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Style

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Living BOHO

BOHO IS BACK
FLAUNT THE SPIRIT C
TOO MUCH ON EID?
HERE ARE A FEW SALADS P8
GIRL ON THE GO
AROUND THE WORLD P12

PHOTOGRAPHY: TAMIM AHMED
MODEL: PURNIMA BRISTI
CONCEPT: MADHUREE SANCHITA SMRITY



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Gift ideas for sick family and friends

When our friends or family members are unwell, the best way to offer them support and let them know you are thinking of them is to give them thoughtful gifts, especially if you cannot physically be there for them. When you take the time to make a personalised gift basket or give them something unique to their preferences, you are showing them that you care.

Here are some gift ideas and creative gift basket ideas for a sick friend or family member.

Flowers

Flowers are the go-to presents for almost any event. Picking out a bouquet of fresh flowers is always thoughtful. However, before sending flowers, it is wise to check if their isolation area (or the hospital) allows flowers. Sometimes flowers can carry bugs and other particles which might influence the space and so, be sure to take all precautions.



Care basket

Almost anything can be included in a care basket. Anything that promotes a good feeling starting from medicine to homemade soup, as long as it demonstrates care and affection can be included in this basket.

Things like a journal, a mug and their favourite kind of tea, hot chocolate sachets, chocolates and biscuits, comfort snacks, instant food, a 'get well soon' card, a cosy



Spa gift basket

With a spa basket, you may make your friend or loved one feel pampered and help them enjoy relaxing treatments at home. This is something that will help your ill fellow feel fresh and taken care of without your physical presence. This basket can include things like body lotion or butter, body scrub, perfume, bath bombs and bath salts, essential oils, face masks, loofah, scented candles, fluffy slippers, socks, a towel, and such.



blanket, a comfortable pyjama, gel ice pack, cough drops, mani-pedi set and so on.

One thing to keep in mind with this gift is to keep in mind what the person likes and what makes them feel good — their favourite tea flavour, favourite instant ramen, what are they allergic to, what they enjoy doing etc.

Art gift basket

Oftentimes, anyone who falls sick has to isolate themselves and this can become boring. After all, there is only so much Netflix one can watch.

To keep them engaged and to help them utilise their time, an art gift basket is a fun and creative way to help them pass their ailing days. This basket can include sketchbooks, paint, charcoal and colour pencils, paint brushes, adult colouring books, etc.

A tea box

Hot drinks are always comforting when

one is unwell. It is like warm hugs which provide some relief. Depending on what your ill friend or family likes, making a box of assorted tea bags like plain green tea, herbal tea, flavoured tea, is a thoughtful gift. If your friend is a coffee drinker, you could fill the box with flavoured coffee as well.

Books

While they are recovering, give your ill friend the gift of a wonderful novel or an encouraging book to show how much you care. Getting lost in fantasy stories and experiences will help them forget about their illness, even just for a short time. Maybe you have been meaning to give them a copy of your favourite book for a while now, and this is the perfect time to do it.

A mixtape

Mixtapes are classic. Although it might not be possible to give them a CD, making them a personalised Spotify playlist or YouTube playlist is a thoughtful gift. It lets them know that you are thinking of them and also gives them a playlist filled with good and soothing music.

Food

When in doubt, food is the way to go. Homemade comfort food like soup or other spicy food always helps relieve feeling ill. Other than that, having food delivered to your friend or family is always an option with food delivery services. This shows that not only are you thinking of them but also know what they like and do not like.

Not being able to be there for friends and family when they are sick is always difficult. When you cannot physically be present to take care of them, these are some other ways of showing how you care and are concerned about their well-being.

By Puja Sarkar

Photo: LS Archive / Sazzad Ibne Sayed

us on /Sandalina

ঐতিহ্যের আর এক তাম্র আধুনিকতা
ঠিক যেমন রূপচর্চার আভিজাত্য মানেই

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রূপচর্চার আভিজাত্য...

#FASHION & BEAUTY

House of Ahmed Lounge: Co-designing space launched in Banani

House of Ahmed has launched their co-design studio, House of Ahmed Lounge, where consumers can co-create their outfits and can be a part of the design journey.

The luxury brand founded by the husband-and-wife duo of Ahmed Tuhin Reza and Tanzila Elma, is a premium sustainable clothing designer brand that promotes works of local artisans.

"We have created this co-design studio, which we call our creative lounge, where clients can come up with their own ideas for outfits. This is the first of its kind place in Bangladesh where you can come up with your own ideas and design, sit with a design team and co-create your own outfit. Our main purpose is to make our customers part of our creative process," said Tanzila Elma, co-founder, House of Ahmed.

Consumers usually get to see the final product on the shelf, and for ethnic dresses like kameez suits, and also marvel at the intricate beautiful handwoven pieces and embroidery crafted onto dresses and saris by our local artisans. There is rarely any chance for consumers to be involved with the creative and design process, this is more so in case of premium luxury lines, be it the bridal or party wear.

This is where the House of Ahmed Lounge will provide their customers opportunity to fully incorporate themselves in the creative process by ensuring an improved design experience by taking the entire process of getting one's dress to the next level through their co-design studio. For any fashionista, the chance to be involved with the design team of House of Ahmed and witnessing the master craftsmanship of its artisans that will result in their dream outfit is a wonderfully unique opportunity.

