

Breakfast like a King

This popular saying has some significance to it. Breakfast is, after all, the most important meal of the day and one should not skip it. There are two kinds of people; one who enjoys a hearty meal first thing in the morning, and one who feels nauseous at the sight of food so early in the day. For the latter, even if it's a cup of coffee and toast, a cup of tea and muri or puffed rice, you must have something to break your night fast.

A light breakfast consists of a buttered toast, a soft-boiled egg, some greens, and fruits. A heavy English one would be a

chicken ham croissant sandwich, hash browns, sausages, a bowl of fruits, and a tall glass of rich hot chocolate.

However, for us Bengalis, there is nothing like notun alu bhaji, atta ruti and dim bhaji (new potato fries, flour tortillas, and an omelette); that's the light regular version. And the heavy breakfast would be luchi alu'r daam, paratha kolija bhuna, nehari and naan (deep-fried puff breads, potato curry; oil fried flat unleavened bread with beef liver fry; beef bone stew with oven naan breads), and so on and so forth; all

gulped down with a steaming cup of milk tea.

This week, Star Lifestyle brings to you many breakfast items, including a recipe for 'dudh chittoi', a staple winter breakfast delicacy from the sweet pitha or rice cake family. Flip through our pages and enjoy our recipes and Christmas Special. We hope the spread inspires you to indulge in a heavy deshi or English breakfast during winter Fridays.

-- LS Desk
Photo: Sazzad Ibne Sayed
Styling: RBR



◆ HOROSCOPE ◆



ARIES
 (MAR. 21-APR. 20)

Don't neglect your own family. Confused emotions can lead to wrong decisions. Avoid making drastic changes in your career. Your lucky day this week will be Tuesday.



TAURUS
 (APR. 21-MAY 21)

Sudden changes regarding friendships may occur. Let your partner know what your personal intentions are. Take a break with loved ones. Your lucky day this week will be Tuesday.



GEMINI
 (MAY 22-JUN. 21)

Don't be persistent when trying to help others. Avoid exaggerating your emotional situation. You need a change of pace. Your lucky day this week will be Sunday.



CANCER
 (JUN. 22-JUL. 22)

Your charm will help gather allies. Travel will bring about interesting contacts. Understand both sides of an issue before taking sides. Your lucky day this week will be Sunday.



LEO
 (JUL. 23-AUG. 22)

Your co-worker may betray you. Rest and relaxation will be favourable. Your partner will not entertain your criticism. Your lucky day this week will be Friday.



VIRGO
 (AUG. 23-SEP. 23)

Be ready to take action at a moment's notice. Curb your bad habits. There's no need to confront personal problems now. Your lucky day this week will be Thursday.



LIBRA
 (SEP. 24-OCT. 23)

Don't skip out on work. Ask questions on issues you are unsure of. Keep your feelings to yourself. Your lucky day this week will be Sunday.



SCORPIO
 (OCT. 24-NOV. 21)

Money making opportunities will rise through connections. Let your partner know about your expectations. Think hard before doing business with loved ones. Your lucky day this week will be Friday.



SAGITTARIUS
 (NOV. 22-DEC. 21)

Trips could lead to new outlooks. Deal with things yourself. Think twice before hurting your partner's feelings. Your lucky day this week will be Friday.



CAPRICORN
 (DEC. 22-JAN. 20)

Participate in physical activities. Don't push your luck at work or home. Real estate investments could be prosperous. Your lucky day this week will be Friday.



AQUARIUS
 (JAN. 21-FEB. 19)

Family issues will get you down. You may have a problem keeping secrets. Take care of yourself better. Your lucky day this week will be Friday.



PISCES
 (FEB. 20-MAR. 20)

Don't hesitate to present your unique ideas. Make plans for a vacation. Don't overindulge in anyway. Your lucky day this week will be Friday.



করোনা এবং অন্যান্য
 ভাইরাসের বিরুদ্ধে নিশ্চিত
 করে 99.99% সুরক্ষা

Bactrol[®]

Left Right
 Left Right


