

VOLUME 22, ISSUE 3, TUESDAY, JULY 5, 2022  
ASHAR 21, 1429 BS

Star

# LIFE

Style

E-mail: [lifestyleds@yahoo.co](mailto:lifestyleds@yahoo.co)  
64-65 Kazi Nazrul Islam Ave

The Daily Star

## MEAT, greet and ENJOY

ADDING MORE TO THAT EID SPREAD  
INTERESTING RECIPES TO TRY **P8-9**  
THINGS THAT NEVER NEED CHANGING  
NOSTALGIC BEEF RECIPES WE ALL LOVE **C**  
PRIDE, JOY, CONVENIENCE  
A TRIP TO PADMA BRIDGE **P15**

PHOTO: SAZZAD IBNE SAYED  
FOOD AND STYLING: RBR

দাগে  
চোখ যায়  
আগে

দাগ তো লাগবেই!  
কিন্তু, দেয়ালে যদি থাকে Berger Easy Clean,  
যেকোনো দাগ, সহজেই মুছে দিন।

NO দাগ  
ডেমন্সন  
তুমু Beautiful দেয়াল

BERGER  
Trusted Worldwide

BERGER  
Easy Clean  
Superior Plastic Emulsion

Manufactured with 100% Recycled Plastic

The advertisement features a purple background. On the left, a family of four (three women and a child) is shown in traditional attire. In the center, there is a simple line drawing of a horse. On the right, a green and white container of Berger Easy Clean is displayed next to a white cleaning brush. The text is in Bengali and English, promoting the product's effectiveness in removing stains from walls.



CHECK IT OUT

# Finding the joys of Eid

In just a few days, Muslims around the world will be celebrating Eid-ul-Azha, wherein the entire three days of the festival, along with the obvious merrymaking with family and friends, the focus is wholly sharing our good fortunes with others who might not have the same. How do we do that? With some wearing what strikes our fancy, cooking up

The holidays are a great time to travel too

a storm of delicious food at home, and by upping our kindness and sharing whatever we can with our less advantage brothers and sisters. And of course, the holidays are a great time to travel too. And so, we at Star Lifestyle wish you a very happy Eid.

— LS Desk

Photo: LS Archive/  
Sazzad Ibne Sayed



Like us on [Facebook](#) /Sandalina

ঐতিহ্যের আর এক তাম্র আধুনিকতা  
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

**স্যান্ডালিনা**  
সোপ

রূপচর্চায় আভিজাত্য...

**KOHINOOR CHEMICAL**



#FOOD & RECIPES

# Easy must-try bread recipes for EID-UL-AZHA

Eid-ul-Azha is one of the biggest celebrations of the year which comes with an abundance of food. Be it mutton or beef, we are already looking up the latest recipes to try out alongside the traditional ones. However, as fun as it all sounds, the constant presence of meat on the table can start to become unappetising after a while.

If you want to add a touch of uniqueness in your Eid feast, grab a loaf of bread and keep reading because these recipes are just for you!

## Mango Custard and French Toast

### Ingredients

- 4 pieces of white bread or milk bread
- 3 tbsp low-fat Greek yoghurt
- 3 tsp brown sugar, plus more for garnishing
- 2 tsp lime juice
- 1 egg
- 1 tbsp unsweetened coconut flakes
- ¼ cup fresh mango, peeled and diced
- 1 tsp lime zest

### Method

In a small bowl, combine Greek yoghurt, brown sugar, lime juice and egg and whisk until the mixture is smooth. Carefully spoon the custard mixture into the well on each piece of bread. Top with coconut flakes, if you really like the taste.

Carefully transfer the bread slices to the cooking pan, being careful not to spill the custard mixture. Deep-fry till golden brown. Allow the toast to rest for at least 3-4 minutes, which will help the custard to set before cutting. Top each slice of custard toast with fresh diced mango, lime zest and an additional sprinkle of brown sugar. Slice toasts in half and serve with an extra dollop of whipped cream.

Another way to make a similar custard toast would be to layer an egg and sugar brush on the white bread and then fry it in the pan, just like the authentic French toast. Then make a separate mango custard with custard powder and mango puree. The custard can be spread evenly on the toast or it can be dipped in the mango goodness, based on the fancy of person eating it. Hope you enjoy making the recipe.

## French Toast with Strawberry Coulee

### Ingredients

- For Strawberry Sauce or Coulee —*
- 2 cups fresh or frozen and thawed

strawberries or Dragon Fruits

¼ cup sugar

*For French Toast —*

½ cup milk

¼ cup brown sugar

2 eggs

½ tsp vanilla extract

4-6 slices of white bread or milk bread

2 tbsp unsalted butter

Icing sugar for decoration

### Method

*For Strawberry Sauce or Coulee —*

In a food processor, purée the strawberries/dragon fruits with the sugar until smooth. Strain the mixture to avoid any seeds or tiny lumps. Set aside the purée, in the refrigerator for later use.

