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Star

# Life

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# Love, kindness, *and* POSITIVITY

EID MUBARAK!  
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HOW LIFE IMPROVES WITH POSITIVITY  
PHOTO: SAZZAD IBNE SAYED  
FOOD & DÉCOR: RBR



#PRESS RELEASES

# KFC brings International Burger Fest

Prepare your taste buds for a sensational journey as KFC, the world's favourite international fried chicken brand, presents the highly anticipated KFC International Burger Fest! Get ready to embark on a culinary adventure like no other, with a global fusion of flavours bringing together five Zinger varieties from around the world.

Each burger represents a unique region, showcasing its authentic tastes and seasonings. From the zest-filled Kashundi Zinger inspired by Bangladesh to the bold and smoky Texas BBQ Zinger, your taste buds will be on a global adventure. Not only that, but the Mighty Moroccan Zinger

is infused with exotic spices, and the Mexican Salsa Zinger provides invigorating freshness.

For those seeking an extra kick, the Tandoori Zinger delivers a fiery explosion of flavours. Each Zinger variety is crafted to perfection, with the star ingredient being the irresistibly crispy and tender Zinger fillets. To bring you the ultimate burger experience, KFC has also introduced the Limousine Zinger, containing each of the 5 Zinger varieties, so you can take a trip around the world at once!

Amit Dev Thapa, CEO of Transcom Food Ltd., expressed his enthusiasm stating, "Burger lovers in Bangladesh hold a special place in their hearts

for the iconic Zinger. We are thrilled to witness the overwhelming response to our diverse Zinger offerings, and we believe that uniting all these international favourites in one globally recognised campaign will be an absolute triumph."

No matter where you are, you can join in the excitement of this remarkable burger festival, as all the delicious varieties are available at every KFC store and can be conveniently ordered through all channels.

Prepare to be blown away by the flavours, savour every bite, and let your taste buds "Zing around the World"!



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ঐতিহ্যের আর এক নাম আধুনিকতা  
ঠিক যেমন রূপচর্চায় আভিজাত্য ঘাটেই

# স্যান্ডালিনা সোপ

রূপচর্চায় আভিজাত্য...



**KOHINOOR  
CHEMICAL**



#TIPS

# EMBRACING CLEANLINESS

## Why used dishes shouldn't be left overnight

As the joyous festival of Eid ul Azha approaches, households come alive with vibrant celebrations, heartfelt prayers, and sumptuous feasts. It is a time when families and friends gather together, creating cherished memories while indulging in delectable dishes that have been lovingly prepared. The sheer joy of these communal meals is unparalleled, but it also brings with it a responsibility; the care and maintenance of our kitchenware. In this article, we delve into the significance of promptly washing used dishes, exploring the reasons why leaving them overnight is a practice we should avoid.

### The Art of Cleanliness

At the heart of any thriving household lies an appreciation for cleanliness. Our utensils and cookware, which are essential tools of culinary artistry, deserve the utmost care and attention. By ensuring they are promptly cleaned after use, we not only preserve their condition, but also protect our loved ones from potential health hazards.

### The Perils of Procrastination

Leaving used dishes unwashed overnight can have a detrimental impact on both their longevity and hygiene. When food residue is allowed to linger on plates and utensils, it becomes a breeding ground for bacteria



and other pathogens. The longer these contaminants remain, the more difficult they become to remove, posing a risk to our well-being.

### The Power of Liquid Dish Wash

In our pursuit of cleanliness, the choice of



cleaning agent like **Lemon Bright Liquid Dish Wash of Quazi Enterprise Ltd.** plays a vital role. Opting for liquid dish wash, known for its effective cleansing properties, saving a tonne of time with mere ease and can make all the difference. With its

powerful formulation, liquid dish wash effortlessly cuts through grease, grime, and stubborn food particles, ensuring thorough cleanliness and minimising the chances of bacterial growth. By incorporating liquid dish wash into our dishwashing routine, we take a proactive step towards maintaining a hygienic kitchen environment.

### Preserving Kitchenware Brilliance

Beyond health considerations, timely dishwashing also contributes to the longevity and aesthetics of our beloved kitchenware. Certain foods, especially those with acidic or heavily pigmented elements, can leave stains and discoloration on plates, glasses, and cutlery if left overnight. By washing dishes promptly, we safeguard the original shine, vibrant colours, and overall beauty of our kitchenware, ensuring they remain in pristine condition for years to come.

Let's remember that our commitment to cleanliness extends far beyond the boundaries of Eid ul Azha. So, let us raise our liquid dish wash as a symbol of our dedication to an immaculate lifestyle and relish the joys that come with it.

By **K Tanzeel Zaman**  
Photo: **Collected**



**WE BUILD QUALITY**

## ঝকঝকে থালবাসন চকচকে অফারে!






৬০০ মি. লি.  
কন্টেইনার- এর সাথে  
২৬০ মি. লি.  
রিফিল প্যাক

ফ্রি

আকর্ষণীয় অফারটি পাওয়া যাচ্ছে-




সহ আপনার নিকটস্থ জেনারেল স্টোরে

কাজী প্রটেক্সটাইলস লিমিটেড

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#FOOD &amp; RECIPES

# Beef curry and tortilla ruti on EID UL AZHA

During the joyous occasion of Eid ul Azha, as we complete the prayers followed by warm embraces, and sacrifice our animals for the sake of the Almighty, there is a heart-warming aroma that we can all relate to — the lovely beef curry that awaits us afterwards.