"The journey was not easy but we have worked really hard to make it happen. I left my corporate job, so did Elma who choose to be a mother and we have two beautiful sons. We founded House of Ahmed together and worked really hard to make this brand number one in the high-end niche market, and in this lounge is the creative zone where you can come and design your own outfits," said co-founder, Ahmed Tuhin Reza.

Latest collections from House of Ahmed were showcased in a runway fashion show during the inauguration. Jewellery partner of the event was Amisheé, beauty partner was Gala Makeover Studio by Navin Ahmed and food and beverage partners were Tina's Flavour Factory, Revival Tea, and Arabika.

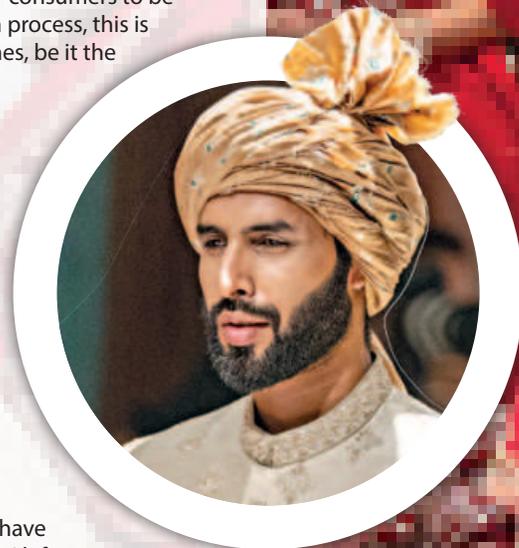
By Feda Al Hossain
Photo: House of Ahmed

Essentials:

House of Ahmed Lounge address: Level 5, House 44, Block E, road number 12, Banani Dhaka.

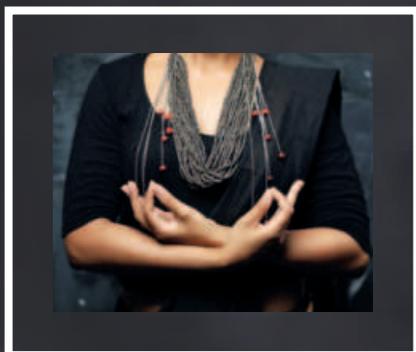
House of Ahmed Facebook Page: <https://www.facebook.com/houseofahmedbd>

House of Ahmed Instagram: <https://www.instagram.com/houseofahmedbd/>



“Pleasantness: The Story of Madhuree,” a jewellery exhibition

The “Pleasantness: The Story of Madhuree” exhibition by Madhuree Sanchita Smrity highlighted jewellery made of gold, silver, steel, iron, copper, and brass as well as seeds from various trees, oysters, joists, conches, and other natural resources.



The show was inaugurated at the La Galerie, Alliance Française de Dhaka on July 1, 2022 and ended on July 8, 2022.

Madhuree Sanchita Smrity completed her honours from the Faculty of Fine Arts of Dhaka University and now works as a fashion consultant with fashion house, Rang Bangladesh.

The first solo jewellery show by Madhuree was titled “The Pleasantness: The Story of Madhuree.” It was devoted to her intense fascination with nature’s beauty and the influence that nature has had on her life and current thinking.

When questioned about her sources of inspiration, she recalled always having a passion for jewellery and growing up wearing her mother’s silver and gold pieces. Her interest in organic and natural jewellery dates back to her childhood as well.

Essentials:

Exhibition Jewelry will be available in August, at the following Facebook address: www.facebook.com/rhee.factory/

By Dilshana Naureen

Photo: Tutul Nesar

Model: Nasrin Nasha

Concept: Madhuree Sanchita Smrity



#FASHION & BEAUTY

HAIRSTYLES to get your groove on

It has been quite an eventful journey for men's hair styles as many of us decided to let our hair grow, many times all the way beyond shoulder length.

Growing long hair gives us a new perspective of self-awareness and reinvention as we gear towards navigating a sense of style completely personal. Style is after all contingent on who you are, what you are, and how you carry yourself. Most men have a natural inclination towards long hair especially when it's healthy and grown out (to suitable length) with care and planning.

The hair knows what the hair wants

The head of waves will grow over time and there is nothing you can do about it except ignore it. That newfound hair length, however, needs to be cut and trimmed in accordance to one's sense of panache and confidence.

Realistically, long hairstyles suit those who have medium to thick hair for the strands to grow long and wavy. Curly hair is great as well, especially when the locks shed even though the hair as a whole keeps growing.

To sport a smart and breezy look for all seasons without the hassle of tying or setting up a bun, *Naped Tidiness* is the hairstyle for you. Trendy due to being adopted by the likes of our modern day Kylo Ren, Adam Driver, this hairstyle remains purposeful even when the hair starts shedding instead of haphazardly growing out in all directions.

It is an open secret: everyone digs Timothée Chalamet and surely, his curls play a role in his appeal. *The Chalamet* hairstyle is one in fashion and the ideal starter for those who wish to keep their curls by growing the top hair first, keeping the back, and sides at two and half inches in a stylish layer cut.