*For French Toast —*

In a large bowl, combine the milk, sugar, eggs and vanilla with a whisk. Dip the bread slices, one at a time, in the egg mixture,

letting them soak well. Place a non-stick skillet over medium-low heat. Melt half the butter. Place two slices of bread at a time into the skillet. Brown for about 2 minutes per side, turning with a spatula. Cut the French toasts into half and dust with icing sugar. Spread the strawberry sauce or coulee at the bottom of the serving plates and top with the French toasts.

## Bread Pudding

### Ingredients

- 2 cups milk
- 2 tbsp unsalted butter
- 1 tsp vanilla extract
- ⅓ cup sugar, a pinch of salt
- 1 loaf of milk bread, sliced and cubed into several pieces
- 2 eggs, beaten

### Method

Heat oven to 350° F. In a small saucepan over low heat, warm milk, butter, vanilla, sugar and a pinch of salt. Continue cooking just until butter melts; cool. Meanwhile, butter a 4-to-6-cup baking dish and fill it with cubed bread. Add eggs to cooled milk mixture and whisk; pour mixture over bread. Bake for 30 to 45 minutes, or until custard is set. Serve warm.

**By Nusrath Jahan**

**Photo: Sazzad Ibne Sayed**

**Food and Styling: RBR**





# Sugar-free desserts for Eid

Eid is, above all, a celebration, and those who observe it know how difficult it is to steer clear of sweets around this time. From vermicelli at breakfast to lunch palate cleansers, from evening snacks to a little something to polish the dinner off with, desserts are unavoidable, and quite frankly, irresistible. For diabetics with a sweet tooth and for those who prefer their desserts very mildly sweetened, here are three sumptuous after-meal treats that will fill your soul without hurting your body.

## Mango Shrikhand

*A seasonal delight that needs no sweetening.*

### Ingredients

2 mangoes (sweet)  
3.5 cups of Greek yoghurt or homemade yoghurt (not too sour)  
4-5 crushed green cardamoms  
8-9 strands of saffron

### Method:

De-seed and puree the mangoes in a blender. Once you have smooth pulp, add Greek or homemade yoghurt, crushed green cardamoms and saffron in the mixture. Give it a few spins and add to decorative glasses. Chill in the refrigerator for an hour. Garnish with chopped nuts before serving for a royal and lip-smacking

end to your meal.

## Summer Fruit Bonanza

*A fine fiesta of summer fruits.*

### Ingredients

Meat from 2 tender coconuts, 2 to 2.5 cups  
2 medium ripe mangoes, cubed  
2 medium ripe bananas, sliced  
2 medium ripe kiwis, peeled and cubed  
2 cups Pomegranate pearls  
6 dates, de-seeded and soaked in hot water  
2 tbsp of raisins, soaked in water and drained  
Vanilla essence

### Method

Chop up the fruits and coconut meat, and chill in the refrigerator for half an hour. Next, blend the coconut,

dates, a quarter portion of the bananas and a few drops of vanilla essence into a puree to make "cream." Cool the mixture in a fridge. Layer the fruits, raisins and the cream on top of each other before serving. Garnish with mint sprigs and some pomegranate pearls for a dessert that looks as colourful as it tastes!

## Chocolate Biscuit Pudding with a Twist

*A bowl full of childhood memories.*

### Ingredients

2 large eggs, yolks only  
2 tbsp corn starch  
2 cups of whole milk  
Sugar alternates or date sugar, based on taste  
¼ cup of unsweetened cocoa powder  
¼ tsp salt  
2 tsp of vanilla extract

### Method

Whisk egg yolks in a bowl until the colour changes to

light yellow and the eggs become fluffy. Whisk in ¼ cup of milk and all of the corn starch gradually to thicken. Set aside once smooth. In a saucepan, add the rest of the milk, sugar alternates, cocoa and salt and bring to a simmer until you see little bubbles forming on top. At this point, remove the pan from heat and gradually pour the hot cocoa mixture into the eggs and corn starch. Whisk briskly and continuously. This stage is called tempering and it is done so that the heat from the cocoa does not scramble the eggs. Now, pour the entire mix into the saucepan and cook on medium high heat. Continue whisking. Once the contents of the saucepan come to a boil, reduce the heat to a simmer but do not stop whisking until the pudding thickens to your desired consistency. Now, turn off the stove and stir in vanilla extract. Pour the pudding into a bowl and cover the surface with cling wrap so a skin doesn't form. Refrigerate for two hours. Before serving, crumble graham crackers with a tbsp of butter. Mix together and press on the bottom of serving glasses or bowls for a buttery, biscuit bottom. Top off with the chocolate pudding, garnish with some dark chocolate shavings and serve chilled.