The combination of tortilla ruti and beef curry is arguably one of the best food duo. To rejoice this once again we have the ultimate beef curry recipe for you. On the ruti part it is really simple; you can just grab a ready to eat pack of Dan Cake Tortilla Ruti from your nearby store. Made in the state-of-the-art factory of Dan Cake Bangladesh, Ready to eat Dan Cake Tortilla Ruti is tasty, healthy & convenient.

Cutting down further hassle of making ruti or paratha, Dan Cake Tortilla Ruti is available to eat with this scrumptious beef curry. Dan Cake Tortilla Ruti is similar to our homemade ruti. Instead of preparing dozens of ruti on the wake



of Eid ul Azha, you can grab fresh & soft ready to eat Dan Cake Tortilla Ruti from your nearby store and eat directly with your favourite beef curry.

And we have the ultimate recipe for you to cook this Eid. This goes best with plain tortilla ruti, which can be made at home from scratch but is also available readymade in the market.

Now for the beef curry part, here are the ingredients for the recipe below have been



adjusted for five people. You can change the amount of any element you wish depending on the number of people that needs to be served.

## Beef Curry Ingredients

- 1 kg beef
- 3 medium-sized onions
- 3 tbsp soya bean oil
- 500ml or 2 cups of water
- 2 tbsp ginger garlic paste
- 1 tsp turmeric
- 1 tsp chilli powder
- ½ tsp cumin powder
- 1 tsp coriander powder (optional)
- 2 bay leaves, cut in half
- 1 cinnamon stick, roughly 3" (halved)
- 4-5 cloves
- 8-10 black peppers
- 4-5 green cardamom
- 2 black cardamoms
- Salt to taste

## Method

First, wash the beef thoroughly and get rid of any excess fat and tissue. Slice the onions lengthwise and transfer them to a bowl. Get a pot and add the soya bean oil then start heating the pot. Wait a few minutes for the oil to heat up then add the dry spices like black pepper, cinnamon stick, bay leaf, clove, and green cardamom. Stir these in the oil for about 5 minutes until you start to get that spicy aroma.

Now, add the sliced onions and stir until the onions are slightly caramelised but not cooked all the way through. After that, add 1 cup of water, stir, then add the powdered ingredients. These are turmeric, chilli, cumin, coriander powder, and salt. Coriander powder is slightly overbearing so it is advised you add half a teaspoon first, then add more if you do not prefer that ratio. Stir all the spices in, adding your ginger-garlic paste, and sauté 10 to 15 minutes until it all comes to a boil and you can see the oil surface above the spice mixture.

This is a good time to taste so you can adjust the salt level in the curry. Finally, add the meat and stir it well to coat in all the delicious spicy goodness. Cook at high heat for about 15 minutes, then add 1 cup of hot water and continue stirring it well. Now would also be a good time to taste and adjust the salt. Cook for about another 15 minutes. Turn the heat down and leave the meat for a final 30-40 minutes to rest.

After all that's done, garnish with some sautéed onions and coriander. Serve the dish with polao or ruti, and proceed to impress everyone with the ultimate beef curry on Eid day!

By Abdul Warith Khan

Photo: LS Archive/Sazzad Ibne Sayed



#HEALTH & FITNESS

# EXPLORING MINDFULNESS

## Simple techniques to reduce stress and improve well-being



From students to a man in his 60s planning his retirement, stress has become a common phenomenon in everyone's lives. We all feel overwhelmed and disconnected from our own well-being as a result of the demands of work, family, and personal life. Thankfully, being mindful can help us navigate our lives in the right direction. By being mindful of our everyday routines, we can fight anxiety and develop a feeling of internal harmony and prosperity.

Being completely present in the moment without judging is, in essence, mindfulness. It entails paying attention to our thoughts, emotions, and bodily sensations as well as the environment around us. We can learn to respond to life's challenges with greater clarity and compassion rather than reacting to every single occurrence with negative emotions.

One of the easiest ways of practising mindfulness is through relaxation. Every day, take a few minutes to sit quietly and concentrate on your breath. Take note of how your breath feels as it enters and

exits your body. When your brain starts being overloaded, delicately take your concentration back to breathing. This basic activity can help with calming the brain and getting into the zone.

Walking is yet another effective method. Take your time and enjoy each step rather than rushing from one location to the next. Notice the rhythm of your breath, the sensation of your feet touching the ground, and the sights and sounds around you. Walking mindfully can transform a routine activity into a joyful and motivating experience.

Another habit that can significantly improve your health is mindful eating. Take the time to truly savour each bite of your meal rather than chowing it down like you will not get to eat ever again. Pay attention to the aromas, flavours, and textures of the food. Eat slowly and thoroughly after each bite. By eating carefully, you get additional delight from your meals. By doing this, you also become more sensitive to your body's cravings.

While mindfulness can be practised on

your own, joining a group or retreat can help you practise more deeply and provide a community of support. These settings offer open doors for careful development and gathering conversations, permitting you to gain from experienced specialists and offer your own bits of knowledge. Being a part of a community with similar values can give you a lot of motivation to keep going on your mindfulness journey.

It is essential to keep in mind that mindfulness is not about attaining an eternal state of bliss or completely eliminating stress. Rather, it is tied with fostering your relationship with stress and embracing life's highs and lows with more prominent serenity. You can develop resilience and become more aware of your ingrained thought processes and reactions by engaging in consistent practice. Instead of being carried away by stressors, you can choose how to respond to them with mindfulness.

