

For the love of HALEEM

With Ramadan on its way, it's time to dig into a piping-hot bowl of haleem. It is said that once you have tasted a delicious haleem, you will never be able to forget it. Its roots can be found in Arabia, where it is known as harees. The savoury Mughlai mutton-lentil wheat stew is a filling meal in and of itself. The mixture is as wholesome as it comes because it was slow-cooked with love and labour.



Faizal Zaman, an engineer and fan of the dish shares his memories, "My first haleem experience was in Bara Moghbazar almost two decades ago. My father used to pick it up from a restaurant in the centre of the junction of the area. Back then, I only knew that it was a close relative of khichuri, but its pasty texture really stuck to me, and ever since, I have enjoyed it time and again, especially during Ramadan."

Haleem is a dish that takes some time to prepare, as was already stated above. Its preparation is considered an art because it takes hours to slowly prepare over firewood. The spices are cooked with beef, mutton, or poultry. It is then shredded and added to the pounded wheat and barley combination and cooked for hours.

However, with everyone's fast-tracked life and never-ending hustle, can we really capture the flavour of our childhood? What we once savoured and cherished from different streets of Dhaka, standing in line just to have a bowl of succulent haleem.

Keeping that in mind, Radhuni is the answer for the older millennials of Bangladesh. Using Radhuni's Haleem Mix at your home is not only tasty but is also easy to prepare and not to mention healthy.

If you have read this far, a question might

come to your head, "How do you prepare Haleem with the Radhuni Haleem Mix?" Wait no further; here are the ingredients as well as methods for preparing everyone's favourite mutton haleem.

Ingredients

(Serves 6-8)

300g mutton (with or without bone)
9 tbsp edible oil
1 pack Radhuni Haleem mix
½ cup (250ml) chopped onions
Green chilli, as required
Ginger
Coriander leaves
Cucumber
Lemon

Method

Soak, for 15 minutes, cereals and pulses from Radhuni Haleem Mix in 2 cups (250 ml-sized cups) of warm water. In a pot, heat the oil and fry chopped onions until they turn golden brown. Pick two-thirds of the fried onions up. Add the meat chunks and season with Radhuni Haleem's powdered spices. Cook for 3-4 minutes. Pour water and cook until the meat is properly boiled.

After the mixture reaches a boil, reduce the heat and simmer the dish while stirring it occasionally with a wooden spatula. To create a thickened gravy, cook the ingredients until all the water has evaporated. Taste-wise, add salt if necessary.

Serve hot with sliced ginger, lemon juice, cucumber chips, chopped green chili, coriander leaves, and fried onions.

By K Tanzeel Zaman
Photo: Sazzad Ibne Sayed
Food & Styling: RBR



Star **LIFE** Style



Tasty and healthy noodles for RAMADAN

In the month of Ramadan, prepping food for iftar or sehri is a challenge on its own. Especially when you have to keep in mind that you are preparing food that promotes a healthy diet for children. Why go for intricate and complex recipes when Instant noodles are the answer for adults and children alike? An easy, tasty, and healthy snack which can be prepared for all age groups. Free of tasting salt (MSG), Chopstick Instant Noodles of Square Food and Beverage Limited comes in three varieties — Yummy Masala, Deshi Masala, and Masala Delight, which is their latest addition.

These instant noodles are best for children as the seasoning packs are full of healthy ingredients making it perfect to have during iftar or sehri!

A variety of food can be prepared using noodles. They are often easy to cook and saves time. The following are some recipes that uses Chopstick Instant Noodles.

CHEESY NOODLES NUGGETS

Ingredients
1 cup boiled Chopstick Instant Noodles (Masala Delight)
½ cup grated processed cheese
½ cup boiled and coarsely crushed sweet corn kernels
¼ cup finely chopped spring onions
¼ cup finely chopped onions
2 tsp finely chopped green chilli
¼ tsp freshly ground black pepper
Salt to taste
Bread crumbs, for rolling
Oil for deep frying

Method

Combine all the ingredients in a deep bowl and mix well. Divide the mixture into 10 equal portions and shape each portion into a flat round nugget. Roll each nugget in bread crumbs until it is evenly coated from all the sides. Heat oil in a pan, deep fry a few nuggets at a time until they turn

golden brown in colour from all the sides. Drain on an absorbent paper. Serve hot with sauce.

CHICKEN NOODLE SOUP

Ingredients
250g chicken breast
800ml chicken stock
1 cup Chopstick Instant Noodles (Masala Delight)
1 tsp chopped fresh ginger
1 garlic clove, finely chopped
2 tbsp sweet corn
2-3 mushrooms, thinly sliced

2 spring onions, shredded
2 tsp soy sauce, plus extra for serving
Mint or basil leaves and a little shredded chilli, to serve
½ tsp kosher salt
10 whole black pepper corn

Method

Pour the stock into a pan and add chicken, ginger, garlic, and pepper corn. Bring to the boil, then reduce the heat, partly cover and simmer for 20 minutes until the chicken is tender. Remove the chicken to a board and shred into bite-size pieces using a couple of forks. Return the

chicken to the stock with the noodles, corn, mushrooms, kosher salt, half the spring onions, and soy sauce. Simmer for 3-4 minutes until the noodles are tender. Ladle into two bowls and scatter over the remaining spring onions, herbs, and chilli shreds if using. Serve with extra soy sauce for sprinkling.

SHRIMP WRAPPED IN NOODLES

Ingredients
5 king shrimps
¼ cup lemon juice
2 clove garlic mashed
¼ finely chopped onions
Some coriander leaves, chopped
A pinch of salt

Red chilli powder, according to taste
A pinch of pepper

For the sauce —

¼ cup lime juice
2 tsp fish sauce
½ tsp garlic
1 tsp chopped coriander
½ tsp chilli
¼ tsp pepper
Salt and sugar to taste

For wrapping —

1 packet Chopstick Instant Noodles (Masala Delight), boiled
Satay sticks
Oil for frying

Method

Marinate the shrimps in lemon juice, red chilli, salt, pepper, coriander, onions, and garlic. Let it marinate for a couple of minutes. Now, make the sauce, mixing all the sauce ingredients. Dip the boiled noodles into the sauces. Pierce the shrimps with the satay sticks through the back of its tail. Wrap these with the noodle strands. Heat oil in a pan, deep fry them until brown.

By Salina Parvin
Photo: Sazzad Ibne Sayed
Food & Styling: RBR

