

DESHI MIX
SALINA PARVIN



Celebrate the end of the year with delicious pithas



KHEERSHA PULI

Ingredients

1 cup rice flour
1 cup jaggery
1½ cup water
1 cup kheersha
1/8 tsp salt
Oil for deep fry

Method

Boil water in a pan. Add jaggery and salt to it. Add rice flour to boiling water and keep stirring with wooden spoon to form a firm but soft and non-sticky dough. Adjust accordingly. Knead well for about 3-4 minutes. Take a portion of the dough and roll it out as a thick tortilla. Cut out circles with cookie cutter. Place a small amount of kheersha on each circle. Repeat the process with the remaining dough. Brush the edges with water and seal tightly to form a semi-circle shape. Heat oil in a pan. Fry the kheersha puli in medium heat until the dough is cooked through and golden. Serve warm or at room temperature.

PAKON PITHA

Ingredients

2 cups rice flour
2 cups flour
4 cups water
½ tsp salt
4 eggs
¼ cup ghee
For sugar syrup -
10 cups water
4 cup sugar
2 green cardamon
2 pieces cinnamon sticks
Oil for deep fry

Method

Whisk egg in a bowl and keep aside. Melt ghee in another small bowl and keep



aside. Mix flour and rice flour in a bowl. Keep aside. In a pan, add sugar, water, cardamon and cinnamon and boil for 3-4 minutes. When sugar syrup is ready, remove from heat, and transfer to big bowl and allow it to cool down. For dough preparation, boil 4 cups of water and salt on medium high heat. Add flour mixture and cook for 5 minutes. Remove from heat and let it cool to room temperature. Once cool, knead, and mix beaten egg and ghee, little by little. Knead well to make a smooth, soft and pliable dough. Divide the dough into 25-30 equal portions. Make round shaped balls. Then turn into your desired shapes. You can use cookie cutter, or any kind of dices, needle, toothpick or knife for design. Now it's ready to be fried.



Heat enough oil in a pan on low heat. Fry the pithas until golden brown. Then soak it into sugar syrup overnight. Transfer to a serving plate, pour some sugar syrup, and then serve.

BHAPA PITHA

Bhapa pitha is one of the most popular pithas in Bangladesh, made of rice powder, coconut and jaggery stuffed inside. It is one dessert item that truly represents Bengali cuisine.

Ingredients

2 cups parboiled rice
½ cup liquid milk
Pinch of salt
For the filling -
½ cup grated fresh coconut
1 cup date jaggery

Method

Soak the rice for at least 5-6 hours beforehand. Drain the water out well. Now grind it in a grinder or food processor. Mix some water, but don't take too much. Add salt and sprinkle milk in a way that the rice powder must seem wet, not dry at all. If the flour binds together when you hold some of them in your plan, the flour is ready. Now sieve the flour through the strainer. Take two pieces of clean cotton cloth and two small bowls. In a bowl spread some flour, then add the coconut and jaggery. Cover it with another layer of flour and even it. Cover it with piece of cloth and put in the steamer. Tap the bowl slightly, so that you can remove the bowl easily. Remove the bowl and cover the pitha with the remaining ends of the cloth. Steam for 4-5 minutes. Prepare the same way using the other bowl and cloth. You remove the cooked pitha and place another. Serve hot.

NOTUN CHAL-ER KHEER

Ingredients

½ cup aromatic rice
2Ltr milk
¾ cup date jaggery
¼ cup mix nut

Method

Soak rice in water for half an hour. Let the water drain. Crush the rice with your hand. Heat milk in a pan to boil. When the milk is reduced to half, add rice to it and cook in low heat. As the milk thickens keep on stirring the mixture or it will stick to the bottom of the pan. When the mixture becomes thick, add jaggery and nuts and cook for another 5 minutes. Remove the pan and prepare to serve.

Photo: Sazzad Ibne Sayed

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