**By Maisha Tarannum Iqbal**  
**Photo: Collected**







# fortune

RICE BRAN OIL

The perfect combination of  
taste and health

## fortune RICE BRAN OIL

### Health Benefits:

- ✓ Gamma oryzanol reduces bad cholesterol, improves good cholesterol
- ✓ Keeps your heart healthy & strong
- ✓ Improves skin tone and delays wrinkle formation
- ✓ Rich in antioxidants that protect against diseases







#FOOD & RECIPES

# Recipes for an Eid ul Azha feast

Eid day feasts are special, more so on Eid ul Azha. There was a time, not long ago, when grinding and preparing the spices for the meat dishes were tasks that took a long time. Today, thanks to ready-mix spices, easily available in the market, things are a little less hectic.

Some of the following recipes may have been difficult to master in the past, but not anymore. Try them, you will be surprised with the results.

## KACHCHI BIRYANI

### Ingredients

2 kg mutton (large pieces)  
**1 packet of Radhuni Kachchi Biryani Masala**

### 1 kg Chashi Chinigura rice

1½ cup oil  
 ½ kg potatoes, same size  
 2 cups chopped onions  
 1½ cups plain yoghurt  
 10 alu bokhara  
 10-12 almonds  
 ¼ cup raisins  
 3-4 tbsp kewra essence  
 Salt as needed  
 1 cup saffron-infused milk  
 ½ cup mawa

### Method

Clean and rinse the mutton. Marinate with 1 tablespoon of salt for half an hour. Clean the mutton again and completely rinse out all the water. Set aside.

Fry the onions until golden brown and crisp. Crush the onions lightly into smaller pieces and set aside.

Sprinkle a bit of turmeric on the potatoes and fry them in the same sunflower oil. Keep these aside. Now marinate the mutton with one packet of **Radhuni Kachchi Biryani Masala** and then set aside.

In a separate pan, start boiling 6 cups of water with salt. Add rice to the water. As soon as the rice starts to get cooked, turn off the heat and let the water drain. Keep the rice water aside for later use. Add 1 cup



of rice water and ½ cup of sunflower oil into the saucepan containing the mutton. Cover the pan and let it rest for half an hour.

Now layer the fried potatoes, alu



bokhara, almonds, and raisins on top of the mutton. Cover mutton with rice, and add the remaining rice water and oil. Sprinkle mawa and saffron milk. Make sure the water level just touches the top of the rice.

Seal the cover shut by wrapping an aluminium foil all around. Make sure the cover is airtight and the vapour does not escape. Alternatively, the cover can also be sealed using wet flour dough. Finally, turn on the stove and start cooking over medium heat. After 15 minutes, lower the heat and cook for about an hour. Keep low heat until both the rice and meat appear soft and cooked. Remove the cover once the very distinct biryani aroma starts to come out. Mix rice and mutton gently before serving.

Serve with the usual chutney or the traditional borhani.

**Photo: Sazzad Ibne Sayed  
 Food & Décor: RBR**



# Of curries and KABABS



## ACHARI GOSHT

### Ingredients

For marination —

- 1 kg beef, in pieces
- 12 tsp Radhuni Beef Masala
- 2 tbsp thick yoghurt
- 1 tsp lemon juice
- 2 tsp any achar/pickles

For gravy —

- 3 medium onions, chopped
- 1-inch ginger
- 4 tomatoes
- 2 green chillies
- 5 dry red chillies
- 1 tsp mustard seeds
- 1 tsp fenugreek seeds
- 1 tsp cumin seeds
- 1 tsp fennel seeds
- 3 tsp mustard oil
- Chopped coriander leaves, for garnishing
- Salt to taste

### Method

First, clean and wash meat pieces and leave them in a strainer for 15 minutes to drain out excess water. Now in a mixing bowl, take 12 teaspoons of Radhuni Beef Masala and mix all of them, along with any pickles of choice, and leave it for at least 30 minutes.

In a pan, dry roast red chillies, mustard seeds, fenugreek seeds, cumin seeds, and fennel seeds for 4 to 5 minutes. Cool slightly and then grind coarsely with the help of a mortar and pestle.

250ml Radhuni Mustard Oil (for frying and cooking)

### Method

Wash and pat dry the meat. In a bowl, take the meat along with a small portion of the chopped onions, and chopped green chillies. Add all the whole spices (Radhuni Kala Bhuna Masala) and mix. Cover the bowl with a lid and rest them for 3-4 hours (preferably in a refrigerator).

Heat oil in a pan and fry the rest of the chopped onions and dry red chillies until brown and crisp. Strain the onions and chillies from the oil and keep aside. Keep the flame on low heat.

Add marinated meat to the same oil. Cook for around 45 minutes on low heat with frequent stirring. This step is for frying the meat. Add beaten yoghurt and fry for a further 15 minutes. The meat will start blackening by then. Now, add the fried onion, and mix. Fry until the meat softens yet has the texture and shape. This will take 30 minutes more. The meat will release sufficient moisture. Cook until the meat turns blackish and the gravy has a semi-thick consistency. Serve kala bhuna with rice, paratha, or biryani.

## BEEF KUNNA

### Ingredients

- ½ cup oil
- 1 kg beef shank (chopped into 50-60 grams pieces)

12g Radhuni Kabab Masala

6 tbsp oil

Salt to taste

Skewers

### Method

Clean and wash meat and drain water. Put all the ingredients into a large mixing bowl and mix well. Cover the bowl and put it in the refrigerator. Let it marinate overnight. Skewer marinated meat. Preheat the grill to high heat. Brush the grate liberally with oil, and arrange kababs on the grill; cook until well done, turning as needed to brown evenly.