**By Munira Fidai**

**Photo: Sazzad Ibne Sayed**

**Food and Styling: RBR**





The taste of sugar minus the calories

## ঈদের খুশিতে বাড়তি চিনি খাচ্ছেন না তো?

ZEROCAL দিয়ে তৈরি করুন বিভিন্ন ড্রিংকস এন্ড ডেজার্ট

রেসিপি দেখতে স্ক্যান করুন









#FOOD & RECIPES

# Refreshing Recipe for a Meaty Eid

Eid-ul-Azha is around the corner, and food buffs who enjoy the festival have no doubt already chosen their traditional favourites to experiment when the meat comes in. However, people nowadays have had so much exposure to different cuisines that the meat loving heart can no longer restrict itself to only biryani and beef rezala, even during Qurbani. And so, here's an alternate to the traditional and very much anticipated noodles.

## NOODLES WITH BEEF

*A low-calorie platter, which takes only 15 minutes to serve!*

### Ingredients

- 2 packets of uncooked noodles
- 1/3 cup sliced fresh mushrooms
- 1/3 cup chopped onions

- 1 tbsp olive oil
- 170g deli roast beef, sliced or cubed
- 1/8 teaspoon pepper
- 1 packed noodles masala
- Optional: dollop of hot tomato sauce and coriander as garnish

### Method

Cook the noodles according to package directions. In a large skillet, sauté the mushrooms and onions in oil until it is tender. Add in the roast beef and pepper. Bring to a boil. Drain the noodles and stir into the skillet. If desired, top with hot tomato sauce and coriander.

**By** Munira Fidai

**Photo:** Sazzad Ibne Sayed

**Food and Styling:** RBR

#FOOD & RECIPES



# Beef Chapli KABAB

This particular Eid can be entirely too heavy for some palates who wish to break away from the customary and opt for variations. For the culinary experimenters who long to swim against the current, here is one unconventional, yet mouth-watering beef recipe to try and serve.

### Ingredients

- 1 egg, lightly beaten
- 1/2 kg ground beef
- 1 tomato, finely chopped
- 1 medium sized local onion, finely chopped
- 1/4 cup cilantro, finely chopped
- 1/4 cup mint, finely chopped
- 2 tsp ginger-garlic paste
- 2 tsp coriander powder
- 1 tsp salt
- 3/4 tsp ground cumin
- 3/4 tsp black pepper
- 1/4 cup oil for frying
- 2 tomatoes, sliced into rounds

### Method

Lightly brush a pan with cooking oil and break an egg into the skillet. Cook and stir the egg until scrambled

Combine the scrambled egg with beef, chopped tomatoes, coriander powder, cilantro, mint, ginger and garlic paste, pepper, salt and cumin. Use hands to blend in the mixture properly. Then lightly oil the hands and shape the patties. Press a tomato slice into the centre of each patty.

Heat oil in a deep skillet and cook the patties in hot oil until charred, 4 to 6 minutes per side.

Now you are done. This dish tastes even better when served with hot tomato sauce or the regular tomato sauce.

Eid Mubarak in advance!

**By** Munira Fidai

**Photo:** Sazzad Ibne Sayed

**Food and Styling:** RBR





Asadgate New Colony woke up to a festive buzz every Shab-e-Barat from 1975 to the mid 80's, but a large part of this excitement was not about the expected halwa-rotis, rather for beef. Portions of cow meat were sold at the large field of the colony very early in the morning, the entire thing organised by the boys of the colony. Most families would buy meat from there, and families enjoyed that mixed meat preparation with rice flour rotis; the delicious taste still fresh in my memory.

# Make simple but traditional beef dishes THIS EID

My father would say "Jhal e jhosh-e ranna koro" or to cook it with a lot of red masala and oil. Actually, when beef is cooked with various parts of the animal mixed together, like that from the head, rump, leg, ribs and lungs, it was a very different taste from the usual curries.

## THE ROASTED SPLEEN

This one time, we had gone to the village to celebrate Eid with family. After all the Qurbani meat was portioned, my cousin came up, holding something odd and said, "Tillikhan pora ewar nageche," meaning that the spleen had to be burnt. I was quite surprised at what sort of food was this!

Then I saw my grandmother take the tilli, or spleen, wash and clean it, and then put it inside the earthen stove to roast, along with some green chillies and garlic cloves. Once roasted, she mashed all the ingredients along with coriander leaves on a mortar and pestle. Then, adding some freshly cut onions and mustard oil, and gave it to us to eat. There I learned that spleen could be prepared like that, and since then have been roasting it on a pan to make something similar for myself.

