracts with





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SaRa Lifestyle Eid collection: Elegance and festivity personified

Clothes are an essential part of everyone's Eid shopping wish list. This Eid, SaRa Lifestyle, a sister concern of Snowtex group, is presenting a wide collection of fashion wears that will catch everyone's eyes.

"A huge collection of women's wear is ready to greet our fashion-conscious consumers, offering everything from traditional wears with splendid motifs and embellishments, block prints and embroidery, to western fusion themed dresses with hundreds of designs, giving consumers the chance to pick as they like," said Shamim Rahman, Head of Design at SaRa Lifestyle.

This year's collection features a wide range of colours, from the bold maroon to eye-catching shades of purple. The ethnic collection of kurtis, three-piece kameezes, and saris has been designed with hand embroidery, predominantly made from comfortable fabrics like cotton. Dresses of other fabrics like georgette, synthetic silk, and muslins are also available.

For the festive look, floral patterns have been emphasised complemented with colourful shades. With the summer heat going on strong, this makes sure comfort and breeziness also plays a part along with the festive mind-set.

Men's panjabis this year sport a more stylish look than any of their previous collections. Be it the black coloured



panjabi with unique embroidery on the front and on cuffs, to slim fitted white panjabis to create an effortless trendy look, there's plenty to choose from.

Shamim Rahman said, "We are bringing some exclusive men's panjabi collection for this year's Eid, with emphasis on festive looks and beautiful designs. I think consumers will also love our printed shirt collection, formal and casual wear and the children's section with clothes for as

young as a new born baby to 10-15-year-olds."

It's no secret that shopping for the children in your family can be a very hectic process, with a lack of quality fashion wears for youngsters. Thankfully, SaRa Lifestyle has got you covered with exclusive colourful collections for children. You will find panjabi sets, neema sets, rompers, frocks for 3- to 18-month-old babies, and shirt, panjabi, ethnic tops for

boys and girls of 2-9- and 10-15-years age range.

SaRa Lifestyle's most prominent outlet is situated in Mirpur, featuring a huge collection of clothes. Their other showrooms are in Bashundhara City, Mohammadpur, Uttara, Baridhara, Banasree and Wari. A new outlet at Bashabo will be opened soon, while they also have an outlet in Rangpur.

You can order online from their website and can avail free delivery inside Dhaka for orders of more than Tk 390, with purchase replacement guaranteed within 15 days of purchase. You will get 10 per cent discount on selected cards of banks like City Bank, Mutual Trust Bank, Eastern Bank and others while 20 per cent cash back on Bkash and Nagad.

With Eid approaching us soon, SaRa Lifestyle's collection of trendy fashion wears will make sure you look chic in an effortless way, so why not visit one of their beautiful stores or just go through their website to see what catches your eye.

Essentials —

SaRa Lifestyle Mirpur address: Plot 10, Block Ka, Road 1, Section 6, Mirpur, Dhaka 1216 (Opposite of Gate 5, Sher-e-Bangla National Cricket Stadium).

Website: <https://saralifestyle.com.bd>

By Feda Al Hossain
Photo: SaRa Lifestyle



EID
UL-ADHA COLLECTION



SaRa
LIFESTYLE LTD



SCAN US



Website



Facebook



Shop Location

[www.saralifestyle.com.bd](https://saralifestyle.com.bd)

Helpline: +8801885 998899

Aarong — Fashion through the ages



Seldom have brands fit into consumers' lives as seamlessly as Aarong, and no Eid is ever complete without a few choice pieces from the local brand that has now made its mark in the USA, UK, Australia, Germany, UAE and Singapore too. With 25 retail outlets across Bangladesh, Aarong has become a household name known for its employment of rural artisans in its manufacturing processes, its high-quality products and its refreshing take on ethnic patterns. Its latest Eid collection is no exception. An exciting mix of bold and vibrant prints inspired by Moroccan embroidery, Persian geometry, Egyptian and Jaipuri prints, abstract art, and Bohemian and local creativity, the lookbook is resplendent with style and brimming with creative flair.

For a few good years now, Eid ul Adha is being observed in summer, and this will be the case this year too. Despite the excitement of the festival, exchanging joyous greetings tends to become a little exhausting in the heat, especially when one is also expected to look their best, festive selves. Without compromising an inch of fashion, Aarong has prioritised the use of summer-friendly materials such

as soft cotton, muslin, and linen, and has made expert use of lighter, warmer shades for daytime, reserving the lush, dark silks and muslins for evening wear.

As Eid ul Fitr and Eid ul Adha are observed just a couple of months apart from each other, brands often find it difficult to distinguish their offerings from one festival to the next. Aarong, it seems, has had no difficulty in that department at all. Their Eid ul Adha collection represents a pleasing twist of different motifs, prints, and patterns, representing vintage charms, and fabrics in pastels, light pinks, whites, grey-browns and other, darker hues for both day and night time wear, a clear distinction from the colour palettes of the past festival.

