

5 mango - inspired dishes for summer



Shanchayita is a remarkable plant-based food venture by Faiza Ahmed that celebrates the simplicity of Bangladeshi cuisine in its most unadulterated form. With a deep-rooted commitment to revive the age-old traditions of Bengal, Shanchayita often highlights seasonal delicacies through its tantalising creations.

Mango has taken centre stage at Shanchayita this month, with a wide range of simple, complex, and unique dishes. While you can order their mouth-watering creations online or make reservations for a meal, here are 5 recipes to try in the comfort of your home.

MANGO LENTIL

“Mums introduced ‘aamer daal’ to us but as much as we love it, we rarely make it ourselves,” says Faiza Ahmed regrettably, adding, “Why? Because our fast-paced life often makes these foods look more complex than they really are.”

However, mango lentil is surprisingly easy to make but tastes great.

Ingredients

- 2 raw mangoes
- 1 cup lentil
- 1 tsp black cumin
- 4 dried chillies
- ½ cup mustard oil
- 1 tbsp minced garlic
- ½ tsp turmeric

Method

In a medium-sized pot, add water, lentil, and raw mangoes with salt and turmeric and boil until the mango and lentil softens into an aromatic mixture. Next, in a separate pan, heat mustard oil and fry the garlic, black cumin, and dried chilli. When the garlic turns golden brown, add it to the boiling lentil and mango mixture. Cook for a few more minutes until the flavours are merged perfectly together and then take it off the heat.

MANGO SALAD

As much as salad culture seems to be on the rise, we are yet to incorporate Bengali elements into these healthy choices. This

recipe combines the goodness of raw mango with another underrated fruit, jamrul. With a handful of ingredients found in every kitchen, we can make this salad in only a matter of minutes.

Ingredients

- 1 raw mango
- 4 jamrul
- 1 tbsp roasted peanuts
- 2 tsp sugar
- 1 tsp lemon juice

Method

In a bowl, combine thinly sliced raw mangoes with jamrul and peanuts. Next, add the sugar and lemon juice, give it all a light mix, and there you have it; a simple and light dish with perfect balance.

The best part about this salad is that you are at full liberty of adding or altering your version of it.

GREEN MANGO JUICE

While drinks made of ripe mangoes are readily available any time of the year, green mango juice with bursting seasonal glory is something we all need to taste. Not only is it an irresistible combination of sweet and sour, but a dash of chili powder or a touch of cumin gives it a flavourful desi twist.

Ingredients

- 1 raw mango
- 4 to 5 mint leaves
- 1 tbsp sugarcane jaggery
- Cumin powder (as per taste)
- Dried chili powder (as per taste)

Method

Blend raw mango, mint leaves, and sugarcane jaggery with water just enough to keep a standard juice consistency. Pour into your favourite mug, or maybe even a fancy one, and garnish with some cumin and chilli powder to give it the perfect

earthy finish. Sip and enjoy!

MANGO PUDDING

Moving on to sweeter things in life, we have mango pudding. As unusual as it may sound, Shanchayita has not only incorporated mango into a well-known dessert, but also perfected this creation using vegan components only. Nothing excessive in ingredients or the cooking process but the final dish will have you drooling.

Ingredients

- 6 ripe mangoes
- 1 tsp lemon juice
- ½ cup coconut milk
- Agar-agar (as required)
- Sugar (as required)

Method

Start by blending peeled mangoes with sugar. Transfer the blended mixture to a pot, add coconut milk and bring the mixture to a gentle boil. In a separate bowl, dissolve agar-agar powder in cold water and add it to the pot. Stir constantly until the mixture thickens to a batter-like consistency.

Brush a serving bowl with oil and pour the mixture into it. Allow the pudding to cool and then refrigerate it for better setting. Once set, serve it chilled.

MANGO RASIYA

This luscious sweet pickle is a must-try for any pickle lover. With the perfect balance of

jaggery's sweetness and mustard oil's zesty flavour, raw mangoes transform into Bengali version of a delicious marmalade.

Ingredients

- 4 medium-sized raw mangoes
- 3 cups of sugarcane jaggery
- 3 cups of mustard oil
- 1½ tsp salt
- 1 tbsp five spice
- 2 tsp sliced dried chili
- 2 tbsp roasted cumin powder
- ½ cup vinegar


Method

Begin by taking ripe mangoes, and cutting them into 4 slices and place them in a sieve for excess water to drain away. Meanwhile, heat a pan and add the jaggery. Once it's dissolved into a rich liquid, add the mangoes. Next, add salt and vinegar to taste with five spices blend consisting of cumin, cinnamon, cloves, star anise, and fennel seeds. Once the mangoes softened, add dried chillies, cumin powder, and a touch of mustard oil. Lower the flame further and cook until the pickle takes on a reddish colour.

Find their delicious range of sweet and savoury dishes at <https://www.facebook.com/shanchayita>


Compiled by Nusrath Jahan
Recipes by Faiza Ahmed, Shanchayita
Photo: Sazzad Ibne Sayed






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