## JALI KABAB

### Ingredients

- 500g beef keema
- 3 pieces bread
- 1 tbsp ginger paste
- 1 tsp garlic paste
- 1 tsp mint leaves paste
- 1 tsp green chilli paste
- Garam masala paste (4 cardamoms, 2 cinnamon sticks, ½ nutmeg, and a pinch of mace)

12g Radhuni Kabab Masala

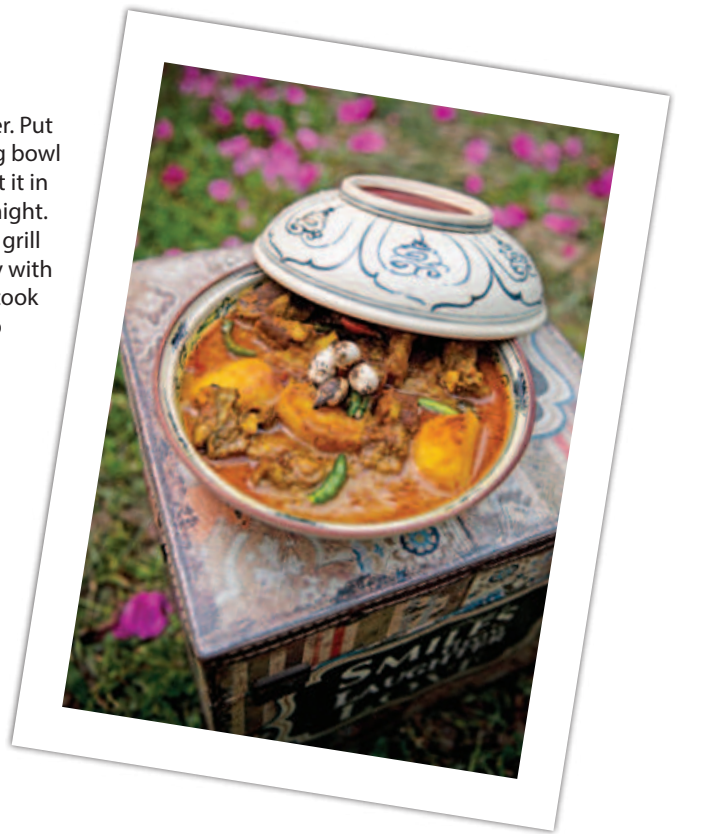
2 beaten eggs

1 tsp Radhuni Chili powder

2 tsp Ruchi Red Tomato Sauce

1 tbsp soy sauce

1 tsp Ruchi Chilli Sauce



Heat mustard oil in a thick-bottomed pan, cool it, and then heat it again. Now add onions and sauté until brown. Add ground masala powder and sauté for one minute. Now add marinated meat, and cook on high heat until the meat pieces are well browned.

At this stage, add tomatoes, and cook until it starts leaving oil. Then add two cups of water and cover the pan with a lid. Lower down to medium heat and cook until the meat is properly cooked while stirring and checking the tenderness occasionally.

Once it's cooked properly, switch off the flame and garnish with coriander leaves. Enjoy it with roti, naan, or rice. Dip the roti in a bit of pickle for that extra tanginess.

## BEEF KALA BHUNA

### Ingredients

2 kg beef with bone, cut into medium pieces

For marination —

- 4 onions, finely chopped
- 5 green chillies
- 1 packet Radhuni Kala Bhuna Masala
- 4 dry red chillies
- Salt to taste

For gravy —

- 5 onions, thinly sliced
- 200g plain yoghurt
- 1 tsp Radhuni Chili Powder
- Salt to taste

1 large onion, chopped

12 tsp Radhuni Beef Masala

½ tsp Radhuni Garam Masala Powder

½ cup wheat flour mixed water

Salt to taste

### Method

Heat oil in a clay cooking pan and cook the meat for a few minutes on high heat until it changes colour. Turn the heat to medium and add onions, Radhuni Beef masala (as necessary), and salt. Mix well and cook for 5-6 minutes or until the oil separates. Add 5-6 cups of water and cook for 1 hour with the lid on. When the meat is tender, add the wheat flour mixed water, and roasted cumin seeds powder. Mix well and cook for another 15 minutes on low heat. Turn off the heat. Leave for 4-5 minutes and serve hot.

## SHEEKH KABAB

### Ingredients

- ½ kg boneless beef (thinly sliced)
- 1 tsp Radhuni chilli powder or according to taste
- 1 tsp Radhuni cumin powder
- 1 tsp Radhuni coriander powder
- 1 tsp Radhuni garam masala powder
- 2 tsp ginger paste
- 2 tsp chickpea powder
- 2 tsp plain yoghurt
- 2 tsp lemon juice

¼ cup bread crumbs

¼ cup chopped coriander leaves

¼ cup chopped mint leaves

Salt to taste

For coating —

- 4 beaten eggs
- 1 cup breadcrumbs

### Method

Soak bread in water. Squeeze water out and keep aside. In a large bowl add all the kabab ingredients and mix well. Using your hands make round flat kababs. Coat them with bread crumbs and leave them in the refrigerator for about 30 minutes. Heat enough oil in a big pan. Dip kabab into the beaten eggs, and then drop it into the hot oil. Using your fingers, sprinkle some egg over the kabab to make tiny nets. Fry them on a medium flame. When one side of the kabab becomes golden brown, flip them and sprinkle some more egg over the kabab. Fry until both sides of the kababs are brown. Serve with biryani, naan, or paratha.