## NOT JUST THE BHORTA

That's not the only way spleen is prepared though. It can also be cooked as a "bhuna." For that, it has to be cut into small pieces and boiled, and the water discarded after. You can add liver into the mix too. Once boiled, it has to be sauteed in a little bit of oil, salt and bit of turmeric. Add ginger, garlic, and cumin, and keep stirring until the oil separates, when you need to add a lot of whole garlic cloves. Cook on low heat so that the garlic cloves cook through. Add it some freshly chopped onions right before taking off the heat.

A lot of people don't like cow intestines, but there are many others who find it

delicious. A lot of hotels in Dhaka also serve it now. The longer it is cooked, the tastier it becomes. I had its tastiest preparation in Rajshahi, with the locally famous Kalai ruti. Digging into steaming fresh kalai ruti and delicious hot intestines sat on wooden benches by the roadside remains unforgettable.

People even cook dishes with the meat from the cow's teats. Most kabab shops sell "Khiri kabab," but in the northern regions like Rangpur and Dinajpur, people make bhuna with this type of meat cut into small pieces, and it is much tastier than kababs, I found.

The same applies to cow brains. Brain kababs and cutlets are more popular commercially, but at home, usually brains are also cooked as bhunas. The brain bhuna from Najirabazar remains fresh on our minds, just as we ate it as students in the 80s.

## BUFFALO IS MEAT TOO

Most people do not like buffalo meat, but it is being sold in many butcher shops, and we end up eating it without knowing the difference. It is also favoured for Eid-ul-Azha sacrifice in the northern regions. It is also sold commercially plainly, without deception. But aunties say that there is a trick to cooking buffalo meat well—the pieces should be small, and cooked for longer than beef. The longer it boils over a flame, the tastier it becomes.

I got proof of this at some hotel in Karwan Bazaar. The meat is put to cook in the pot in the morning, and stays on the low flame all through the day. At night, truckers with their vehicles full of goods stop by for dinner, and enjoy that meat with the rice or paratha served at the hotel. The menu openly states that it is, in fact, buffalo meat. This preparation is also quite delicious!

## BEEF WITH PUMPKIN

Sometimes, when my mom's meat store was a bit low, and all of us were waiting for dinner, she would cut up the meat into really small pieces, and cooked it with pumpkin. This is a recipe from the Rangpur region. She would first start by dry roasting the meat and spices in oil, and once it started to separate, she would cut up the pumpkin into small pieces, and add it to the beef. Gradually, spoon by spoon, she would put in some water, and keep roasting. Once done, the finishing touch was a seasoning of cumin sauteed in oil. This was delicious enough for us to easily eat our rice with the tiny pieces of meat and a lot of the pumpkin.

The same recipe can be applied to beef with water gourd or tomatoes, by switching out the pumpkin for a combination of the other two.

## BEEF AT HATIRPOOL BAJAR

As a child in the early 70's, I would visit the Hatirpool market with my dad to buy beef. The beef sold at Hatirpool and Kathalbagan was popular back then, and the markets ranked right after Thatharibazar and Aminbazar in Old Dhaka. Butchers' and Supershops weren't as commonplace as they are today, and the beef were probably Tk 8 for a 'sher.'

I still remember my father bringing 2 or 3kg of rib and leg meat and asking mom to make a red oily curry with whole garlic in it. This dish is



practically impossible to put down once you start eating it. The whole garlic took on the form of beef, and sometimes fresh new potatoes were added too, after being fried separately first.

## WHAT ABOUT THE TAIL

Tail stew is quite popular in parts of the world, but we Bengalis prefer our spicy bhunas much more. Tail meat becomes very tender if cooked over a low heat for a long enough time, even the bones become easily edible along with the meat. The cooking process is the same as any other beef bhuna, but adding some crisp fried onions to the dish as a finishing touch can elevate the taste by miles. Most have never tried this cut though. Tail meat is sold separately in the market. I think it is worth a try at least once.

## BEEF WITH SPINACH

For most food enthusiasts, beef is a beloved item, delicious even when half tender and boiled in some basic spices. But those who want to have healthier preparations of beef, one option is to cook it in spinach. The recipe is simple too. Cook the meat like a usual bhuna, and keep gravy. Do add some small potatoes while it is boiling.

Once the beef is done, tear up some spinach and fold into the meat and gravy, and stew on the stove on low flame for a very little while, about 3 to 4 minutes. You can keep as much gravy as you want.

## A DIFFERENT STEW

Beef stew is known to be delicious. But we could make a slightly different one this time. Take 2 kgs of beef with bones in a pressure cooker. Add thickly sliced onions, garlic, whole black peppers, a bit of vinegar or lemon juice, salt, some whole red or green chillies, a bit of chopped ginger, and a little bit of jaggery and mix to coat the beef in the marinade. Now put the pressure cooker on the flame. If the meat is tender, you will need just 2/3 whistles of the cooker, and if tough, up to 5 whistles could be needed. You can also add a bit of oil, but it is not necessary. Open the cooker to check for tenderness. When almost done, add cut potatoes, carrots, radish, cauliflower, green beans, and capsicum to the broth, and keep cooking on a low flame. Once everything is boiled through, add the garnish black pepper powder and sauteed onion and garlic. It will feel much more like a soup, and can be enjoyed with roti, bread or rice even. It tastes great on its own too.

