

Bengali snacks THAT WARM THE HEART

From crispy fritters to syrupy sweets, the charm of Bengali snacking lies in its comforting simplicity and deep-rooted tradition. These recipes, from mixed lentil fritters and keema aloo singara to murir moa and goja, celebrate the flavours that define our festive tables and afternoon teas alike.

Whether served with a cup of steaming masala cha or a glass of salted lassi, each bite carries a taste of nostalgia, warmth, and homely delight. It is a reminder that some of life's greatest joys are found in the kitchen!

MIXED LENTIL FRITTERS

Ingredients

¼ cup red lentil, masoor dal
¼ cup yellow lentil, moong dal
¼ cup yellow lentil, khesari dal
½ cup grated onions
4 green chillies, chopped
1 tsp chilli flakes
¼ cup chopped coriander leaves
Salt to taste
Oil for deep fry

Method

Soak the lentils in water for 5-6 hours or until softened. Then wash and drain the water. Put the lentils in a food processor and blend into a semi coarse mixture. Pour the mixture into a bowl together with the rest of the ingredients. Mix until well combined. Heat oil in a pan, fry the fritters in small batches until golden brown. Remove and place them on kitchen paper to absorb the oil. Serve warm!

KEEMA ALOO SINGARA

Ingredients

500g beef/mutton mince
2 boiled potatoes, cut into small cubes
2 cups refined flour
1 tsp ginger paste
½ tsp garlic paste
½ tsp cumin seeds
1 tsp red chilli powder
½ tsp turmeric powder
¼ cup chopped onion
3 chopped green chillies
½ tsp garam masala powder
Salt to taste
1 tbsp oil

for staffing
4 tbsp ghee
Oil for deep fry

Method

Heat oil in a pan, add cumin seeds. When they begin to change colour, add ginger-garlic paste. Fry for few seconds. Add meat mince, red chilli powder, turmeric powder, garam masala powder, and salt. Mix well and stir. Cook for 7-8 minutes. Add boiled potatoes, onions and chopped green chillies. Fry for few minutes and remove from heat. Allow it to cool completely. Now combine refined flour, salt, and ghee in a bowl. Add sufficient water and knead

into a stiff dough. Divide the dough into small portions, shape them into balls. Roll out each ball into oval shaped puri and halve each. Dampen the edges of each halved puris with water and shape into a cone, stuff with some of the meat potato mixture and seal the edges to make singara. Heat oil in a pan. Fry the singara on low flame until brown and crisp. Arrange on a serving platter and serve hot.

POSTOR BORA

Ingredients

½ cup poppy seeds
2 tbsp poppy seeds, for coating
2 tbsp chopped onions
3-4 green chillies, finely chopped
3 tbsp grated coconut
2-3 tbsp rice flour
½ tsp ginger garlic paste
Salt to taste
Mustard oil for frying
½ cup warm water to soak poppy seeds

Method

Soak poppy seeds in water for half an hour. Drain the excess water with the help of a strainer and transfer it into the jar of a grinder. Grind the poppy seeds to a smooth paste. Add very little water, if required. Transfer the paste into a bowl. Add chopped onions, green chillies, coconut, salt ginger-garlic paste and rice flour one by one. Mix all the ingredients.

Take a small portion of the mixture in your hand and make a flat patty. Put the patty on the poppy seeds to make a coat. Repeat the same process. Heat oil in a pan. Fry the patty on medium flame till golden brown. Serve hot.