Aarong's Eid ul Adha collection is a delightful combination of summer colour palettes, alternating between pale highlights and deep tones, with Aarong's stellar stitching and patterns, and pastel tones in comfortable material such as cotton, linen, chiffon, silk and viscose. They have released a number of unique kameezes, saris and kurtas for women, and panjabis, waistcoats, and short kurtas for men, under a host of

different themes.

Aarong's "Arts and Craft" themed kameez collection is a mesmerising blend of Moroccan intensity and aesthetic sensibility, whereas their theme called "Kazakh Rugs" has kameezes and panjabis locked in a unique interplay of geometric patterns, tribal features and Persian flowers in classic russet reds, deep blue, jewel-toned teal, ivory, black, white and grey. Printing unique designs onto warm toned kameez fabrics is their "Emboss Craftsmanship" theme and their "Decorative Border" theme is equally remarkable, with colourful saris in printed, hand embroidered or tie-dyed borders.

They also have an impressive collection of saris under their "Ditsy Flower", "Google Map Art" and "Abstract Layers" themes, where they have worked with vibrant, summery colours, taken inspiration from the beautiful landscape and patterns of Google Maps, and used bold florals and abstract shapes in Aarong's own designs.

The theme "Shitol Pati" has saris and kameezes in beautiful combinations of Egyptian Asset and Jaipuri Sanganeri print fused into the traditional craftsmanship of

our country.

Aarong's festive collection has a lot going on for their male fans too. Themes for panjabi sets such as "Filigree", inspired by metal jewellery, and "Islamic Storyline", featuring decorative grid patterns inspired by classic Islamic art are highlighted in this Eid collection, and Bohemian prints shine in their "New Hippie Craft" theme in the same line. "Heritage of Bangladesh" and "Shitol Pati" are some traditional and fusion themes featured in the Eid ul Adha men's collection, representing the rural natural resources of our culture.

Churning out such a diverse and vibrant festive collection seems to have put Aarong on something of a fashion pedestal this Eid and summer for the brand's loyalists promises to be a pulsating event, full of the joys of sacrifice and the comfort of fine, luxurious, tradition.

By Munira Fidai
Photo: Sazzad Ibne Sayed
Model: Tania, Raj, Marium, Arnira
Styling: Tabinda
Wardrobe: Aarong
Make-up: Sumon Rahat
Location: Holiday Inn Dhaka City Centre



#FASHION & BEAUTY

TAAGA — Unapologetically fashionable

Launched for the youth and keeping their unbounded energy in mind, TAAGA has inspired the younger fashion enthusiasts over the years, to no end. Where Aarong is a more mature mother brand, TAAGA is the impulsive, joyful sub-brand that is always experimenting and flying out of her comfort zone. This time too, TAAGA's Eid drop is eclectic, daring and classy, much like its wearers.

Inspired by the latest street fashion trends, TAAGA's new collection has a lot going for it, from geometric to abstract prints and patterns. Steering clear of heavy embellishments, TAAGA has always chosen to experiment with trendy tie-dyes, and brave new cuts, featuring tops, dresses and tunics. It's a brand that you can street-style with ease and be comfortable wearing everywhere.

TAAGA always plays with local fabric and motifs, and the brand thrives on earthy colours and designs, which are summer friendly and can easily be glammed up during festivals like the upcoming Eid. With a snazzy mix of dresses that one can pair with sneakers for a fun stroll outside, jackets they can bling up with statement jewellery, and skirts and tops in muted colours and fiery hems that work together just as well as they do as standalone pieces — all of it inspired by the chic fashions of the Far East — TAAGA's newest has verve and quiet energy, an audacious marriage of fashion and fun.

The main difference between clothes offered at TAAGA versus those of its mother brand Aarong is in the way they are portrayed to the world. The youth-centric brand unapologetically goes for cuts that are more

experimental — tops, tunics, coats and jackets — that look vivacious and peppy. The brand is young and purposeful, and for those who will not shy away from playing around with unconventionality or creativity.

With a vision so strong and clear, it is no surprise that TAAGA has been ruling hearts for a while and their newest collection is testament to that. With Eid just around the corner, the summer sun high on our heads and TAAGA out with their latest, it promises to be an exciting season, full of vitality and funky fashion.