## POPULARITY OF SHREDDED BEEF

There is quite a demand for the shredded beef

that results from repeated warming of the beef bhuna. A large quantity of beef is put on the stove with a very few spices, and almost never needs any water to cook. As it cooks repeatedly over a low flame day after day, it takes on a more fried texture, and this is more commonly known as "jhura/jhuri gosht." But care needs to be taken so that it is never heated on a high flame such that it does not become too dry or too tough. The bone should be eaten in the first few days, as that save the rest from developing a hard unappetising smell. This jhura beef is never really kept in the fridge, rather heated again and again in the same pot, and kept at room temperature otherwise, letting the delicious beef aroma waft through the entirety of the home.

## MOM'S SPECIAL KABAB

Eid meant special kababs made by mom. She never could say where she learnt it. Nor could she tell us the precise measurements of the various ingredients, always saying "appropriately" or "to taste." That's because they cooked based on estimates based of their own experiences. Since mom passed away two years ago, we have tried to replicate her recipe but never quite get it just her way. But I am sharing the recipe anyway, because I never had such delicious kababs anywhere else.

Take 1 kg boneless rump meat and chop

into very small pieces. Soak 1 cup raw chana daal (split chickpeas) for a while. Now drain the daal, and blend it with the beef. Separately blend 2 or 3 pieces of a raw papaya, with skin. Add a bit of nutmeg (jaefol, jayetri), 1 black cardamom, very small quantity of fenugreek and fennel, green chilli paste, salt and sour yogurt. Also add some crispy fried onion slivers (beresta) along with the oil. Let all of it marinate for 8-10 hours. Later, brown some onions in oil, sauté some fenugreek in it, and add the marinated beef, and keep on a low flame. Keep stirring, but no water needs to be added. After a while of stirring, the beef will become completely tender. Just take it off the stove once the oil separates. Mom's kebab would be ready. It tastes outstanding with paratha, and garnished with sliced onion, green chilli, cucumber and fresh coriander leaves.

Cooking various dishes of meat is a time-tested culture of the Eid-ul-Azha festival. Every family has their favourite recipes, and Eid day traditions of Qurbani activities. Nothing quite brings out the foodie side of people like the festival of sacrifice.

By Shahana Huda Ranjana  
Translated By Sania Aiman  
Photo: Sazzad Ibne Sayed  
Food and Styling: RBR







**DESHI MIX**  
SALINA PARVIN



# Delicious meat recipes to try this Eid-ul-Azha

Eid-ul-Azha is just around the corner, and that usually means a refrigerator full of meat for you to cook up a storm. And here are the perfect recipes to accompany you in said cooking adventure.

## BONELESS CREAMY BEEF HANDI

### Ingredients

- 1 kg boneless beef, cut into thin slices
- ½ cup onion paste
- 250g yoghurt
- 1 tbsp ginger paste
- ½ tbsp garlic paste
- 4-5 green chillies
- 1 tsp crushed black pepper
- ½ tsp white pepper powder
- 1 tsp cumin powder
- ½ tsp all spice powder
- ½ tsp nutmeg and mace powder
- ½ tsp coriander powder
- ½ cup cream
- 4 tbsp clarified butter
- Salt to taste
- Almonds as required

### Method

Heat clarified butter in a pan, add onion paste and fry. Add ginger-garlic paste and fry. Then add boneless beef and fry for 2-3 minutes. Now add yoghurt, all the spices and salt. Mix well and cook for 5 minutes. Then add 1 cup of water and almond paste, mix it well. When the beef is tender and the oil separates, add cream and mix it well. Take it out in a serving bowl and garnish with almond slices.



## BEEF PASANDAY

### Ingredients

- 1 kg beef boneless
- 1 ½ tbsp red chilli powder

- 1 tsp black pepper powder
- 1 tsp turmeric powder
- 1 tbsp lemons juice
- 2 tbsp poppy seeds
- 2 tbsp roasted chickpeas flour
- 2 tbsp ginger garlic paste
- 1 cup yoghurt
- ½ cup oil
- 2 onions
- 2 tbsp whole garam masala powder
- 4 whole red chilli
- 1 tbsp chopped ginger
- 2 tbsp coriander
- 5 green chillies
- 2 tbsp mint

### Method

Hit beef with a hammer. In a bowl, add beef, all the spices powder and paste, roasted chickpeas powder, lemon juice, yoghurt and mix them well. Keep in the refrigerator for 2 hours. Heat oil in a pan, fry the onion until golden brown. Now add whole garam masala, whole red chilli and marinated beef. Stir well and cook for 30-40 minutes on very low heat. Now add chopped ginger, green chillies and cook for 15 minutes. When it is done, garnish with the coriander and mint leaves. Tasty beef pasanday is ready to serve.

