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RAMADAN
Special

PHOTO: SAZZAD IBNE SAYED

SIP WITH DELIGHT

Refreshing Iftar Drinks to Try at Home

After a long fast, you don't want a drink that tastes like a neon sugar rush. You want something cold, clean, and dependable; the kind that makes the first bite of beguni feel even better.



ISPI has quietly sat in Bangladeshi kitchens for years, turning up at family lunches and weekend adda, mostly because it's consistent and easy to make your own. And in Ramadan, that versatility matters: one jar can cover four different cravings on the same iftar table.

Here are four ISPI-friendly drink recipes that can make iftar quick, refreshing, and not fussy.

150ml cold water
2 cups ice
1 tsp lemon juice
Optional: mint leaves, thin orange slice for garnish

Method

Blend the ice and cold water first for a few seconds so it starts breaking down. Add ISPI Orange powder and lemon juice, then blend again until you get a smooth slush texture (30–45 seconds). If it's too thick, add a splash of water; if it's too thin, add a handful more ice and blitz again. Serve immediately, as slushies are dramatic for exactly five minutes, then they melt and get sad.

ISPI Orange Masala Cooler

Ingredients

2 tbsp ISPI Orange powder
200ml cold water
½ lemon (juice)
A tiny pinch of chaat masala
Ice cubes

Optional: mint leaves, a pinch of roasted cumin powder

Method

Dissolve ISPI Orange powder in cold water. Add lemon juice and stir well. Now add the chaat masala, start with a tiny pinch, stir, taste, then stop. The goal is a savoury lift, not turning it into a spice

experiment. Fill a glass with ice, pour over, and add mint if you have it. This pairs ridiculously well with piyaju, rolls, or anything that's been near a fryer.

ISPI No-Churn Ice Cream

Ingredients

2 cups chilled whipping cream
1 can (approx. 397g) sweetened condensed milk

½ cup ISPI Mango or

Orange powder

Optional: chopped fruit, crushed biscuits, or nuts for texture

Method

Whip the chilled cream until soft peaks form (don't overbeat). In a separate bowl, mix condensed milk with ISPI powder until smooth. Fold the ISPI mixture into the whipped cream gently, keeping the air in. Pour into a container, add any toppings, cover, and freeze for at least 6 hours (overnight is best). Serve small scoops after iftar or later at night it's rich, but it's the kind of "one scoop" dessert that turns into two.

By K Tanzeel Zaman



ISPI Mango Lassi

Ingredients

3 tbsp ISPI Mango powder
¾ cup thick plain yoghurt
½ cup cold milk (or cold water if you want it lighter)

1–2 tsp honey or sugar (optional, only if

needed)

A pinch of salt
Ice cubes (4–6)

Method

In a blender, add yoghurt, milk, ISPI Mango powder, salt, and ice. Blend for 20–30 seconds, until smooth and frothy. Taste first, if you genuinely need more sweetness, add a little honey/sugar and blend again for a few seconds. Pour into a chilled glass. If you're serving guests, finish with a pinch of cardamom or a few mango cubes on top. This works especially well when your iftar includes fried items; it cools everything down.

ISPI Orange Slushie

Ingredients

2½ tbsp ISPI Orange powder



During Ramadan, kitchens in Bangladesh don't run on peace. They run on timing. There's always something simmering, something frying, someone asking how much long it will take, and you trying to make iftar feel full, without turning the last hour before Maghrib into a marathon.



IFTAR'S QUIET HELPER: Fresh Instant Noodles Chowmein in Minutes

That's where Fresh Instant Noodles quietly earns its place. Not as a replacement for anything you grew up eating, but as a dependable helper when the day's already gone long.

If you're a mother with children who are hungry, picky, and somehow starving again five minutes later, you know the drill. Piyaju will still be piyaju, beguni will still disappear fast, but alongside the fried items and heavier plates, it helps to have one warm dish that comes together quickly, and doesn't feel like another deep-fried commitment.

Chowmein fits perfectly here. Done right, its savoury, a little glossy, and properly satisfying garlic in the background,

vegetables still crisp, noodles carrying the flavour instead of drowning in it. Fresh Instant Noodles works well because its taste stays in a familiar, friendly zone. And in kitchens, "instant" is rarely the final flavour; it's the base. You add what you have: garlic, vegetables, green chilli, maybe an egg, and it stops feeling like a shortcut and starts feeling like a proper plate you made.

