

NIMKI

Ingredients

2 cups white flour
½ tsp kalojeera (fennel)
4 tbsp ghee
½ cup water
Salt to taste
Oil for deep frying

Method

In a bowl, mix flour, salt, kalojeera, and ghee. Now add water to it and make dough. Keep it aside. Cover with a wet cloth for 15 minutes. Roll the dough into thin chapatis. Cut them into shapes of your choice with a knife. Now heat oil in a pan. Deep-fry the nimkis on low heat till they turn light brown and crispy. When done, remove from heat and set aside on a paper towel to drain oil and cool. Store in an air tight container so that it lasts long.

Tip: Make sure you fry nimkis on low heat. If the flame is high, the nimkis will turn brown quickly and will remain raw and soft inside.

MURALI

Ingredients

2½ cup all-purpose flour
2½ tbsp milk powder
Water, as needed
Oil, for deep frying
2 cups sugar
½ tsp baking powder
Pinch of salt

Method

In a bowl, pour flour, milk, baking powder and salt. Mix well and add water to it. Knead well and make the dough. Make four parts from the dough. Roll each part out with about ½ inch thickness. Then cut the slab into finger-long sticks. Now heat oil in a pan. Deep fry the sticks on low heat until crunchy. Make sure these do not turn red.

For the sugar coating, mix 1 cup of water with sugar in a saucepan, and stir on medium heat to make a thick syrup. Then add the fried sticks. Mix well. Allow the sticks to cool. Store and serve.



MURIR MOA

Ingredients

250g puffed rice
700g jaggery
2 cups water

Method

Dry roast the puffed rice in a cast iron skillet for about a minute. Take them out from the skillet and keep aside. Place jaggery and water in a pan. Dissolve the jaggery over low heat. Once the jaggery dissolves, increase the heat and bring it to boil, and cook over full flame until a two-thread consistency is reached. Mix in the puffed rice quickly into the mixture. Take it off the heat and let it cool for a while. Make round balls by moistening the hands if the mixture is too sticky. Leave it to cool and serve.

GOJA

Ingredients

2 cups refined flour
1 cup sugar
A pinch of baking powder
2 tbsp ghee
2 green cardamoms
1 tbsp lemon juice
Salt to taste

Oil for deep fry

Method

Combine sugar, water, and

cardamom pods in a heavy bottom pan, and bring to a boil. Stir frequently. As the syrup thickens, reduce the heat and test the consistency. Once the sugar syrup has reached a two-string consistency, turn off the heat and add lemon juice (this prevents the syrup from crystallising). Keep warm. In a bowl, mix flour, salt and baking powder. Add ghee and work it well into the mixture. Add water little by little and knead till stiff dough is formed. Divide the dough into equal portions and use a rolling pin to roll out into ovals. Make several slashes on the ovals with a knife or a fork. Heat sufficient ghee or oil in a pan and deep fry the gojas till light brown and crisp. Remove with a slotted spoon and place on an absorbent paper to remove excess oil or ghee. Dip the fried gojas in sugar syrup. Coat rapidly and remove quickly. Toss till dry and crisp.

NARIKEL ER NARU (COCONUT LADDOO)

Ingredients

4 cups fresh grated coconut
2 cups grated jaggery
1 tsp ghee for greasing palms

Method

In a heavy pan, add fresh grated coconut. Cook on low flame. Stirring often, roast the coconut for few minutes. The roasting is just to get rid of some moisture from the coconut.

Add jaggery and mix it very well with the coconut. Stirring non-stop, cook the jaggery mixture about 5-6 minutes. The jaggery will melt and mixture will slightly thicken.

To test, take a small portion and let it cool down a bit. Then try to form a tiny laddoo with it. If the mixture can be easily shaped into a tiny ball, the laddoo mixture is ready.

SALTED LASSI (SALTED YOGHURT DRINK)

Ingredients

2 cups yoghurt
½ tsp salt

¼ tsp black salt

½ tsp chat masala

Fresh mint leaves for garnish

Method

Take all the ingredients in a food processor, except the mint. Blend it properly and make a smooth lassi. Pour the glasses, add ice, and garnish with the fresh mint and serve.



MASALA TEA

Ingredients

2 tbsp tea powder
4 tbsp sugar, or to taste
½ tsp crushed ginger
2 lemon grass stalks, each cut into 2" pieces
2 green cardamoms
2 cups milk

Method

Combine 2 cups of water, tea powder, sugar, lemongrass, and ginger in a saucepan and boil on a medium flame for 2 minutes. Add milk, mix well and bring to boil on a medium flame. When the mixture boils reduce the flame to low to prevent it from spilling and continue to boil for another 4-5 minutes, stir occasionally if necessary. Strain immediately and discard the tea powder residue. Serve immediately.

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