## TAWA KALEJI

### Ingredients

- 1 kg beef or mutton liver
- 1 tbsp garlic paste
- 2 tsp ginger paste
- 1 tbsp red chilli powder
- 1 tsp turmeric powder
- 1 tsp cumin, toasted and crushed
- 1 tsp coriander, toasted and crushed
- ½ tsp garam masala powder
- ½ cup onion, finely chopped
- 4 green chillies, thinly chopped
- 2 tbsp fresh chopped coriander leaves
- 250g chopped tomatoes

- 1 tbsp lemon juice
- ½ cup oil
- Salt to taste

### Method

Cut liver into small cubes and wash properly. In a bowl, marinate liver with ginger-garlic paste, red chilli powder, turmeric powder, crushed cumin, crushed coriander seeds, garam masala powder, lemon juice and salt. Cover it and leave it for 2 hours. Heat oil in a griddle or frying pan. Add onion and fry for few minutes. Put the marinated liver and stir. Stir fry till the liver is cooked and the spices are well combined. Sprinkle chopped green chilli and coriander leaves on top. Serve hot tawa kaleji with naan, chapatti or paratha.

## GALOUTI KEBAB

### Ingredients

- 500g mutton mince
- 1 tbsp ginger paste
- 1 tsp garlic paste
- 25g papayas
- 1 tsp red chilli powder
- 2 tbsp butter
- ½ tsp ground mace
- ½ tsp garam masala powder
- 2 tbsp roasted chickpeas flour
- Ghee as required
- Salt as required

### Method

Wash and drain the mince and refrigerate for 15 minutes. Peel and deseed the papaya, put in a blender and make a fine paste. Mix all the ingredients, except the ghee with the refrigerated mince. Refrigerate for another 30 minutes. Divide into equal portions, apply a little melted ghee on the palms and flatten the mince into patties. Heat ghee in a pan and shallow fry over low heat until both sides brown evenly. Serve hot.

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

## The oil of our country Keeps us happy & healthy

Bangladesh Edible Oil Limited is determined to implement the initiatives of the Government of the People's Republic of Bangladesh to increase the production of Rice Bran Oil as an alternative to conventional edible oils.

Rice bran oil is more effective in controlling cholesterol levels. It helps to develop the balance of HDL and LDL.

The oil is produced directly from the paddy rice and refined in our country.

Source: <https://tinyurl.com/y8chrdz> | Prothom Alo, 01 June, 2022 ;  
<https://tinyurl.com/ybvb4pk> | Prothom Alo, 18 May, 2022:



# The ultimate Eid-Ul-Azha grocery shopping list

Eid is always a busy time — especially Eid-ul-Azha, as it involves all the work dealing the sacrifice, meat handling, workers, subsequent clean-up, etc. The least of your worries should be whether or not you have enough cardamom for the korma, or something sweet in case your dessert experiment falls short. This is where this list saves the day. Compiled here are all the essentials one might need to make your family and friends' favourite dishes!

## Meats

I know what you're thinking. 'Meat? Why would I need to buy meat during Eid-ul-Azha?' The truth is, you probably don't — but it's always better to be safe than sorry. And nothing is more unpredictable than sacrificial meat. Therefore, keeping a selection of your favourite meats — be it beef, lamb or even chicken — stored in small quantities in the freezer *just in case* will reduce a lot of headaches and stress.

## Fruits and Vegetables

Even though most Eid meals are meat-heavy, any lunch or dinner spread is amiss without some fresh vegetables adorning the dining table. Stock up on carrots, cucumbers,



mixed greens, onions, tomatoes and other seasonal fruits and veggies. Most people usually want some fresh zesty salad with their favourite meat curry and this way, you will be prepared when you have to whip up an easy salad or vegetable dish!

## Rice and Grains

This has to be the single most important

item on your shopping list — rice. Eid is simply incomplete without some polao, firni, payesh, and the common denominator for all these festival staples is none other than rice. So, stocking up on rice is ideal not only for creating delectable creations but on those occasions when you have way too many unexpected guests over. This is where your extra 1 kg of rice saves the day!

## Condiments, Oils, Herbs and Spices

Just as the meat, rice and veggies are

important, the spices are an integral part of any dish. Stock up on ginger, garlic, dried herbs and spices such as cardamom, garam masala, nutmeg etc., as well as ghee, oil, yoghurt etc. Make sure you get the highest quality spices and herbs to really make your yummy dishes shine!