Full Flow is the hairstyle that can be perfectly coordinated with anyone's wishes of style as we let the thick and wavy hair take its course to grow at its own pace, exactly as it fits on the person wearing it. Common amongst surfers, and skateboarders, this is a generally considered to be a carefree hairstyle worn by men but does require some maintenance with proper conditioning to ensure the health of the hair. Not just pleasing to look at, it also feels good, as you might find your own fingers or someone else's running through the thick waves.

Mid-length longer hair, which measures to the length of four to five inches, is a low-maintenance look that is worth looking at. Having the chill surfer-like vibes, this look is personified by the Internet's favourite human, Keanu Reeves. The sides have to be cut shorter than the back to give the cool adventurer-type look. When Keanu does, who can resist?

The *Afro* is easily the best hairstyle for men anywhere with its iconic imagery associated with history's great entertainers like Prince and Michael Jackson. Products can be used to enhance the curls if one does not have naturally curly hair measuring up to two to three inches.

Now, not everyone wants hair hanging over the shoulder. For some people, long hair can be spiked letting it stand up on its roots with short cuts to the sides. This hairstyle, named *The Morrissey*, nicknamed after the famed musician-vocalist himself, allows anyone to sport it in a formal or informal setting as the hair is kept at mid-length allowing one to be simply at ease in all settings.

Nourishment is the key

As with health of the body and mind, hair does need to be nourished properly to ensure its vitality in the longer run. It is important to invest in a quality shampoo and conditioner to keep the growing hair strong and glossy allowing it to steal the show anywhere be it at home, university, workplace, or the occasional visits to the gym or beach. Shampoo is not a daily necessity while proper

condition is in line with what suits your hair best.

Shearing off the dead ends and trimming the parts you deem unsuitable must be done in clockwork frequency. If you are planning to sport a beard to blend well with your beard, do make sure it is shaved or trimmed well to go well with your hairstyle. Strategize your timings well in sync with the look of preference.

Different combs must be used for combing hair to get the perfect hairdo shape. For example, wide-toothed comb is needed for Afro hair styling. In terms of gelling the hair to give it a particular shape, proper gels must be bought to texturize the hair hold in order to look good. Scalp has always been a thorn in the side of having a good hair day hence hair needs to be kept soft, healthy, and shiny with the proper oils for the overall nourishment of your hairstyles.

Let the mane grow with proper nourishment and care to sport your very own look.

By Israr Hasan
Photo: LS Archive/Sazzad Ibne Sayed



#FASHION & BEAUTY

Picture this — Jaya Ahsan in gladiator sandals, maxi skirt, a solid-colour tank top and multilayers of natural wooden beads round the neck; or maybe Azmeri Haque Badhan, in a patchwork crochet midi-dress with leather belts and hunter wellies.

This summer is all about BOHO-CHIC *styling*

What are we talking about? Boho-chic fashion of course!

Like many other 90s trends making a comeback, Boho is back again with a bang. So, we are ready to welcome back floral waistcoats, midi dresses, ripped jeans, cargo pants, printed scarves, fringes on everything including belts, bags and sandals.

For those who are not much into brands, jute bags from the local market, leather baguettes and hobo bags are a 'must have' item for the wardrobe.

You don't believe us? International runways are also awash with the 'fantastic 90s' styling craze.

The super model Hadid sisters, Gigi and Bella, have walked multiple ramps wearing macrame dresses fizzling out in fringes, head to toe tie-dye printed dresses with an abundance of braiding and seashell jewellery.

Having said that, jewellery is back in action once again. The 'simple is the way to go style' is no longer IN, people are hoarding their summer wardrobe with anklets, toe rings, mood rings, rainbow glass beads, scarf earrings and so much more.

There's no way to tone down on the looks, thanks to social media. If you want to be in on the trendy bandwagon, then you have to be all decked up. There's just no subtle way around it.

From baguette bags to gladiator sandals, there have been a revival of the 90s trends that we love so much. It appears that designer Sharmin Rahman is almost obsessed with the style inspiration as we are. And hence a photo collaboration was a must.

For the exclusive photoshoot with Rahman, she chose to wear an off-shoulder floral top paired with a solid beige sari, mix and match her ripped jeans with a floral jacket and wear a



bundle of rainbow beads with colourful anarkalis and flowy midis.

The finishing touches? Unique jewellery, Bohemian jute bags and intriguing flats.

While the look particularly drew inspiration from floaty silhouettes and retro jewellery, that are more of a signature for supermodel Kate Moss, Rahman also put in some twists of her own with the introduction to sari and a soft fusion between the traditional and the Western way of styling.

So, is Boho-chic finally back, once again, to capture our hearts?

Clearly, Rahman thinks so.

By Fashion Police

Photo: Sazzad Ibne Sayed

Model: Sharmin Rahman

Styling: Sonia Yeasmin Isha

Make-up: Sumon Rahat

Wardrobe: Sharmin Rahman/ Sharmin

Rahman personal collection



THE MILLENNIAL COOK
FARIHA AMBER

Salads can be delicious; salads can be gorgeous. And yet, we have a bittersweet relationship with salads. At least now, we have come far from the thought that healthy food equals boring food.