Photo: Sazzad Ibne Sayed  
Food & Décor: RBR





# SWEETS FOR MY SWEET

## FALOODA

Mango and vanilla are the two flavours of Radhuni Falooda Mix available in the market. The majority of the ingredients are included in the box, but you can add fruit and ice cream to make it richer.

### Ingredients

The box contains –

Jelly powder

**Radhuni Falooda Mix** (this includes tapioca pearls, noodles, raisins, and basil seeds)

Additional ingredients required –

1 cup water

1 litre milk

1 apple

10 strawberries

1 cup grapes

2 kiwis

Scoops of ice cream



### Method

To prepare Falooda, first form the jelly. Add the jelly powder to 1 cup of water and mix. Put this mixture over heat and boil for 4–5 minutes on medium flame while stirring. After that, pour the hot jelly liquid into a shallow bowl and let it come to room temperature. Once there, put it in the refrigerator to solidify.

Meanwhile, slice the grapes into halves and cut kiwis, strawberries, and apples into cubes. Bring the milk to a boil and pour

all the contents of Radhuni Falooda Mix in it and stir. Using a whisk, stir the mixture frequently over medium-high heat until all the ingredients are boiling. Then, remove it from the heat and let it cool.

Cut the jelly into little cubes and add them along with chopped fruits to the falooda mix. To assemble, first place some jelly cubes and then pour the falooda and fruits mixture. Lastly, top with scoops of ice cream.

### FRUIT CUSTARD

Another satisfying food to have on Eid mornings is custard. A fruit custard can have many different ingredients added to it, and because of its adaptability, it can be used in a variety of other dessert dishes, including trifles, tarts, pies, and cup desserts.

With the help of Radhuni Custard Powder, desserts may be made quickly by combining a few ingredients. To this, you can add any fruits and nuts you like to enhance the flavour.

### Ingredients

**2½ tbsp Radhuni Custard Powder**

¼ cup water

500ml milk

4 tbsp sugar

1 apple

1 cup grapes

½ cup pomegranate arils

1 cup diced strawberries

2 tbsp slithered almonds

2 tbsp pistachios

2 tbsp raisins

### Method

To prepare the custard, mix water and Radhuni Custard Powder until it is a smooth, lump-free mixture. In a saucepan, pour milk and add sugar; put this over medium-heat and bring to a boil. Once boiling, turn down the flame and gradually pour in the Radhuni Custard Powder mixture and stir while pouring in a steady stream.

Stir continuously until all the custard mixture is incorporated and it becomes thick. Remove this from heat and let it cool; this will thicken as it cools. Once at room temperature, add chopped fruits, nuts, and raisins. Before serving, garnish with raisins and sliced nuts.

**Photo: Sazzad Ibne Sayed**  
**Food & Décor: RBR**





#FOOD & RECIPES

# 4 recipes to celebrate Eid ul Azha

While we should all be concerned about our health, festivities like Eid do call for something special. The following are some suggestions for Eid day recipes that you can try out this time around. Relatively easy to make, they are perfect to serve in family dinners or dawats.

## PANEER POLAO

### Ingredients

2 cups long grain basmati rice  
200g paneer (cottage cheese), cut into 1-inch cubes  
Oil for frying

### 4 tbsp PRAN ghee

3 bay leaves  
4 green cardamoms  
4 cloves  
1 black cardamom  
10 black peppercorns  
1 tsp ginger paste  
¾ cup whisked yoghurt  
2 tbsp assorted nuts  
1 tbsp fried onions  
Salt to taste

### Method

Soak basmati rice in water for half an hour. Heat sufficient oil in a pan and deep-fry paneer to a golden colour. Drain onto an absorbent kitchen towel. Heat ghee in a thick-bottomed pan. Add bay leaves, green cardamoms, cloves, black cardamoms, and peppercorns. As they begin to crackle, add ginger paste.

Mix well and stir in yoghurt and cook for two minutes.

Add 4 cups of water and bring to a boil. Add salt and rice. Bring to a boil. Add half



1 tbsp hot spices  
¼ cup green masala (blend coriander, mint, and green chillies)  
¼ cup almonds and sesame paste  
2 large onions, chopped  
½ cup yoghurt  
2 tbsp ginger-garlic paste  
**4 tbsp PRAN ghee**  
2 tbsp oil  
Salt to taste

### Method

In a bowl, put green masala, almonds, sesame, and salt and mix well with a spoon. Then, put the beef fillet in the mixture and marinate it for 2 hours. Heat oil and ghee in a pan, add onions and ground red chillies, and fry for a few minutes. Now add the marinated beef fillet in it, mix well, and cook for 10 minutes with the lid on. Add yoghurt, ginger-garlic paste, hot spices, and salt. Mix well. Cover and cook on low heat until beef is tender. Once done, garnish with the coriander leaves and serve hot with rice, naan, or paratha.

## CHICKEN SHAHJAHANI

### Ingredients

1 kg chicken  
**3 tbsp PRAN ghee**  
2 tbsp vegetable oil  
3-4 clove  
2 green cardamoms  
1 cup chopped onions  
2 tsp ginger-garlic paste

2 tsp musk melon seeds  
2 tbsp poppy seeds  
10-12 cashew nuts  
1 tsp turmeric powder  
2 tsp Kashmiri red chilli powder  
½ tsp garam masala powder  
4 tbsp yoghurt  
Salt to taste  
2 tbsp fresh cream  
4-5 drops kewra essence  
Fresh coriander, for garnish  
3-4 boiled eggs, cut into halves

### Method

Soak poppy seeds, musk melon seeds, and cashew nuts in warm water for 30 minutes. Grind to make a paste.