By Munira Fidai

Photo: Sazzad Ibne Sayed

Model: Efa, Antora, Arnira

Styling: Tabinda

Wardrobe: Taaga

Make-up: Sumon Rahat

Location: Holiday Inn Dhaka City Centre



Bata brings style and comfort for this year's

EID festivities

Bata in Bangladesh is synonymous with footwear, be it the formal shoes for the office going crowd or the glitzy high heels for the summer night parties. Keeping true to their tradition, Bata Bangladesh has brought a huge collection of footwear for this Eid that will complement the trendy side of you while at the same time not foregoing comfort and reliability.

NEW COLLECTIONS OFFERING SOPHISTICATED STYLING

With the festive season on mind Bata has brought 600 plus new designs featuring style and comfort that focuses on the exclusive preference of the consumers. With designs like Comfit FLEMING Toe Post Sandal, with its every stride you will feel the cosiness that surrounds you, to the Bata VERENA Heels, a mid-block heel that lends a playful edge to your feet and adds a lovely touch to your

casual ensemble, there is a huge collection of footwear tailored just for you!

Eid is not just for the grownups as children get to have the most fun in their newly bought shoes. A pair of Bubblegummers Ben10 ROMEO Sneakers is perfect for the boys who love to run around while the girls aren't to be left behind with their Junior's High-Cut Travel Sneakers. The vast and diverse produce range makes Bata the first choice for consumers.

PROVIDING COMFORT AND RELIABILITY WITH TECHNOLOGICAL AID

In addition to looking trendy, shoes must have the comfort to provide us ease of use and durability. Keeping that in mind, Bata has introduced numerous technologies, among them is memory foam insole which provides 50 per cent more comfort, keeps your feet cool and matches the ergonomics of your feet, making it a great option for everyday wear.

Another neat feature is the ortholite cushioning, giving comfort to people who have fallen arches or more commonly known as flat foot. The addition of life technology which eliminates bacteria and germs, yet gentle on your feet is a great option when

considering personal hygiene.

PRICING AND EXCITING OFFERS TO GIVE YOU THE EXTRA NUDGE

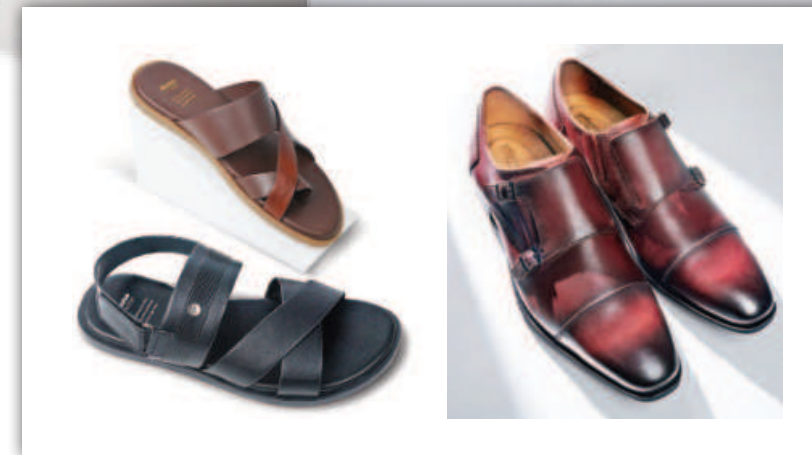
When it comes to shoes, Bata is one of the most trusted brands in Bangladesh that has been around for decades. Bata offers affordable stylish shoes as well as exceptional branded ones, from the always affordable Comfit, North Star, and Marie Claire shoes to the premium Hush Puppies. Prices of men's shoes range from Tk 1299 to Tk 12999, women's from Tk 799 to Tk 7999 and children's from Tk 399 to Tk 2999.

Bata is offering up to 15 per cent cashback for users of selected cards from banks like Dhaka Bank, City Bank while also offering on mobile financial platforms Bkash and Nagad. Keeping consumers preference for online shopping in mind, batabd.com is

featuring over 2000 plus designs as well as incredible deals such as 25 per cent flash sale on weekends, up to 50 per cent off deals and free shipping on selected items.

Bata's creative matchmaking of style and comfort allows consumers the chance to look chic without letting go on comfort and reliability. So, head onto one of the numerous stores of Bata or on their website and get busy shopping!

By Feda Al Hossain
Photo: Bata



Scan for
Eid Collection



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EID
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DESIGNS



A woman with long dark hair, wearing a blue sari with a white floral pattern, stands outdoors next to a large tree trunk. She is looking towards the camera with a slight smile. The background shows green foliage and a building.

Saris that are ruling our hearts this year

A sari is one such timeless attire that has never been retired from the top of fashion trends. Many trends have thrived and died in the fashion industry over the years, but the sari's popularity remains unmatched.

Thanks to the brilliant minds of artists and designers, saris continue to be a statement outfit for any occasion. I mean, imagine walking into a room draped in six yards of elegance and everyone taking a pause just for you. That is some main character energy right there!