Salads, if done right, can be something worth shamelessly devouring — and there are a million ways you can do it! With so many combinations of the contents in a salad along with endless possibilities of what to put in the dressing — the sky is really the limit once you have cracked the perfect equations.

CREAMY POTATO SALAD

This salad is heavy on carbs and falls more on the unhealthy category – perfect for pairing with chicken fry or steak as a side dish.

Ingredients

4 large potatoes
½ cup mayonnaise
1 tbsp yellow mustard
2 eggs
½ tsp salt
½ tsp black pepper



½ tsp paprika
1 tsp chives
2 sticks spring onions
1 medium dill pickle

Method

Cut the potatoes into quarters and set them to boil with sufficient salt. Start with room temperature water and let the potatoes boil along as the temperature rises. Alongside, hard boil the eggs. Once the potatoes are fully done, slightly cool them and then peel off the skins. Do the same with the eggs.

In another bowl, mix the mayonnaise, yellow mustard, and dill pickle relish. Finely chop the spring onions and dice the potatoes and eggs, and mix them along with the mayonnaise mixture. Next, season this with salt, black pepper, paprika powder, and dried chives.

Mix everything together and finally garnish with chopped spring onion greens. Wrap this with cling film and refrigerate for 30 minutes before serving.

MANGO AND GRILLED CHICKEN SALAD

This tropical salad is great to make at this time of the year, bursting with fresh flavours from mangoes and a spicy kick from grilled chicken.

Ingredients

For the chicken –



2 chicken breasts
1 tbsp olive oil
½ tsp paprika powder
½ tsp black pepper
½ tsp salt
1 tsp garlic powder
½ tsp cumin powder
1 tbsp lime juice

For the salad –

1 large ripe mango
1 red bell pepper
A bunch of lettuce
¼ cup olives
1 red onion
1 cup grape tomatoes

Method

Start by marinating the chicken with olive oil, paprika powder, black pepper powder, salt, garlic powder, cumin powder, and lime juice. Rub all these ingredients over the chicken breast pieces and let it rest for 30 minutes.

Meanwhile, slice the mango, onion and bell pepper into juliennes and chop fresh lettuce. Also slice the black olives and grape tomatoes. Grill the chicken on medium heat flipping only when one side is cooked entirely. Let the chicken pieces cool slightly before slicing them.

Arrange the chicken pieces with the fruits and vegetables, sprinkle paprika powder and black pepper powder on top and toss together. You can serve this with freshly squeezed lime juice or a vinaigrette dressing.

THAI GREEN PAPAYA SALAD

Another tropical recipe to enjoy this summer! This salad is delicious as it is and can be enjoyed without being paired with anything else.

Ingredients

1 raw green papaya
2 garlic cloves
5-6 red chillies
2 large green beans
5-6 cherry tomatoes
¼ cup dried shrimp

2 tbsp roasted peanuts
1½ tbsp fish sauce
2 tbsp lime juice
1 tbsp white sugar

Method

Pick a firm and raw green papaya and peel it. Continue peeling it with a julienne peeler so that you get fine shreds of papaya. Soak the dried shrimp in water for 10-15 minutes to soften them up. Cut the tomatoes and beans into bite-size pieces.

Using a pestle and mortar, crush the garlic gloves and add in chopped red chillies. Add in roasted peanuts and shrimp and bruise them as well – do not over crush just lightly bruise the ingredients. Lastly, add in the beans and tomatoes and crush.

Finally, add the shredded papaya and season everything with fish sauce, lime juice, and sugar. Toss everything together with the help of the pestle. Check for seasoning before serving.

GRILLED CALAMARI SALAD

This protein packed salad can be a meal on its own that is packed with umami flavours of calamari that pair excellently well with the crunch of fresh vegetables.

Ingredients

300g squid rings
1 tbsp oil
1½ tsp Sichuan pepper
1 tsp black pepper
1 tsp salt
1 tbsp garlic granules
2 Malaysian red chillies
1 yellow bell pepper
A handful of coriander

Method

Mix the squid rings with olive oil, Sichuan pepper, salt, black pepper, and garlic granules. Toss them together before grilling them on high heat, for only a couple of minutes until they are fully cooked and charred.

Slice the red chillies and bell peppers into bite-size pieces and toss together with the squid rings. Finally sprinkle with fresh coriander leaves. You can toss this with any vinaigrette dressing.

ORANGE VINAIGRETTE DRESSING**Ingredients**

A handful of fresh coriander
2 cloves garlic
2 tbsp orange juice
3 tbsp olive oil
Pinch of salt
Pinch of pepper

Method

Finely chop the coriander and garlic and mix well with freshly squeezed orange juice and olive oil, along with salt and pepper to taste. This is a generic dressing that goes with just about anything from leafy vegetable salads to protein-packed meaty ones.

POPPY SEED DRESSING**Ingredients**

1 tbsp maple syrup
1 tbsp apple cider vinegar
3 tbsp olive oil
¼ tsp mustard powder
¼ tsp onion powder
1 tsp crushed poppy seeds



Salt to taste

Method

Whisk the liquids together – mix maple syrup, apple cider vinegar and olive oil in a bowl. Then add the seasonings – mustard powder, onion powder, and crushed poppy seeds. Finally sprinkle over salt and check for seasoning. This dressing is a great accompaniment to salads that contain fruits.