## Desserts

Regardless of whatever dessert you make, it is always handy to have extra sugar and salt at home. And keeping in mind what particular sweet dish you're making, you can shop for chocolates, whipping cream, cinnamon and cardamom, vermicelli, bread, etc as well as any cake pans or dishes you may need.

## Snacks and Drinks

Every dawat and event is incomplete without some snacks or drinks. Remember to buy nut mixes, chanachur, frozen snacks as well as juices, soft drinks etc. when you go Eid grocery shopping. Put some chocolates or candies onto your shopping cart for everyone.

Eid grocery shopping can be stressful, and anxiety-inducing — but it doesn't have to be. Before going to the store, always write down exactly what you need and keep in mind that it is always better to be safe than sorry. Happy shopping and happy Eid!

By Dilshana Naureen

Photo: Swapno



## NOW AT KHULSHI

ZAKIR HOSSAIN ROAD (OPPOSITE OF HOLY CRESCENT HOSPITAL), NORTH KHULSHI, CHATTOGRAM

01847 265035 | 01313 055380

<p><b>BEEF</b> (2-4 TEETH OX) PER KG <b>TK 645</b></p> <p><b>ROAST CHICKEN</b> PER PC <b>TK 168</b></p>	<p><b>HILSHA</b> (500-599GM) PER PC <b>TK 465</b></p> <p><b>ATTA/MAIDA FRESH/SUNSHINE</b> 2 KG <b>TK 12 OFF</b></p>	<p><b>MARKS MILK POWDER</b> 1 KG <b>TK 100 OFF</b></p> <p><b>SURF EXCEL</b> 1 KG <b>TK 50 OFF</b></p>	<p><b>SOYABEAN OIL</b> PUSTI 5 LTR. <b>TK 975</b></p> <p><b>PEPSI</b> 2.25 LTR. <b>TK 30 OFF</b></p> <p><b>SUNSILK SHAMPOO</b> 350/375 ML (SELECTED PRODUCTS) <b>TK 80 OFF</b></p>	<p><b>DIAMOND POTATO</b> <b>TK 29 PER KG</b></p> <p><b>VISION BLENDER</b> VIS-PBL-010 <b>TK 1399 ONLY</b></p> <p><b>SUPER STAR CAPSULE LED LIGHT</b> <b>HALF PRICE</b></p> <p><b>KING SIZE BEDSHEET</b> SOLID COLOR (3 PCS SET) <b>TK 450 ONLY</b></p>
---	---	---	--	--



#TRAVEL

# Over the Padma, by the bridge of dreams!

We Bangladeshis are an emotional people, loving with depth and hating with gusto. National emotions have been running high on something just as big as our dreams— the Padma Bridge.

Besides providing faster internet, boosting the economy, and bringing the country closer by providing a vital link in the national road network of Bangladesh, the Padma Bridge is a source of immense pride, as well as relief, for multitudes.

Having said that, along with thousands of other people, my friends and I took it upon ourselves to visit the new historic benchmark created by the country. Starting our journey at six in the morning from Uttara, in a half-zombie state, I began recording our anticipation on my GoPro.

With little to no traffic on our way, we reached Motijheel in 20 minutes. By that time, our tummies started to grumble loud enough to make us have breakfast in an old-fashioned way with Naan and some succulent *Khashir Paya* (mutton broth). Satisfied with the breakfast and the mandatory tea, we resumed our journey with a new attitude.

The entry to Mawa highway was as majestic as ever until we encountered the painfully

long three-kilometre traffic congestion. Thus began our journey towards the other side of the Padma truthfully. Stuck in the traffic limbo for over two and a half hours, we saw many individuals and groups similarly trapped, itching to cross the toll plaza of the Padma Bridge.

After an eternity of pushing the line, we finally paid the toll as our eyes widened at the view ahead of us. Never had we ever seen the Padma River in its full glory from above. Cruising through the awe-inspiring bridge at the optimum speed of our car, it felt as if we had entered a new era of possibilities.

What took us aback was seeing moving trucks and pickups hauling furniture and household items on the other side of the bridge. It only meant one thing, people no longer needed to choose between their hometown and a better job in Dhaka.

The first phase of the bridge visit



ended when we got off the road and continued onwards to Bhanga's six-lane expressway. It took us by surprise when we realised that Barishal is only three to four hours away, followed by Khulna, Faridpur and Gopalganj. When we reached Bhanga and took a tea break while exploring the area, besides the six-lane expressway, there is much to be developed in the area — however, thanks to the Padma Bridge, that will take much fewer years than otherwise imagined.