Heat oil and ghee in a pan. Add cloves, green cardamoms, and fry for a few seconds. Add onions and fry until translucent. Remove the pan from heat and let the onion mixture cool.

Now, mix in a grinder along with little water to make a smooth paste. Transfer the paste to the pan along with the seeds and the nut paste. Add little water, if required.

Cook for a minute. Add turmeric powder, Kashmiri red chilli powder, garam masala powder, and salt, and cook for another 3-4 minutes. Add the chicken pieces and cook on high heat for 2 minutes. Add yoghurt, and a half cup of water. Cover and cook the chicken for 15 minutes. Keep stirring in between.

Add the cream and cook for another 5 minutes. Add kewra essence and mix well. Garnish with fresh coriander and eggs. Serve hot with rice, naan, or paratha.

## MAWA BARFI

### Ingredients

1 cup crumbled mawa  
½ cup chopped mixed nuts  
½ cup chopped dried figs  
2 tbsp sugar  
**2 tbsp PRAN ghee**  
¼ tsp cardamom powder

### Method

Combine the dried figs, sugar, and half cup water in a broad non-stick pan, mix well, and cook on a medium flame for 3-4 minutes or until the water evaporates, while stirring occasionally. Add the mawa, mix well, and cook on a medium flame for 2 minutes. Add the ghee and the cardamom powder, mix well, and cook for 3 minutes or until the mixture turns light golden brown. Add the mixed nuts, mix well, and cook on a medium flame for 2 minutes, while stirring continuously. Transfer the mixture to a greased flat plate and flatten it evenly using the back of a spoon. Keep aside at room temperature for 2 hours or until it sets. Cut into square pieces. Serve immediately or store refrigerated in an airtight container.

**Photo: Sazzad Ibne Sayed  
Food & Décor: RBR**



of the mixed nuts and mix lightly. Cover the pan and cook on low heat for about 10 minutes or until the rice is completely cooked. Mix in fried paneer pieces and serve hot, garnished with the remaining nuts and fried onions.

## MUGHLAI BEEF FILLET DUM CURRY

### Ingredients

1 kg beef, fillet  
20g fresh coriander  
2 tsp ground red chilli



# POP UP BLOOM 2.0

## Celebrating cultural assortment and supporting new ventures

Pop Up Bloom 2.0, an exciting event celebrating cultural assortment and supporting new ventures, is set to take place on 16 and 17 June at the Arabian Home Restaurant, located at 67 Kemal Ataturk Avenue. Organised by event management enthusiast, Sara Hasnath, this event aims to bring together diverse entrepreneurs and provide them with a platform to showcase their ventures and thrive.

Following the overwhelming success of Pop Up Bloom, Sara Hasnath continues her vision of creating a collaborative space where individuals with similar visions can flourish. Pop Up Bloom 2.0 builds upon the triumph of its legacy, promising an even more dynamic and engaging experience.

Sara Hasnath, the driving force behind Pop Up Bloom, has always been passionate about event management. With a deep appreciation for cultural diversity, she envisions a world where people from various backgrounds can unite and support each other's endeavours. Pop Up Bloom serves as a testament to this belief, fostering an environment that encourages



collaboration, creativity, and growth.

Pop Up Bloom 2.0 invites participants from various industries, including small to new ventures, to showcase their products, services, and artistic creations. The event will feature an array of exhibits and displays, representing the breadth and depth of talent within the community. Ventures such as Bareera, DIYer, Thrift R Us, ESHQ HASNATH, Anira Designs, Queens, Zuva, Retro Boomin, and more will be present, offering a diverse range of offerings to attendees.

Visitors can expect an engaging and immersive experience at Pop Up Bloom 2.0, with opportunities to interact directly with the entrepreneurs, experience live demonstrations, and partake in Q&A sessions and discussions. This dynamic exchange of ideas and knowledge promises to inspire and empower both exhibitors and attendees alike.

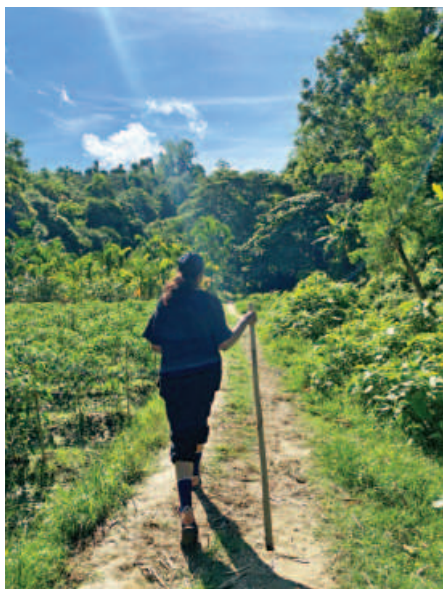
Pop Up Bloom 2.0 is a must-attend event for those seeking inspiration, supporting local businesses, and embracing cultural diversity. Join the initiative to celebrate and support the vibrant tapestry of talent and creativity in our community.



Whatever our fishes consume,  
Whatever the chickens and cows eat,  
Whatever the plants get as medicine,  
So matters the food you take for treat.







#TRAVEL

# Top 5 places to visit in Mirsharai, Chattogram

Mirsharai upazila, nestled in the heart of Chattogram, is a sanctuary for tired souls when the monotony of life becomes a little too overwhelming. Although not yet a hot tourist spot like Cox's Bazar or Sylhet, Mirsharai began attracting visitors when its green landscapes, serene lakes, and beautiful waterfalls 'went viral' on social media a few years ago.