PEANUT DRESSING**Ingredients**

¼ cup peanut butter
2 cloves garlic
2 tsp fresh ginger
2 tbsp rice vinegar
2 tbsp soy sauce
2 tbsp honey
½ tsp cayenne pepper
2 tsp sesame oil

Method

Whisk together the creamy peanut butter, rice vinegar, soy sauce, and honey. Then add finely chopped ginger and garlic. Add a pinch of cayenne pepper depending on taste and finally add in a drizzle of sesame oil. Check for final seasoning.

By Fariha Amber
Food & Photo: Fariha Amber

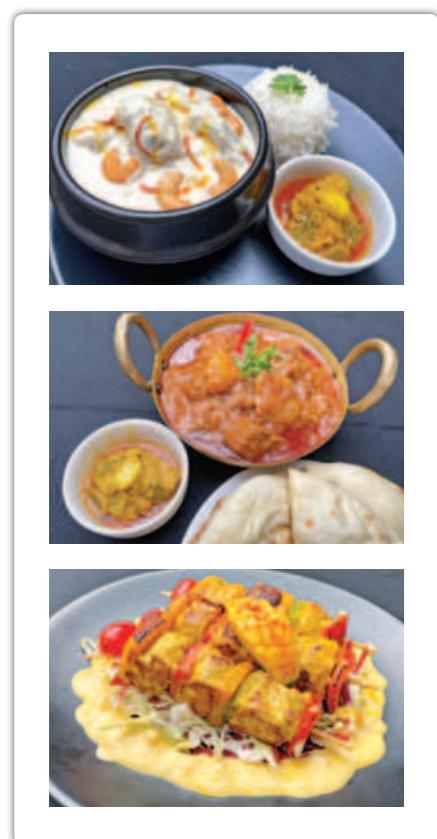
#FOOD & RECIPES

Meat recipes to try for after Eid break

ALOO BUKHARA BEEF BHUNA

Ingredients

- 1 kg boneless beef, cubed
- 250g onions, chopped
- 75g ginger paste
- 75g garlic paste
- 100g tomatoes
- 150g aloo Bukhara
- 100g yoghurt
- 20g red chilli powder
- 20g cashew nuts
- 150g soybean oil
- 15 garam masala powder
- 10 cumin powder
- 10g coriander powder



- 2g bay leaves
- 5g green cardamoms
- 10g cinnamon sticks
- 50g ghee
- 5g nutmeg
- 15g coriander leaves
- Salt to taste

Method

Whisk the yoghurt, garlic, ginger, and all other ingredients together in a mixing bowl. Mix it with the beef cubes until all it is coated. Cover the bowl and keep in refrigerator for 1 hour.

Heat oil in a pot over medium heat, add green cardamom, cinnamon, bay leaves and sauté for 2 minutes. Add onion and stir, until it softens and becomes golden brown. Add the marinated beef and cook until the oil separates. Now pour water and cook, until the beef is tender and the oil separates again.

Add aloo Bukhara, 1 cup of water, cover and cook on medium heat for 10-12 minutes, so the flavours can blend in. Uncover the pot and turn on high heat and dry the extra gravy. Garnish with deep fried

onions and coriander leaves. Serve with rice or naan.

BEEF SUKKA

Ingredients

- 1 kg beef, with or without bone
- 1 medium onion, finely sliced
- 2 medium sized tomatoes, finely chopped
- 1-inch fresh ginger, finely chopped
- 8 cloves garlic, finely chopped
- 3-4 green chillies, slit (increase quantity up to 8 green chillies)
- 2 tsp coriander powder
- Salt to taste

For spice powder—

- 1 tbsp fennel (mouri) seeds
- 1 stick cinnamon or cassia bark
- 5 cloves
- 5 cardamoms
- 20 peppercorns, adjusted for taste

For the seasoning—

- 1 tsp mustard seeds
- 1 medium onion, finely chopped
- 1 cup coconut slivers
- 4 sprigs (about 25-30) curry leaves
- ½-1 cup coconut oil, depends on how health conscious you are

Method

Wash the beef and cut it into small pieces, transfer into a pressure cooker. Add all the ingredients mentioned and also the mixed spices, powdered. Mix it well. There is no need to add water, as the meat will release a lot of stock. Sprinkle a handful, if needed.

Cook the meat for two whistles, then simmer and cook for another 12 minutes or until the meat is tender (cooking time may vary according to the tenderness of the meat).

In a large, wide based karai (wok), heat the coconut oil, add the mustard seeds and when they stop spluttering, add the onions and fry until golden brown in colour. Add the curry leaves and the coconut slivers (or grated coconut) and roast on a medium heat until the pieces turn golden to get a nice aroma. This will take some time, so have patience.

Now add only the cooked pieces of meat (do not add the stock) and fry on a medium high heat till the moisture evaporates.

Then top up by adding the stock in parts (2 handfuls at a time). Do not add all of the stock at one go. The meat needs to fry and the stock when added in parts, will help retain the juiciness and at the same time, it will help the meat to fry and not stew –

otherwise you will have a beef curry and not a beef fry on your hands!

When the meat is fried, it will turn darker and darker. When the desired consistency (thickness of gravy) is achieved, remove the wok from the heat. You can fry until the gravy is completely evaporated. Serve hot with rice or chapattis.