Another concept that is trending nowadays within the country is sustainable fashion, where organic colours are used on the cotton saris that are exclusively made via handloom instead of power looms. Another beautiful term that is synonymous to sustainable fashion is slow fashion, which produces end products that are both beautiful and caring towards earth's sustainability causes. Having said all that let's go back into discussing the sari fashion trends loved by our readers.

A chiffon sari opens doors to limitless possibilities. Lightweight and easy to drape, they are made to fit the taste of women everywhere. Their versatile nature and touch of modernity also gives you full freedom to pair any blouse you want without worrying about looking out of place.

A fun trend these days is the combination of chiffon saris and crop tops. Floral printed chiffon saris with heavily embroidered or shimmer blouses have in fact become rather popular in the recent years with many celebrities choosing the combination for their special occasions.

Another lightweight fabric that has us gushing over it is net. Be it an office party or a family dinner, you can blindly trust a net sari for looking classy and elegant.

An organza sari on the other hand, holds almost an air of royalty to it. The light shimmer, the flowy yet firm feel, and the lace border brings out the true queens in all of us.

Blouses with collars and boat neck designs have been leading the trend with these saris, with minimum accessories. Although organza comes in many colours, the ones in off-white, pink, lavender, and powder blue, have had us raving for the better part of 2022.

Plain, printed, or embroidered, silk saris come with unbeatable elegance you can never go wrong with. With the rising popularity of self-running pleated saris, silk saris are in high demand among women of all age groups. The most hyped among these are dual-shaded and multi-coloured ones that look gorgeous while being surprisingly easy to carry at the same time.

For weddings, Jamdani saris have been gaining unprecedented attention in recent years. With brides these days choosing to go back to their heritage, it is no surprise that red Jamdanis paired with gold and/or silver jewellery are winning hearts everywhere.

No matter what you choose, you can never go wrong with saris. So, take our advice when it doubt, and take that sari out.

In harmony with nature

We are constantly being reminded of the need to lead a life that is in harmony with nature. Today, there is this pressing need to be environmentally conscious in every step of our lives. What we wear leaves a carbon footprint, and now is the time to make ourselves champion for the cause of slow fashion.

For the last few seasons, natural yarns like silk and cotton are being highlighted in the fashion scene, as are natural dyes. Not only are these eco-friendly, but also extremely stylish. The shades of natural dye bring us closer to nature and exude an aura that binds us to the basic elements that surrounds us. So, let this be the auspicious beginning of embracing a style statement that keeps us close to nature.

By Nusrath Jahan

Photo: Sazzad Ibne Sayed

Model: Tania

Styling: Sonia Yeasmin Isha

Wardrobe: Friendship Colours of the Chars

Make-up: Sumon

Location: InterContinental, Dhaka



Roast beef with a deshi twist

Ingredients

For the roast —

900g–1000g beef, roast cut

(Preferably if it's an eye of round. Just ask your local butcher to keep a log like round piece of meat for you from the upper round of a cow).

300g shallots, peeled and cut in half

1 tbsp white mustard paste (shorisha bata)

2 tsp garlic, minced

Salt, as per taste

1 tsp pepper

1 tbsp oil

Woody herbs — rosemary, oregano, thyme, optional

For the gravy —

¼ cup tamarind syrup

1 tbsp jaggery

1 tsp white mustard paste

(shorisha bata)

½ cup beef stock

1 tsp flour

Salt and pepper

Method

Remove extra fat from the meat.

Marinate the meat with generous helping of salt and pepper. Leave it overnight in the fridge. The next day, take the meat out from the fridge. Bring it to room temperature.

Take a thick iron skillet and warm it up on medium high flame. Drizzle 1 tablespoon of vegetable oil on the meat and coat evenly. Sear the piece of the meat fat side down for 3 minutes and other sides for 2 minutes each to make an even brown crust on all sides.

Take the meat out from the skillet and let it rest for 5 minutes. Meanwhile, take the shallots in a bowl and drizzle some oil. Wipe excess oil from the skillet and add the oil coated shallots in it. Let the shallots roast for 1 minute.

Mix the mustard paste with garlic and few of the dry herbs of your choice. Rub the paste thoroughly on the meat.

Pre heat your oven to 180° C for 10 minutes. Place the meat on the bed of shallots in the skillet. Roast the meat for 45 minutes in the oven. Take the roast out from the oven, baste the roast with the beef liquid from the skillet. Add some herbs of your choice on top and cook it again for 20 more minutes.

Take the roast out from the oven, place it in a cool dish/cutting board. Cover it loosely with a foil. Allow the roast to rest for 20 minutes.

Take the same skillet that has been used for the roast, take out all the caramelized onions and keep aside.

