

# EASY EID RECIPESTO PREPARE FOR YOUR LOVED ONES



PHOTOS: **ORCHID CHAKMA**

## TINATH ZAEBA

There's something magical about Eid mornings — the sound of laughter in the kitchen, the smell of something sweet bubbling on the stove, and the sight of everyone getting involved, even just to stir a spoon or set the table. Helping out at home during Eid isn't just about easing the load — it's about being part of the joy. And nothing brings people together quite like a shared meal.

If you've been thinking of pitching in this year, here are five easy and familiar recipes that are always a hit on Eid. They're simple to prepare, perfect for beginners, and can be adjusted with ingredients you already have at home.

### Coconut pudding

Cool, creamy, and full of flavour, this pudding is perfect for a hot Eid afternoon, especially after a heavy meal. It's light on the stomach but still feels festive. The base is usually made with coconut water, sugar, and a setting agent like agar-agar or gelatin.

To make it a little more creative, you can pour the mixture into a funky-shaped mould or silicone tray (I would recommend a crescent shaped mould for the perfect Eid-themed look). Once chilled and firm, pop them out and serve right before setting the dessert table after meals. It looks beautiful on the plate and is the perfect refreshing addition on a humid day.

Additionally, you can top it off with coconut milk if



you're opting for a richer flavour.

### Stuffed dates

Dates are already special during Eid, but stuffing them with various treats turns them into bite-sized treats that everyone loves. A classic version includes stuffing with roasted almonds or pistachios, either chopped or finely grinded.

Another delicious option is stuffing dates with thickened milk (usually known as *mawa* or *khoya*) and rolling them in coconut. You can also mix crushed nuts with honey or add a small spoon of cream inside. If you're looking for a fragrant kick, add a pinch of cardamom powder. Another fun version is melting chocolate and coating the dates in it before rolling them over chopped nuts for added texture.

Chill them before serving — they taste better cold and can easily be prepped the night before Eid.

### Chocolate mousse

Chocolate mousse is rich, creamy, and always popular with younger guests. While the basic version uses whipped cream and melted chocolate, you can give it a fancier spin and make it a star.

Try layering it with crushed Marie or Parle-G biscuits for a pudding-like texture. You can also add a hint of instant coffee for a mocha flavour or use Bournvita or Milo powder for more of a malt chocolate taste. A light sprinkle of crushed cashews or grated chocolate on top makes it look beautiful without much effort.

Serve it in small glasses or mousse cups if you have them at home.

### Fruit custard

Fruit custard is a colourful classic — cool, creamy, and easy to make in bulk. Start with making the custard base with milk and custard powder, then add your favourite fruits.

Bananas, apples, grapes, and pomegranate are always safe choices, but mangoes and lychees add a more festive flavour. Many households like to add colourful jelly cubes or canned fruit cocktails. For a richer version, mix in a bit of condensed milk or a spoon of fresh cream.

Some families even add a layer of chopped *shemai* (vermicelli) or sponge cake at the bottom, turning it into a deshi-style trifle.

### Chickpea salad

As a savoury option, this is a quick and easy dish that can pack a punch of flavour. All you need is chickpeas and, while you can definitely bring variation to the ingredients, the basic ones would be tomatoes, potatoes, cucumber, and the greens (coriander, onions, and if you want a that fresh bite, mint leaves). If you don't have all of these ingredients, then don't worry; just add whatever you have with a dressing of olive oil.

My favourite addition to this recipe is lemon juice and garnishing it with sliced paneer. This recipe always gets compliments for being fresh and crunchy. And the best part is that it is compatible with whatever Eid spread is going on for lunch or dinner.

Helping out at home during Eid doesn't have to mean spending hours in the kitchen. Even simple tasks like chopping fruit, arranging dates, or garnishing pudding can bring joy — and lighten someone else's load.

*Tinath Zaeza is an optimistic daydreamer, a cat mom of 5, and a student of Economics at North South University. Get in touch via mailing to [tinathzaeba25@gmail.com](mailto:tinathzaeba25@gmail.com)*