CHILLI LIME MANGO CHICKEN SKEWERS

Ingredients

- 1 kg boneless chicken
- 150g fresh mango puree
- 10g ginger paste
- 150g green chilli
- 500g yoghurt
- 100g cashew nut paste
- 150g mustard oil
- 15g garam masala powder
- 10g cumin powder
- 10g coriander powder
- 50g ghee
- 15g coriander leaves
- 5g sugar
- 10ml lemon juice
- Salt to taste

Method

Prepare a marinade of ginger garlic paste, lemon juice, salt and mix the chicken cube with all these. Let rest for 10-15 minutes. Pour the rest of the ingredients into the yoghurt and mix well until it turns into smooth paste. Then add the marinated chicken pieces to the mixture. Rest for 30 minutes. Thread the marinated chicken pieces onto the skewer. Roast it in tandoori oven until cooked well. Serve hot with naan.

NAWABI MUTTON

Ingredients

- 1 kg boneless mutton
- 300g onions
- 10g ginger paste
- 150g green chillies
- 100g yoghurt
- 1g saffron
- 20g cashew nuts
- 150g soybean oil
- 15g garam masala powder
- 10 cumin powder
- 10g coriander powder
- 5g bay leaves



- 5g green cardamoms
- 10g cinnamon sticks
- 50g ghee
- 5g nutmeg
- 15g coriander leaves
- 10g mace
- 10g sugar
- 150ml coconut milk
- Salt to taste

Method

Take a pot, add oil and heat it up. Add green cardamom, cinnamon, bay leaves, and mace, and stir for 2 minutes. Add onions, ginger, and garlic. Cook for another few minutes, until onions become soft. Add mutton, salt, cumin powder, coriander powder, and saffron, half of green chilli, cashew nut and yoghurt. Mix it well and cook, until the mutton is tender.

Add coconut milk, garam masala powder, rest of green chilli, sugar and stir for another 2 minutes. Serve with rice.

SPECIAL BEEF TANDOORI KEBAB

Ingredients

- 1 kg boneless beef
- 75g ginger paste
- 10g black pepper
- 500g yoghurt
- 10g Kashmiri red chilli powder
- 150g mustard oil
- 10g lemon juice
- 100g cashew nuts
- 15g garam masala powder
- 10g cumin powder
- 10g coriander powder
- 50g ghee
- 5g nutmeg
- 15g coriander leaves
- 50g butter
- Salt to taste

Method

Cut the beef in thin slices. Take a bowl and put all the ingredients along with yoghurt and mix properly. Add the sliced beef and completely coat with the mixture. Keep it in the chiller for 30 minutes.

After removing the beef from the chiller, put them on a skewer and cook properly in a tandoori oven for 10-15 minutes. Serve hot with butter naan.

Recipes by: Chef Sheikh Abdur Rashid, Executive Sous Chef, Radisson Blu Dhaka Water Garden

Photo: Radisson Blu Dhaka Water Garden

Window sill décor to adorn your rooms

Our rooms are our personal comfort zones, our 'safe' nooks. Perhaps that is why we tend to spend so much time and effort in beautifying and customising the space to will satisfy our unique tastes, and provide that extra homey feeling. There are hundreds of ways to decorate rooms, just as you like. But many people leave out the windows in this process. But if the sills are wide enough, these can be styled to literally transform your rooms in the most creative ways.

Keeping plants

Window sills can be a blessing in disguise for plant-lovers who like to keep greens in their rooms. Instead of keeping potted plants on the ground (which often takes up too much space), you can choose to



place them on the sills of windows. This will significantly enhance the look of your room, without having to utilise any extra space.

Perfect place to keep your fruits and vegetables

Window sills can be your saviour if you are thinking of adding some style to your dining room or kitchen. Place your fruit/vegetable basket on your window sill. This will not only prevent the window area from looking too bare but also help to keep your food fresh.

Work surface

Window sills can be turned into outstanding work spaces. If the sill is not spacious enough, you can get it extended to suit your purpose. The sills can serve as work-desks to put your diaries, planners, laptop, stationery, etc. Such a distinctive work space with a touch with the outdoors will surely motivate you to work.

Mini-bookshelf

Bookworms love nothing more than to

hoard books and add to their valuable collection. In the process they often run out of room to stack their books. Well, they need not fear any further. Window sills can be an excellent means for book-storage.

Easel

These sills can also be



of great use for artists. You can put a chair in front of the sill to sit and carry on with your artistic endeavours.

Ideal place to keep decoration items

Instead of keeping all your décor items in different parts of your room, you can opt to accumulate them all in one single place and turn your window sill into one bigger decorative piece. It can serve to be the focal point of your room.

Sitting area

Amazing window seats can be made out of window sills. These blend comfort with elegance, and that too by smartly utilising space.

By Faiza Khondokar

Photo: Collected

Top 4 ideas to decorate an aquarium



A fish tank is an amazing piece of decor to add to your home. The crystal-clear water, the oceanic vibe and the tiny colourful fishes swimming in it, bring a sort of calmness to its surroundings. Not only is it surprisingly easy to maintain, you are at complete liberty to showcase your creativity while decorating your aquarium. That being said, here are some unusual and super fun ideas to experiment with.