While the roast is resting, prepare the gravy. Take the same skillet and put it on the stove on medium heat. There should be some beef juices left in the skillet. Add some *tetuler*

rosh/tamarind syrup in it.

Try to scrape off the bits and pieces of the beef and shallots with a spatula. Add mustard paste, cook for 1 min. Add beef stock, jaggery, salt and pepper. Bring it to a boil. Add a teaspoon of flour to make the gravy thicker. Check seasoning. Remove the gravy from the stove. Pour it in a nice gravy dish.

Rest for a bit. Now take a sharp carving knife and carve the roast in really thin slices. Thinner the tastier. Place the slices on a serving dish, pour the gravy over, place some of the caramelised shallots on side. Garnish with fresh woody herbs.

Serve and enjoy with your friends and family!

By Kazria Kayes

Photo and Food: Kazria Kayes

Kazriya Kayes is the Head of Marketing at Mentors, a freelance voice over artist, founder of the group Curly Girl Bangladesh, an avid home chef, who also has a cloud kitchen and catering house along with her mother.



Shining in my Kitchen: Star Lifestyle Recipe Competition 2022

'Shining in my Kitchen' was Star Lifestyle's recipe competition for the year 2022 where we asked our valued readers to send their best meat recipes ahead of Eid ul Adha. Selecting the best recipes from a host of entries is never easy. Kazria Kayes, Sheulee Akter, and Arshia Idris Talha have shone their way through the strenuous selection process and emerged as winners. So try out these top recipe entries this festive season.

— **LS Desk**

Photo: LS Archive/ Sazzad Ibne Sayed



Beef lemongrass-coconut oil curry (with peanuts and fried shallots)

Ingredients

For the spice paste —

1 lemongrass

6 dried red Asian chillies

4 eschallots, peeled

5 cloves garlic, unpeeled

2.25-inch galangal piece, peeled and cut into ½-inch slices

4-6 tbsp water

For the dried spices —

½ tsp ground cloves

¾ tsp cumin

1/8 tsp ground nutmeg

¾ tsp coriander

½ tsp cardamon

½ tsp cinnamon

For the beef—

700g beef chuck, cut into 2.5-inch cubes

500ml beef broth, low sodium

2 bay leaves

For the curry sauce—

¼ cup vegetable oil

400ml coconut oil

1 cinnamon quill

1 star anise

tsp tamarind paste/puree

1 tbsp fish sauce

1 tbsp white sugar

2 medium-small potatoes, peeled and cut into 1-inch pieces

Garnish & Serving—

3 tbsp peanuts, roughly chopped

Finely sliced chilli, optional

Asian fried shallots

Steamed jasmine rice

Method

To prepare the beef, place beef ingredients in a medium saucepan. Liquid should almost cover the beef, but not completely. If not, add water. Add lemongrass trimmings.

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

Whole mutton leg roast with baked vegetables

Ingredients

For the first marinade—

½ tbsp salt
½ cup lemon juice
½ cup onion Juice
½ cup ginger juice
½ cup garlic juice
1 tbsp coarsely crushed black pepper
½ tbsp coarsely crushed white pepper
A fistful of fresh mint leaves (no stalk, only leaves)

For the second marinade—

Mix well the following ingredients together.
1 tbsp cumin powder
1 tbsp coriander powder
1 tbsp chilli powder
1 tbsp turmeric powder
1 tbsp garam masala powder
1 tbsp chaat masala powder
1 tbsp salt
1 tbsp (optional) sheek kebab masala

powder

½ cup yoghurt, beaten
5 tbsp mustard oil
6 tbsp vegetable oil
½ tbsp (half) salt
Vegetables —
5 medium sized potatoes and 5 carrots (other preferred roots or vegetables can be used as well) Wash, peel and cut into 1½-inch chunks. Also take 15 cloves of garlic and 10 small peeled onions.



Method

Take 1 whole mutton leg. Wash, clean, and stab it with a 'knife and fork' all around. Place the whole leg in a large bowl.

Mix the ingredients for the first marinade in a bowl. Crush the mint leaves roughly with hand and mix with the mixture. Pour half the mixture over on side of the leg, then flip the leg, and pour the rest of the mixture. Rub the marinade on the leg for 2-3 minutes to make sure the mixture reaches deep inside the stabs/incisions made on the meat earlier. Marinate for at least 2 hours in a fridge.

Next, take the ingredients for the second marinade, and mix. Now pour half the mixture over on side of the leg, then flip the leg, and pour the rest of the mixture. Massage/rub the marinade on the leg for 2-3 minutes to make sure the marinade reaches deep inside the stab/incision made on the meat earlier. Marinate for at least 2 hours in a fridge.

Take the leg out of the fridge, and scrape of excess marinade off the leg. Leave the excess marinade for later use. Keep the leg aside. Take a large frying pan. Pour enough oil to fry half the leg at a time.

