

FOR THE LOVE OF FOOD

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RECIPES FOR EVERY MOOD



If you are someone who wants to try new dishes every other day to break the monotony, these are the recipes for you. Whether you crave meat, or fish, or even egg, there's something here for everyone.

EGG CURRY

Ingredients

- 4 eggs
- 2 boiled medium-sized potatoes
- 1 large onion medium-sized
- 1 tbsp ginger paste
- 1 tbsp garlic paste or finely chopped
- 1 medium-sized tomatoes
- ½ tsp turmeric powder
- ½ tsp red chilli powder
- ½ tsp sugar (optional)
- 2-3 green chillies chopped
- 1 tsp cumin powder
- ½ tsp whole cumin
- 1 tbsp chilli sauce
- 1 tbsp oil
- 1 tsp salt (according to taste)

Method

Boil the eggs in a small pot in sufficient water until they are hard. De-shell the eggs and rinse with water and set aside. Peel the potatoes and quarter them. Rinse with water and set aside. Quarter the tomato and set aside. Add oil to a pan with medium heat. When the oil gets hot, add the boiled eggs and fry for 4-5 minutes, stirring constantly until they are golden-brown. Remove the eggs from the oil and set aside. To the same oil, add whole cumin. Stir for about a minute until it starts spattering. Add onion, ginger paste, garlic paste and chopped green chillies and stir for about 2 minutes until the mixture starts turning golden-brown. Add all the powdered masalas, salt, turmeric powder, chilli powder, cumin powder, chilli sauce and sugar. Stir for about a minute until all the spices are mixed well. Add the finely chopped tomatoes and continue stirring for

about 2 months, until the tomatoes soften and are well cooked. Add the quartered potatoes and continue frying for a few minutes until the mixture is fully cooked, indicated by oil separation. Add about 2 cups water and the fried boiled eggs and heat until the water comes to a boil. Cover the saucepan and continue cooking for about 10 minutes until the water reduces slightly and the potatoes are fully cooked. Remove from heat and transfer to serving bowl. Serve with white rice. Enjoy!

DUCK CURRY

Ingredients

- 1 duck
- 1 tbsp red chilli powder
- 1 tbsp chopped onion
- 2 tbsp onion paste
- 1 tbsp ginger paste
- 1 tbsp garlic paste
- 2 cups coconut milk
- 1 tsp turmeric powder
- 1 tsp coriander powder
- 1 tsp hot spices powder
- 1 tsp cumin powder
- 1 tsp salt or as tested
- 3 tbsp oil or as required

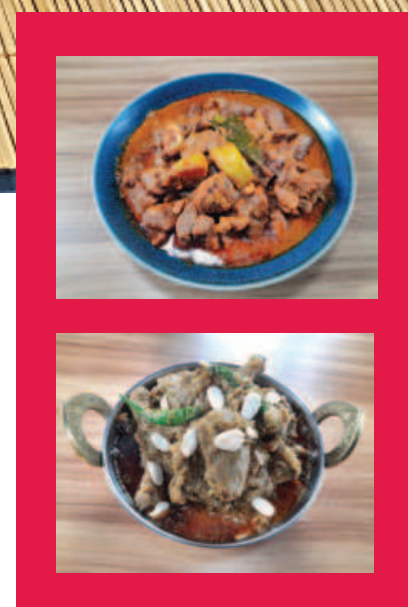
Method

Clean all the feathers from the duck skin. Cut the duck into medium-sized pieces and wash it very well. Put oil in a pan with medium heat. Heat the oil and add chopped onion. Then put all the spices and stir it well. After 2 minutes, add 1 cup of hot water. Add duck meat and stir slowly to mix with the spices. Cook for 5 minutes covered with a lid. Add coconut milk, stir and cook for 15 minutes. When the gravy-to-meat ratio is 1:1, turn off the burner and take it to a serving dish. Serve hot!

BEEF WITH SATKARA

Ingredients

- 500g beef (medium-sized pieces)
- 3 onions, chopped
- 1 tbsp onion paste
- 1 tsp ginger paste
- ½ tsp garlic paste
- ½ tsp turmeric powder



- 1 tsp chilli powder
- 1 tsp cumin paste
- 1 tsp roasted coriander powder
- Satkara, as required
- Salt, to taste
- Soybean oil, as required.

Method

Heat the oil. Put onion paste and chopped onion. Fry, add all the spices, stir nicely, add beef and mix satkara and all the spices thoroughly. Add water and cover. When the beef becomes tender, add roasted cumin powder and beresta and remove from heat. Serve hot.

CHITOL KABAB

Ingredients

- 4-5 pieces chitol fish
- ½ cup ginger paste
- ¼ tsp garlic paste
- ½ tsp chilli powder
- ½ tsp black pepper
- ½ tsp coriander powder
- ¼ tsp cumin powder
- 1 tbsp lime juice
- Oil for frying
- ½ cup bread crumb
- 1 egg
- ½ cup flour
- Salt to taste

Method

Boil fish with salt and debone it. Mix all the spices and lime juice with the fish and make kebabs. Roll these kebabs on flour, dip in the egg, roll on crumb. Fry and serve hot.



Food and Photo: Afroza Naznin Shumi