Kingdom of Imagination

While an ocean vibe is often displayed with rocks, seashells and plants amidst sand, our imagination should not be limited to that. Our favourite cartoon characters like Little Mermaid, SpongeBob, Nemo, and Dory showed us how magical the underwater world can be. By collecting some action figures, you can create an aquatic world of your own.

You can even have unexpected crossovers. Just imagine how cool it would be if SpongeBob was to deliver crabby patties to Ariel's castle!

Shiver me timbers!

You can get adventurous with toy ships sinking to the bottom of your 'ocean'. Also take a quick scan around the house for some old jewellery and

marbles. Lay them down in the sand as 'treasure' and you have got yourself a pirate-themed aquarium.

Circus in town

Take a second to think about all the unusual acts in a circus and then get started. For this one you will need a quick visit to the nearest shops and some DIY.

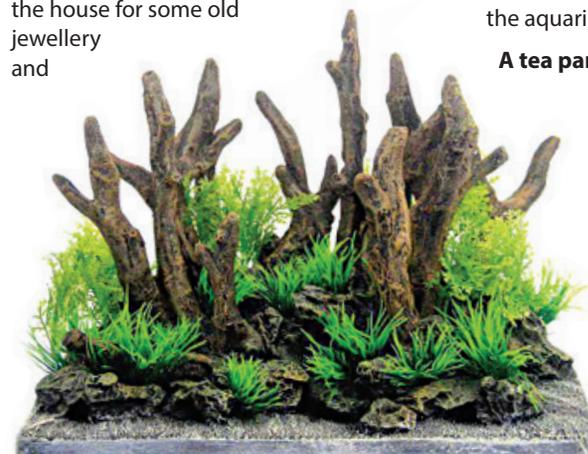
You can put plastic dolphin balancing a ball on its nose in one corner while a unicycle can stand tall in another. Find hoops big enough for your fish to swim through and tie it on top of coloured straws. Then place them firmly in the sand. You can actually teach your fish to jump through these hoops, thus nailing a classic 'tiger jump' trick!

You may hang some fairy lights around the aquarium to complete the circus.

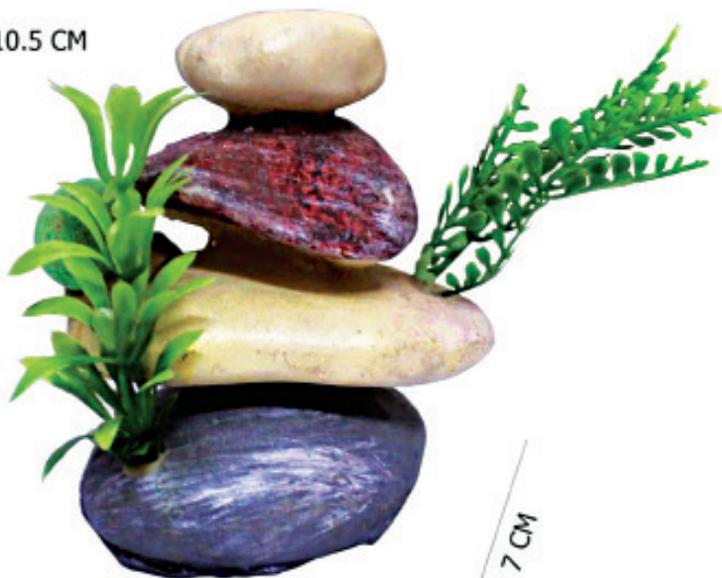
A tea party

Thinking completely outside the box you can arrange a tea party for your fishes. Put a medium sized teapot with two cups making sure that the fishes do not feel crowded in any way. You can also lay down a table cloth underneath the aquarium to give it a classy look from outside.

Who knew an old china set can work such wonders, right?



10.5 CM



9 CM

Where to find them

While aquarium shops are nothing new, a little bit of research can help you find the best deals and quality.

Nature Aquatics specialises in selling a wide range of marine fishes, aquariums as well as decorations. Not only do they have an impressive collection of fishes and decorations, but the water in their aquariums seem to practically sparkle! What's the secret? Apparently, a regular thorough cleaning process, proper filtration and weekly maintenance does the trick.

Founder and managing director, Ashraf Shiddke Rizve talks about how correct selection of decoration pieces depends largely on the type of the aquarium one owns.

"Fresh water aquarium can have both natural and artificial decor," he says, "For instance, you may choose to decorate it with low tech aquatic

plants, stones, drift wood, etc. but they are not suitable for a salt water aquarium. The salt water aquarium itself is of two types. Where a 'fish only' aquarium can be decorated with live rocks, a 'reef' aquarium can have rocks, live corals and reef-friendly fishes."

Among our other top picks is Aqua Street situated in Bashundhara residential area and Fisher's Cave by Unimart featuring all kinds of marine and tropical fishes.

Decorating an aquarium can be super fun, but the safety of our fishes must be our top priority at all times. There are plenty of guidelines and tips available these days where we can learn proper filtration process and sanitisation of decor items before adding them to our fish tanks. With that being said, let's get creative!