Fry both sides to golden brown. Take

the leg out of the pan and let it rest for 5 minutes.

Make deep cuts/incision (10/12) into each side of the leg; Take a clove of garlic, wrap a few coriander leaves (including stalks) and completely shove it inside each of the deep cuts.

Keep aside and prepare the vegetables.

Next, grease a large, deep baking pan with oil. Put the garlic cloves, peeled onions, chopped carrots and potatoes at the bottom of the pan. Put the leg on top of the vegetables and top it with the gravy mixture. Cover it with aluminium foil and bake at 200° C for 2 hours in an oven. Approximately 45 minutes for every 500g of meat, so, if the leg is 1 kg, then bake for 90 minutes, if the lamb leg is 2 kg then bake for 180 minutes).

After 2 hours, remove aluminium foil, reduce the temperature of the oven to 180° C and let it bake for 10 minutes, flip the leg, bake for another 10 minutes. Take the baking pan out.

Remove the leg from top of the vegetables. Let it rest on a grill placed over a plate so that the excess liquid inside the meat comes out. Let it rest.

To make the gravy, remove the carrots

and potatoes from the liquid left on the baking tray. Now transfer the liquid, along with the garlic and onions into a blender and process until smooth.

Take a deep pot, transfer the blended gravy into the pot and start cooking on medium heat. Taste and add seasoning if required. Add 1 tablespoon of corn flour dissolved in ¼ cup of water into the gravy. Keep stirring until the mixture reaches desired consistency. Once the consistency is correct, turn off the heat. Take the gravy and pass it through a sieve while still hot. Add 2 tablespoons of butter in the hot gravy and keep stirring until the butter is dissolved and the gravy is ready.

To serve, place the leg in the middle of a large serving dish. Surround with the vegetables. Put a cube of butter on top of the leg. Sprinkle fresh coriander leaves to garnish. Serve with the gravy on the side.

By Arshia Idris Talha

Photo and Food:Arshia Idris Talha

Arshia Idris Talha likes taking part in recipe competitions as they encourage her to become better at what she does every single day. She runs a catering service, Arshia's Rasoi.

Beef lemongrass-coconut oil curry (with peanuts and fried shallots)



Bring to boil over high heat, then reduce heat and simmer gently for 1.5-2 hours until beef is fork tender. Now, remove beef. If there's more than 1.5 cups liquid, simmer to reduce. Set liquid aside.

For the spice paste, place heavy based skillet over high heat until smoking (no oil). Add eschalot, garlic, and galangal in skillet, get a nice char on them, then remove.

Add dried chillies into skillet, char 10 seconds or so on each side until charred, then remove. Once cool enough to handle, grate galangal, peel garlic, break chillies in half, shake out seeds and discard. Place chillies in food processor. Blitz until finely chopped.

Add galangal, finely chopped lemongrass, the toasted spice paste (dried spices), and remaining spice paste ingredients, starting with 4 tablespoons of water. Blitz until smooth, add more water, if required.

To make the curry, place oil in a pot or large skillet over medium high heat. Add curry paste and cook for 3 minutes until the liquid has cooked out and it's thick and fragrant. Add coconut milk, stir to incorporate. Add cinnamon, star anise and reserved beef braising liquid. Reduce heat to medium and simmer for 3 minutes. Stir in fish sauce, tamarind and sugar, stir. Add potatoes and cook for 7 minutes until potatoes are tender, turning as required. Add beef and simmer for 2 minutes or until sauce has reduced and thickened. Serve.

BySheulee Akter

Photo and Food:Sheulee Akter

Sheulee Akter works as an Assistant Manager (Foreign Exchange), at Basic Bank Ltd, Dilkusha Branch.

Organic Functional Food for Better Health

Amidst the endless sea of supplements and alternative foods, many have been let down by the subpar results. Consumers have tried everything from losing weight to having better skin, hair, or nails. But do we focus on what really matters regarding our health?



Food cultivated through organic farming can be regarded as organic food. When the cultivation process is done naturally, including no artificial substances and avoiding the use of fertilizers, pesticides, and other chemical components, it is considered organic farming. In addition, foods containing bio active components that can help regulate bodily function and eventually help in reducing diseases are characterised as functional food. Thus, functional foods that are organic are in their purest form, allowing consumers to experience the most health benefits from intake.

With age comes maturity, but on the other side of the coin, it also brings ailments such as joint aches, kidney disease, digestive problems, and immunity issues. Many have made it their sole concern to have balanced health. They balance their daily intake of organic functional food recommended by professionals religiously.