So, without further ado, here are 5 places that will make you want to plan your next vacation in Mirsharai.

## Bawachhora Lake

Bawachhora Lake, also known as Nilambar Lake to locals, is a hidden gem of Mirsharai located along the perennial stream of Wahedpur village. The lake is mostly calm with the chirping of migratory birds and the sound of water descending from a nearby hill, giving it a natural picturesque setup.

As it is still undiscovered by seasonal tourists, Bawachhora Lake is yet to have direct road connectivity. Oddly enough,

this actually adds to the charm of this place and makes it an interesting destination for travellers.

The hills surrounding it are perfect for quiet walks or even a little hiking. The dense line of trees may look intimidating but is safe.

## Napittachora Waterfall

Napittachora trail and waterfall are where adventure meets peace. To reach the waterfall itself you have to hike up through a rocky trail with the soothing sound of cascading water as your companion. After a long walk up the uneven stairs cut through the mountain, the exquisite Napittachora Waterfall finally comes into view, gracefully descending from great heights.

Whether you dip your ankles in the flowing stream or let it wash over you right at the base of the waterfall, the sense of tranquillity felt in that moment is incomparable.

## Muhuri Project Tourist Spot

Muhuri River meanders through the

picturesque landscape, creating a mesmerising sight. Besides being the largest fisheries zone and the second largest irrigation project in the country, its enchanting beauty makes it an amazing tourist destination.

Under the clear sky, the artificial water channel is bordered by dams on all four sides making for a gorgeous sight. The sanctuary is currently home to more than fifty different bird species; something quite rare in our country.

## Khoiyachora Waterfall

Perhaps one of the first names that comes to mind when thinking of Mirsharai is the Khoiyachora Waterfall. Having gained the title of Queen of Waterfalls by travellers, Khoiyachora is a majestic cascade of nine tiers, each more captivating than the other.

As the water falls into the calm pool below, the sheer force creates a stunning spectacle. Although it is quite the struggle to clamber up the muddy slippery hill, the

cold clear water washing over your feet every now and then seems to ease any discomfort.

## Mohamaya Lake and Eco Park

Mohamaya Lake, the second largest artificial lake in Bangladesh, is a piece of aquatic beauty located just 2 km east of Thakurdighi Bazar of Mirsharai. Not only does the combination of rugged terrains and crystal-clear water make it a beautiful picnic spot, but an exquisite experience if you take a boat ride through the lake.

You can also spend the afternoon kayaking across the lake or choose to camp in the eco park at night.

Although winter seems to be the travel season for Bangladesh, the best time to visit the Mirsharai is right after monsoon when the lakes are full and waterfalls are in their most beautiful phase.

By Nusrath Jahan

Photo: Mohiuddin Ahmed Sagor







#PERSPECTIVE

# MONSOON IN BANGLA LITERATURE

Bangla literature is quite rich and monsoon holds an interestingly large part of it. Some might say that monsoon in literature is a sub-genre of Bangla literature and it's probably not an unfair claim. But monsoon in Bangla literature has such a major impact that it's challenging to finish that discussion in one small article. It deserves an open discussion during 'Brishti Bilash' — perhaps with a cup of tea, watching out the window as the rain pours down like there is no tomorrow.

## Tagore's love affair with monsoon

Rabindranath Tagore's presence in every aspect of Bangla literature is truly something else. This great man left his mark on everything he touched. And it was noticeable how much he was fond of the monsoon. Tagore painted the beauty of the rainy season with his mastery of words in both songs and poems; even his novels. From poems like 'Ashwar' or 'Sonar Tori' to novels like 'Nouka Dubi' and even his non-fiction writings like 'Japan Jatri' — all of them paint a picture of the rainy season that is unforgettable.

## Kazi Nazrul Islam's lamentation

Our national poet saw monsoon in a different image. While Tagore was seduced by the season, Kazi Nazrul Islam saw the rain as a symbol of separation. Nazrul saw the flowers and avians reacting to the rain as a reminder of the aching love he felt. It's amazing that even someone known as the 'Rebel Poet' was mesmerised by monsoon.

## Poems and monsoon

Every poet that tried to put monsoon in words, did so with such beauty that these cannot be translated properly with the magic they hold in their original Bangla composition. Palli Kabi Jasimuddin was stunned by the beauty that the rainy season presented and thought he would lose himself. The poem 'Palli Barsha' expresses that feeling perfectly.

Jibanananda Das found the rain enticing. In his words — 'the silvery rain water felt like a kiss offered with love from nature itself.' Even someone like Michael Madhusudan Dutt felt the need to write something about the monsoon that speaks



volumes. The poem 'Barashakal' is only eight lines but Michael Madhusudan Dutt still manages to move the reader and illustrate a sensual image.

## In fiction

It is natural that the rainy season has been mentioned quite often in Bangla fiction. Many of them had plots that revolved around rivers and monsoon had driven the plot. 'Padma Nadir Majhi' by Manik Bandopadhyay and 'Titash Ekti Nadir Naam' by Adwaita Mallabharman are two major examples of such writing where the monsoon itself seems like nothing short of a character that influences the story. Humayun Ahmed had a fondness for

moonlight, rain, and kodom ful. The flower is often associated with rain and both rain and kodom ful found their way in Humayun Ahmed's writings. His depiction of rain was varied but he never failed to see the beauty of monsoon since he was very much into the idea of 'Brishti Bilash' — the concept that rain is something that can be enjoyed. 'Srabon Megher Din' is one of the titles of his books that says enough about how much he liked the rain.

