

7 recipes that celebrate the spirit of DURGA PUJA



In this collection of seven recipes, we celebrate the spirit of Durga Puja through the flavours that unite households, generations, and memories. Each dish is more than food; it is a piece of the festival itself, carrying the essence of one of Bengal's grandest celebrations to every table.

DOI POTOL

With its creamy yoghurt-based gravy and tender pointed gourds, doi potol, reflects the subtle elegance of Puja meals. Unlike heavier festive dishes, this one offers a balance of richness and lightness, making it a favourite during Navami feasts when the heart longs for variety but the stomach seeks comfort.

Ingredients

½ cup yoghurt
1 tsp sugar
½ tbsp gram flour (besan)
6-8 black peppercorns
500g pointed gourd
½ tbsp ginger paste
3-4 green chillies
1 bay leaf
3 cloves
2-inch cinnamon stick
1 tsp turmeric powder
1 tsp red chilli powder
1 tsp cumin powder
1 tsp coriander powder
½ tsp garam masala powder
1 pinch of cardamom powder

Salt to taste

½ cup of water, for gravy
Oil for cooking

Method

For the sauce —

Add ½ cup yoghurt in a blender. Add sugar (it helps to cut the sourness of yoghurt). Add gram flour and black peppercorns. Whisk for 30 seconds until smooth. Set aside.

For the curry —

Cut both edges of all the pointed gourds. Peel the skin. Split the vegetable slightly with the help of a knife, from the sides (it should not get cut into pieces). Wash the pointed gourds and set them aside.

Heat a pan and make it completely dry. Now, add oil and wait until it gets hot. Add bay leaf, cloves, and cinnamon sticks, and let them crackle. Add the pointed gourds and cook them on medium-high flame for 2 minutes. Flip the pointed gourds and fry the other side for another 2 minutes. Add salt, and turmeric powder, and give a nice mix. Add the ginger paste.

Cook in a low flame until the raw smell goes away. Add green chillies and give a nice mix. Cover the pan and cook on low flame for another 5 minutes or until they become tender. Stir occasionally in between.

Add cumin powder, and coriander powder and give a nice mix. Cook the masala on low flame for a minute. Add the

yoghurt sauce

to the pan and mix it properly. Cook for a minute on low flame. Add water and give a nice stir. Cover the pan and put the flame on high until the gravy simmers. Switch off the flame and add garam masala powder and cardamom powder into the curry. Stir the masala into the curry evenly. Doi potol is ready.

MOCHAR GHONTO (BANANA FLOWER CURRY)

Cooked with patience and precision, mochar ghonto carries with it the earthy aroma of ghee and garam masala, pairing perfectly with plain rice. During Puja days, when vegetarian meals take centre stage, this



dish symbolises an offering of love that feels deeply rooted in the soil of Bengal.

Ingredients

1 medium mocha
½ cup chopped coconut
2 bay leaves
6-8 dry red chillies
½ tsp cumin seeds
2-3 clove
1-inch cinnamon stick
1 tsp turmeric powder
2 tsp red chilli powder
½ tsp cumin powder
½ tsp coriander powder
½ tsp garam masala powder
A pinch of asafoetida powder (hing)
Salt to taste

2 tbsp ghee, Salt to taste
Sugar to taste

Method

Clean and chop the mocha. Be careful while you are cleaning. Remove the leaves and tiny black stick inside the flowers. Wash and cook the flower in a pan with pinch of turmeric powder, salt, clove, cinnamon and 1 cup of water. Once flowers become tender, drain the water and keep the flower aside. Temper the hot oil with dry red chillies, bay leaves and cumin seeds. Don't forget to add a little sugar in the smoking hot oil. It will give the dish a nice caramelised colour. When they start to crackle, add pre-cooked banana flowers and mix well. Sprinkle turmeric powder, red chilli powder, cumin powder, coriander powder and give it a good stir. After 2 minutes add coconut and continue mixing. Now add garam masala powder and ghee. Mix well. Mochar Ghonto is ready to be served with steaming-hot plain rice.

DAAL

No Puja spread is truly complete without daal, as it ties together the many flavours on the plate, offering both comfort and balance. During Puja, when bhog is shared among friends, family, and strangers alike, daal becomes more than food. It is a symbol of community and togetherness.

Ingredients

¼ cup maskalai daal
¼ cup cholar daal
¼ cup moong daal
¼ cup masoor daal
¼ cup arhar daal
¼ cup chopped onion
1 tbsp ginger-garlic paste
½ tsp turmeric powdered
1 tsp coriander powder
1 tsp cumin seed
3 pieces green chilli
2 pieces large tomatoes
2 tbsp ghee
2 tbsp coriander leaves
A pinch of asafoetida powder (hing)
Salt to taste