Such functional foods began to garner popularity during the 80s in Japan. Due to its success in resulting long healthy life, the Japanese government approved and

began to promote the benefits of functional foods. Sumaiya Islam, a student, said, "I have been suffering from menstrual irregularities and issues for quite some time. Then, a friend recommended incorporating functional food in my daily food intake and I have never been happier with the results ever since."

Functional food helps to improve health condition, reduce disease risk and also many chronic diseases like.

It helps to improve the development of the body.

Works to substrate metabolism within the body system.

It creates a strong defence against reactive oxidative elements.

It helps to work the cardiovascular



system to function smoothly.

Improves gastrointestinal physiology and function.

It helps one control behaviour and psychological processes.

These factors imply that everyone should start making functional foods a part of their life for long-term improvement of the body. It not only helps you balance your health and body, but it also works in preventing various diseases with no side effects that come with synthetic medicine.

"Being a teacher requires me to stand for long hours, which results in knee aches for a long time. After trying many remedies and expensive medicine,

nothing helped relieve my pain. Little did I know that functional food would be my answer," says Rosy Ahmed.

You, too, can enjoy the benefits of functional food in your everyday life by having proper bio active ingredients which are present in functional food.

"At first, I thought it's just another trend. Out of curiosity, I tried it for a month and saw tremendous change in my gut health. I have been a follower of functional food ever since!" stated Sharfaraz Hamid, a service holder.

Health benefits of functional food can be experienced through consuming ingredients such as turmeric that include a bio active component called curcumin;

Some of the functional foods are:

Fruits: kiwi, berries, pears, apples, peaches, bananas.

Seafood: salmon, cod, sardines, mackerel, anchovies.

Herbs and Spices: turmeric, ginger, cinnamon, cayenne pepper.

Vegetables: spinach, broccoli, kale, cauliflower.



Nuts:
almonds,
cashews,
pistachios,
macadamia nuts,
Brazil nuts.

Seeds: pumpkin seeds, chia seeds, hemp seeds, flax seeds.

Formulated functional food refers to nonessential biomolecules that are present in foods and exhibit the capacity to modulate one or more metabolic processes, which results in the promotion of better health and prevention of several chronic diseases. It is the combination of various functional foods together.

For proper function of neurotransmitters, food bacteria production in the guts is essential. If the neurotransmitter system is maintained in a good state, it will help one's brain receive messages. This results in directly promoting a good mood. "By taking functional food, my gut health has improved considerably. After that improvement, my mood has been stable for the longest time thanks to my increased concentration," said Anik Rahman, an accountant.

Like the Roman Empire, good health cannot be built overnight. It takes time, effort, patience and discipline. Proper exercise and a healthy diet are imperative to leading a healthy life. If one plans to give a shot to functional foods, then curcumin found in turmeric is the way to go as it is known to greatly improve overall health!

With the increasing popularity of organic functional food worldwide, Organic Nutrition Ltd has come up with a one-stop solution for the health-focused and general consumers alike. Being the only certified organic functional food producer in the country, its certified organic ingredients aim to improve health and reduce disease risk and physical ailments. For a long healthy life, organic functional food may be the answer for you!

By K Tanzeel Zaman
Photo: Freepik

#PRESS RELEASES

Buffet Offers at Radisson Blu Dhaka Water Garden!

Radisson Blu Dhaka Water Garden has created a host of lovely buffet offers for patrons to enjoy at Water Garden Brasserie.

To kick start the morning, guests can come and enjoy the buffet breakfast at Tk 2200++ per person, daily from 6:30AM-10:30AM. The breakfast will have an array of tasty items such as Chicken and Beef Mortadella, Smoked Fish, Assorted Cheese Platter, Fresh Squeezed Juices, Cereal section with low and full fat milk, Dry Fruits, Yoghurt, Live Egg Station and a variety of

bread, sweet bakery and pastry etc.

Food lovers will get to taste the buffet lunch featuring a selection of mouth-watering items such as Chicken Biryani, Lamb Koobideh Kebab, Beef Steak with Mushroom Sauce, Pan Fry Fish Fillet. The dessert station will include Swiss Chocolate Cake, Pineapple Meringue, Lemon Roulade etc. The lunch buffet is priced at Tk 2900++ per person, starting from 12:30PM



to 3:30PM, only on Fridays and Saturdays.

Diners can pamper their soul and tummy with a trip to the signature restaurant, Water Garden Brasserie and relish different cuisines every night of the week. The dinner buffet is priced at Tk 3500++ per person, starting from 6:30PM to 11:00PM. Delectable items such as Weiner Schnitzel (Chicken), Beef Medallion with wild Mushroom sauce, Tempura Prawn and

vegetable with condiments will present the guests a chance to have a delightful experience. Also, the tastebuds will enjoy the lovely dessert items like Strawberry Gateau, Pineapple Turnover, Banana Swiss Roll, Hazelnut Mousse etc.