By Nusrath Jahan
Photo: Collected

◆ HOROSCOPE ◆



ARIES
(MAR. 21-APR. 20)

Something unexpected may occur this week. Make sure to plan things in advance. Family members will get difficult soon. Your lucky day this week will be Monday.



TAURUS
(APR. 21-MAY 21)

Your quick wit will be useful. Spend quality time together. Look into long-term investments. Your lucky day this week will be Saturday.



GEMINI
(MAY 22-JUN. 21)

Spend time with friends and family. Someone may try to take advantage of you. Think twice before saying anything. Your lucky day this week will be Saturday.



CANCER
(JUN. 22-JUL. 22)

Your work will be appreciated. Join humanitarian groups. Don't go seeking revenge. Your lucky day this week will be Wednesday.



LEO
(JUL. 23-AUG. 22)

Manage your time efficiently. Your genuine compassion will win hearts. Keep things professional at work. Your lucky day this week will be Wednesday.



VIRGO
(AUG. 23-SEP. 23)

Travel will be pleasurable. Current situations can affect your health. Keep an open mind when listening to opinions. Your lucky day this week will be Monday.



LIBRA
(SEP. 24-OCT. 23)

Make plans with your partner. Colleagues may try to undermine you. Avoid getting trapped in internal disputes. Your lucky day this week will be Tuesday.



SCORPIO
(OCT. 24-NOV. 21)

Small business ventures can earn you extra cash. Try to be understanding. Don't lavish your partner too much. Your lucky day this week will be Friday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Chronic health problems can surface unexpectedly. Join groups that can provide some enlightenment. Stay in the background this week. Your lucky day this week will be Wednesday.



CAPRICORN
(DEC. 22-JAN. 20)

Social activities will be enjoyable. Avoid dealing with important issues. Be honest when dealing with your partner. Your lucky day this week will be Monday.



AQUARIUS
(JAN. 21-FEB. 19)

Spend time and connect emotionally with your partner. Your practicality will be helpful at work. Make plans to travel this week. Your lucky day this week will be Wednesday.



PISCES
(FEB. 20-MAR. 20)

Look before you leap. Clear up any legal matters. Don't tell others of your plans. Your lucky day this week will be Thursday.

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







Around the World with Maliha Fairouz

Introduced to travelling by her parents at the tender age of 4, Maliha Fairouz never forgot the excitement she felt on her first trip abroad. To recreate the same high, Maliha continues to travel across the globe and explore the world through the eyes of a young, Bangladeshi, Muslim woman. At 31, Maliha has travelled to 97 countries with her Bangladeshi passport and will soon travel to her 100th destination.

Although Maliha's first trip had been quite illustrious, charting her way through the UK, France, The Netherlands and the US, she has not been too selective about her travel destinations. "I tend to travel to 'unusual' places — at this point after half the world, you kind of have to — and I often hear, 'Sorry, we have never processed this passport before.' from immigration points."

From Central America to Africa, Maliha has happily travelled across different continents and has a lot of mixed feelings about her experience. "In the past 27 years since my first trip, I have experienced racism, bigotry, visa woes and harassment at immigration, but equally I have experienced the beauty, hospitality, warmth and kindness of the world."



people of Sierra Leone showed her how similar their paddy fields were to the ones in Bangladesh, the artists of Mexico wowed her with graffiti that reminded her of the *alpona* in her own country during Baishakh. "In each of these instances, everyone showed me the beauty of their cultures, in a bid to connect with me. Everywhere I go, people find ways to bridge my culture with theirs."

As Maliha decides on her next three countries for travel, she urges readers to follow and celebrate her journey through her Instagram handle- @maliharoundtheworld and her blog www.maliharoundtheworld.com.

By Munira Fidai
Photo: Maliha Fairouz



Having supportive parents gave Maliha the best start to her travelling journey. Fuelled by her father's love for travel and her mother's unabashed confidence as a UN associate, her dreams of travelling the world took flight.

Maliha finances her trips independently through her work, her blog and her

freelance writing gigs. "I have been working various jobs for 10 years now, so that's helped me save up money and prioritise travelling, that's literally where all my money goes." Bursting with tips and tricks on how to save money travelling, Maliha swore by couch-surfing and hostelling excellent options for a bag packing expedition. From cheap flights to economical accommodation, her blog, previous articles, and her upcoming book provide abundant advice on the dos and don'ts of low-cost travel.

Fuelled by her love for travelling, Maliha has chosen to work in places she has never been to before, to be able to explore countries close by. "I explored a lot of West Africa when I was living in Sierra Leone. When I lived in Nepal, I went to Sri Lanka, Bhutan and other countries nearby." Maliha currently lives in Berlin and she finds that

everywhere is much closer and cheaper to get to from Europe.

As a young girl travelling alone, Maliha's journey was not entirely without problems. From deportation, detention, interrogation, special checks and harassment by immigration officers and border guards, she braved it all. "Part of the reason I started writing my blog is to deconstruct the notion that travel is only for white people from privileged countries. The world is for all of us to explore, not just a subset. And I want Bangladeshi travellers to be far more normalised in the travel media world, especially social media, so that travelling can be easier, more accessible and open for everyone."

Making her travel adventures so wholesome and worthwhile is Maliha's realisation that at the core, everyone is just looking for connection and kindness. The