Having no other destination in mind, I decided to open up Google Maps to look for places intriguing enough to pique my interest. Within a few minutes of scrolling, a place tagged as a historical landmark in Hironkandi, Maheshpur, caught my eye and off we went, and reached by lunch time. Taking our sweet time with our meals and discussing our experiences made the time fly faster.

After proper rest, I started towards the landmark known as Hironkandi Mango Tree on foot. This tree has been

privately owned by a local family in the area for generations and has been dated as at least a hundred years old.

The sight of the century-old tree was nothing short of magical. The branches grow fanned out, majestic and heavy, enough for one of those to touch the ground and re-erect itself to look like a separate tree. Locals in the area say the tree bears innumerable mangoes, each sweet as nectar. In addition to that, the tree gave off a very nurturing and positive vibe to all of us. That only made our time with locals in that area more memorable. With stalls selling pickled mangoes and leather, it made up for the munchies we craved while sharing good stories with them.

Like all good things, our time came to an end, and we started to head back to Dhaka. After only two hours, we reached Mawa Highway. This only cemented the idea that making a day trip to Barishal and places around the south is no longer a pipe dream.

By K Tanzeel Zaman  
Photo: Tanvir Hossain Khan (Fahyim)



এখন  
**ফাস্ট ওয়াশ**  
ডিটারজেন্ট পাউডার  
১ কেজির সাথে

১ টি

৫৭০

লব্ধীসোপ

ফ্রী!



#HEALTH

# Bleeding gums: a ticking bomb

Healthy gums don't bleed, so if you spot blood when you brush or floss, it could be a sign of gum problems.

This is a widespread problem in Bangladesh, affecting 29% of adults. One of the main causes leading to bleeding gums is plaque build-up.



**parodontax**

Daily protection against gum problems

Dental plaque is that soft, sticky film that builds up on teeth and under the gums throughout the day. And guess what? It contains millions of bacteria! When you eat—especially carbohydrates or sugar—you're not the only one getting a meal, so are the bacteria on your teeth. After "eating," these bacteria produce acids that erode the tooth enamel and cause cavities. If plaque is left on teeth for too long, it will harden into tartar, and can cause more than just cavities. It can cause tooth discoloration and sensitivity as well as gum problem.

One of the most commonly occurring gum problems is called Gingivitis. Gingivitis is a bacterial infection of the gums. It is caused when plaque builds up on your teeth and gums. According to the Mayo Clinic, it is a mild form of gum disease (periodontal disease) that causes irritation, redness and swelling (inflammation) of the gingiva, the part of the gum around the base of teeth. Easily noticeable symptoms are swollen or puffy gums, dusky red or dark red gums, gums that bleed easily while brushing, bad breath, as well as receding and tender gums.

#### HOW TO PREVENT GINGIVITIS

Think of gingivitis as the initial warning stage of gum disease, and it starts due to poor oral hygiene. Ignoring gingivitis, on the other hand, can lead to periodontitis.

This stage of gum disease cannot be treated at home. But with just a few lifestyle changes, there are a few easy ways to reduce the chances of developing plaque-induced gingivitis, including-

**Visiting your dentist or dental hygienist for regular check-ups.** Professional cleaning can also help to remove plaque from hard-to-reach areas of your mouth.

**Adopting a balanced diet to help keep gums healthy.** Be sure to eat a nutritious diet that is rich in fruits and vegetables – and limits sugary drinks and snacks.

**Brushing your teeth for two minutes twice a day.** You should also aim to floss your teeth at least once a day to remove any remaining plaque and food debris from your mouth in between meals.

**Choose the right toothpaste** such as Parodontax.

Parodontax is a fluoride toothpaste designed for daily use to maintain gum health, strengthen teeth, freshen breath and has all benefits of a regular toothpaste. Parodontax toothpaste, specially formulated with mineral salts, is clinically proven to be 4 times more effective to physically remove build-up of plaque bacteria on teeth and along the gum line. Use Parodontax daily as recommended on the pack. In Bangladesh it is marketed by 'GSK Bangladesh Private Limited,' and can be found in your nearest pharmacy, general store and super shops.

**Photo: Parodontax**

**DO YOU SEE BLOOD WHILE BRUSHING?**

**Parodontax Toothpaste Helps to Prevent the Gum Bleeding**

It contains **specialized mineral salt** which is **4** times more effective in removing plaque that causes gum bleeding.

Dental plaque is one of the main causes of gum problems. Based on independent study which compared a 47% sodium bicarbonate toothpaste to an ordinary toothpaste and demonstrated a statistically significant reduction in the bleeding index (BI), gingival inflammation and dental plaque at 6, 12 and 24 weeks after professional cleaning and brushing twice a day. Use as directed on pack. Ask your dentist about gum problems. © 2022, GSK group of companies or its licensee. All rights reserved. Trademarks are owned by or licensed to the GSK group of companies. PM-BD-PAQ-21-0004