



6 taal recipes to impress your friends

Welcome to a culinary journey through the heart of Bangladesh. Today, we're exploring the versatile Taal, a quintessential summer fruit. From refreshing shorbot to creamy kheer, we are transforming this humble fruit into a variety of delectable dishes. We'll even bake an eggless Semolina Palm Cake and roll up some sweet Laddus. So, put on your apron, and let's dive into these tantalising recipes that will make your tastebuds dance with joy.



ICE APPLE SHORBOT (TAAL ER SASH ER SHORBOT)

Ingredients

5 ice apple/palm shell (taal er shaash)
2 tbsp sugar
2 glasses coconut water
1 glass water

Method

Peel the ice apples carefully, cut them into small cubes. Keep the ice apple juice in a glass. Take a jug. Add water, coconut water, ice apple juice and sugar. Stir well until sugar dissolves. Now, add the ice apple cubes, stir and shorbot is ready to serve. Serve it chilled.

ICE APPLE KHEER (TAAL ER SASH ER KHEER)

Ingredients

10 ice apple/palm shell (taal er shaash)
1 litre milk
½ cup condensed milk
2 green cardamom
2 tbsp sugar (optional)
1 tbsp chopped nuts

Method

Peel the skin of ice apple and chop into small pieces, set aside. Heat milk in a saucepan, once it comes to a boil, lower the flame and continue to cook until reduced to half. Now add condensed milk and cardamom powder to it. Mix well and cook for another 5 minutes in low flame. Add chopped ice apple pieces and cook for 1 minute. Remove from heat and let it cool



completely. Garnish with chopped nuts and serve chilled.

TAAL ER MALPUA

Ingredients

For the batter —

2 cups palm pulp
2 cups flour
1 cup semolina (suji)
2 cups milk
1 cup sugar
1 tsp baking powder
A pinch of salt
Oil for fry

For sugar syrup —

2 cups sugar
1½ cup water
2 cinnamon stick
2 green cardamom
1 tbsp chopped pistachios

Method

For the batter —

In a bowl, mix flour, semolina, sugar, salt, and baking powder. Add the pulp and mix well. Slowly start adding milk and stir to form a thick batter. Make sure there are no lumps in your batter. Cover and keep aside for half an hour.

For the sugar syrup —

Boil water in a pan. Add sugar, cinnamon, and cardamom. Cook until the sugar starts to become slightly sticky. Test it by cooling down a little syrup, it should be sticky but not have a 'one-string consistency'.

For making the malpua —

Heat oil in a pan. Add the batter to the oil with a ladle to form round shapes. Fry it until golden brown. Dip the fried discs in the sugar syrup until they have soaked enough syrup. Remove from the syrup. Allow it to cool. Garnish with chopped pistachios and serve.

PALM KALAKAND

Ingredients

6 cups milk
1 cup palm pulp
¾ cup sugar
A pinch of tartaric acid
1 tbsp chopped nuts

Method

Put the milk to boil on high heat. Add a pinch of tartaric acid. Boil the milk stirring continuously till it thickens.