All the buffets come with the privilege of 'Buy 1 Get 1 Free,' offer available for selected bank cards. All prices are subjected to 15 per cent VAT and 12.5 per cent Service Charge.

For dining reservations, call 01730089130, 01313030307.

◆ HOROSCOPE ◆



ARIES (MAR. 21-APR. 20)

Don't expect to please the whole family. Don't get involved in uncertain financial deals. Make changes around your home. Your lucky day this week will be Friday.



TAURUS (APR. 21-MAY 21)

Don't play on your partner's emotions. Focus on your current project. Make up plans to stave off boredom. Your lucky day this week will be Sunday.



GEMINI (MAY 22-JUN. 21)

Changes at home are evident. Organise your time. Relationship troubles are likely. Your lucky day this week will be Friday.



CANCER (JUN. 22-JUL. 22)

Don't force your opinions on others. Put maximum effort into anything you do. Exercise should be in your schedule. Your lucky day this week will be Friday.



LEO (JUL. 23-AUG. 22)

Use your charm to get things done. Think about starting your own venture. Re-evaluate your situation. Your lucky day this week will be Saturday.



VIRGO (AUG. 23-SEP. 23)

Wise investments will yield financial gains. Heed the advice of loved ones. Patience will be of utmost importance. Your lucky day this week will be Friday.



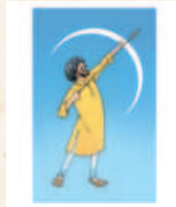
LIBRA (SEP. 24-OCT. 23)

Improve your self-esteem by joining groups. Don't agree to any changes. Lowered vitality could affect work. Your lucky day this week will be Sunday.



SCORPIO (OCT. 24-NOV. 21)

Make plans for vacation. Re-evaluate your personal situation. Don't push your partner into things. Your lucky day this week will be Saturday.



SAGITTARIUS (NOV. 22-DEC. 21)

Extend an invitation to clients. Help those less fortunate. New friends will improve your social life. Your lucky day this week will be Tuesday.



CAPRICORN (DEC. 22-JAN. 20)

Spend time with loved ones. Travel for pleasure. Think twice before you share information. Your lucky day this week will be Sunday.



AQUARIUS (JAN. 21-FEB. 19)

Make alterations to your appearance. Put in the effort to get the desired result. Your partner can upset you this week. Your lucky day this week will be Friday.



PISCES (FEB. 20-MAR. 20)

Put your thoughts on paper. Your efforts won't go unnoticed. Your irritability may drive your loved ones crazy. Your lucky day this week will be Thursday.

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

Romance of a sari: Draped in love, tradition, and nostalgia

Do you remember the first time you wore a sari? Yes, we all do. For us Bengali women, the fascination of wearing a sari starts from the tiny age of 4 or 5, when our mothers use their ornas to drape us one and our fathers tell us we are the prettiest princesses in the world.

Growing up, we saw our older generation treasure their saris, and with time, learned to love this part of our tradition like no other. For us it is never just about the latest style. No, our saris hold core memories in them; each pleat tells a story.

They are aesthetic and artistic; such an undeniable part of our culture that even writers and poets have, to this day, tirelessly spoken of that 'beautiful Bengali girl in a sari.'

Handloom cotton and Jamdani, perhaps the most traditional of saris, have been passed down through generations. We have all worn them in our own unique way, each of our little mistakes, each stain or tear adding to the stories to tell. In a way it shows us how we are so different and alike at the same time.

Where our grandmothers may have draped the long end of these saris over their head, our mothers chose to drop it over their shoulders. Whereas mum chose to look all traditional with a gold chain around her neck and a pair of matching earrings, I opted for a thick statement silver neckpiece with a handful of bangles instead. However, we all pulled our hair back and twisted it into a tight bun on a hot day. And we all placed a teep right in-between our eyebrows, going all-out in our 'Bengali' look.

Cotton saris like handloom, tant, and kota, also come with a sense of freedom for many of us. Compared to their modern counterparts, their refreshing simplicity means that we can style when any way we want.

When wearing a sari in solid plain red, green, deep blue, purple, etc. a heavy pair of jhumkas made of silver or copper is all you need for a 'wow' factor in your outfit. With floral patterns woven all over them, we can choose to braid the hair while adding a choker necklace and a small pair of matching earrings. Add a few bangles and your look is complete.

You are also free to forget all about those heels! Chappals and plain juttis go perfectly with these saris as do elevated flip flops and clog sandals. Jute bags or small faux leather purses also make an excellent part of this outfit.

By Nusrath Jahan

Photo: Sazzad Ibne Sayed

Model: Hritika

Styling: Sonia Yeasmin Isha

Wardrobe: Almira by Shahrukh Amin

Make-up: Hosen