## The other side of monsoon

As romantic and beautiful as rain is, it must not be forgotten that monsoon does not hold the same appeal for everyone. Sometimes rain can be more than a nuisance. Since literature is supposed to act as a mirror to the real world, successful literature will surely reflect everything that reality has to offer, even if it's dark and upsetting. Bangla literature in its depiction of monsoon keeps that important point in mind.

In 'Pather Panchali' for example, one of the major characters had to suffer an untimely demise because of running about in the rain a little too long. The way the story builds up to that moment is truly heart-breaking and leaves the reader in tears.

Another such example is Zahir Raihan's 'Baraf Gola Nadi', a story of the struggles of a middle-class family. The story builds slowly before reaching an unexpected end where the monsoon plays perhaps the biggest role and leaves the reader terrified and shocked; a reminder that rain is not romantic for everyone.

**By Ashif Ahmed Rudro**  
**Photo: Collected**



Cattle farming can be a very rewarding and wholesome experience. However, this venture can sometimes prove to be a challenging endeavour that requires a blend of passion, perseverance, and know-how. In this article, we will dive into the world of the bovine and really get a grasp on the industry.



#GUIDES

# A guide to successful cattle farm ownership

In general, there are three main procedures necessary for running a cattle farm. Firstly, selective breeding. In order to yield the best product at the highest rate, one must ensure the best quality cattle are being bred and raised. In order to raise them, optimal living conditions and proper nutrition must be made available to them. Regular medical check-ups to keep the cattle healthy are also crucial.

Secondly, maintaining proper records of all health-related activities such as vaccinations, medications, and growth rates can help optimise the operations within the farm greatly.

The third part is marketing. This is where important strategies come in. Understanding the volatile market, especially during times like Eid where the demand for cattle goes through the roof, is crucial. This is why it is important to network with retailers, wholesalers,

and other members of the community by engaging in communal events and exhibitions. Nowadays, it is vital to maintain an online presence to market the products directly to customers.

The costs of running a cow farm include labour, marketing, veterinary care, feed and forage, maintenance of the land and infrastructure, and feed. Focusing on improving operational efficiencies, applying sustainable farming methods, and investigating cost-effective feed and veterinary supply purchases is crucial for efficiently handling such expenses. Moreover, regularly reviewing financials and adapting to market trends ensure profitability.

Running any business comes with its own set of challenges and this is no different. For instance, starting a cattle farm can be quite an investment as the initial costs can be high. Adverse climate

conditions and diseases can affect the health of the cattle resulting in poor yield. Limited grazing areas can greatly hinder production as it becomes more expensive to feed the cattle, which can be detrimental to business.

The wonderful produce is the silver lining of all this hard work and dedication. From high-quality meat carefully processed to ensure exceptional taste and tenderness, to fresh dairy products like milk and ghee produced from well-cared-for cattle will bolster sales even more. As more farms turn towards sustainable practices, more and more by-products are also made. Items such as honey from bees pollinating flowers in the fields and natural fertilisers from manure thus maximising resource utilisation.

By Abdul Warith Khan  
Photo: Magura Agriculture Park Ltd

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#PERSPECTIVE

# THE POWER OF POSITIVE THINKING: How optimism can transform your life

The power of positive thinking can be a ray of sunshine in a world filled with difficulties and obstacles, pointing us in the direction of a life that is more joyful and satisfying. The revolutionary power of positive thinking, the conviction that there is a light at the end of the tunnel, can shape our existence and lead us to accomplish anything. We can access a source of freedom that allows us to mentally prepare for any challenge in life by adopting an optimistic attitude.

Optimism is a key to success because it boosts our drive and determination to accomplish our goals. If we approach life with a positive outlook, we are more likely to take risks, pursue our passions, and persevere in the face of obstacles. Our confidence in ourselves and in the possible results that lie ahead pushes us ahead. If we keep our optimism as our driving force, we can turn our hopes into reality and accomplish things that once seemed impossible.

Positive thinking also makes our relationships and overall well-being better. The energy we carry into our interactions with others is impacted by our viewpoints, which has a major influence. By embracing a positive mindset, we get one stage closer to our desired life for ourselves. Our



relationships flourish when we approach people with compassion, understanding, and a sincere belief in the best possible outcomes. This positive energy, in turn,

creates a tranquil setting that fosters personal growth and strengthens connections.

Now, you may ask, how can we increase

the impact of our positive thinking on our lives? Mindfulness and the conscious decision to concentrate on the positive aspects of any situation are the first steps. We can practise gratitude by finding reasons to be thankful for even the smallest blessings in our lives. It is also possible to cultivate a positive attitude by surrounding oneself with people who are encouraging and positive. Engaging in activities, interactions, or take actions that boost our confidence and bring us pleasure

We can make incredible changes to our lives if we adopt an optimistic outlook. It empowers us to consider difficulties as a challenge, energises our inspiration to make progress, upgrades our lifestyle and connections, and works on our general wellbeing. Developing optimism is a journey that lasts a lifetime and require conscious effort and reflection, but the rewards are worth the hardship. We can unlock our true potential and pave the way for a brighter and more fulfilling future if we embrace the power of positive thinking. Allow optimism to be your directing light, and watch as your life changes right in front of you.

**By Maisha Tarannum Iqbal**  
**Photo: Collected**