It's also easy to keep lighter for iftar:

less oil, high heat, more vegetables, makes it satisfying without making you feel heavy right after breaking your fast. And when you're feeding children the delicious noodles, it helps knowing the ingredients are sourced and maintained under strict quality control.

That's why this recipe works on busy Ramadan evenings; simple, quick, and genuinely comforting.

SIMPLE RAMADAN CHOWMEIN WITH FRESH INSTANT NOODLES

Ingredients

- 2 packs Fresh Instant Noodles
- 2 tbsp oil (use less if you want)
- 3 cloves garlic, chopped
- 1 small onion, sliced
- 1 small carrot, thin strips
- 1 cup cabbage, thinly sliced
- 1 capsicum, sliced (optional)
- 1-2 green chillies, slit
- 1 egg or shredded cooked chicken (optional)
- 1-2 tbsp soy sauce
- Black pepper
- Salt (careful — sauces already have it)
- Spring onion or coriander (optional)
- Lemon wedge (optional)

Method

Boil the noodles until just soft. Drain, rinse

quickly with cold water, and toss with a tiny bit of oil so they don't clump. Heat oil in a pan or wok. Add garlic, then onion and green chillies. Sauté until the onion softens. Add carrot first, then cabbage and capsicum. Stir-fry on high heat so the vegetables stay crunchy. If using egg, scramble it in the pan and mix through. If using chicken, add and toss. Add soy sauce, black pepper, and a tiny pinch of salt, only if needed. Add the noodles and toss on high heat for a minute or two. Finish with spring onion/coriander and a squeeze of lemon if you like that extra lift.

Serve it warm alongside your usual iftar staples. It sits nicely on the table without competing for attention, which is exactly the point.

Fresh Instant Noodles isn't pretending to be anything dramatic. During Ramadan, that's actually its strength. It's dependable, easy to shape into your own kind of meal, and helpful in the exact moment you need help most: when time is short and everyone's hungry.

By **K Tanzeel Zaman**



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During Ramadan, kitchens in Bangladesh don't run on calm they run on timing. The day is long, the clock moves faster after Asr, and somehow, everyone wants something "light" while requesting five items at once. That's usually when you realise you don't just need ingredients. You need reliability.

RAMADAN IFTAR, DONE RIGHT Comfort fusion food *with* Radhuni



That's where Radhuni fits in, not to replace the cook, but to keep the base steady when you're juggling everything else. The best part is the range feels genuinely versatile: with Radhuni, you can stick to the traditional recipes you grew up with, and still play around with newer fusion ideas, like the ones here, without the flavours feeling out of place.

Radhuni Halim Mix makes Nehari haleem feel doable on a weekday, without losing that deep, slow comfort. For iftar-table classics, Radhuni Shadmishali Seasoning Mix settles into chola like it belongs there, warm, rounded, properly familiar.

Then there's the fun stuff. Chopstick Instant Noodles turns into noodles pakora the way only Dhaka kitchens can: a little chaotic, a little genius, and gone before you've even sat down. When you're doing savoury bites like beef keema toast or chicken curry stuffed bread rolls, Radhuni Ready Mix Beef Curry and Radhuni Chicken Curry Masala help you land the flavour without overthinking it.

And if you want that quick, sharp lift on snacks, Radhuni Ready Mix Chaat Masala does the job in one pinch.

Finish with fruit custard cold, creamy, and quietly perfect, especially with Radhuni Custard Mix keeping it smooth.

Here are the recipes to make your iftar table feel full, familiar, and just a bit more yours.

NIHARI HALEEM

In Dhaka, haleem isn't "a dish." It's the one thing that makes iftar feel like iftar thick, warm, and stubbornly comforting.

Now imagine a nihari haleem: that slow-cooked shank depth, a peppery bite, a bit of marrow-rich goodness that sits in the gravy like it belongs there. Nihari haleem is basically a haleem with heavier aroma, deeper meat flavour, but still the same familiar texture.

That's where Radhuni Haleem Mix makes sense. It takes care of the grains, pulses, and the core spice balance, so you can spend your energy on the parts that actually *change* the pot, the meat stock, the onion fry, the ginger-lemon garnish. For that tasty finish. You still get that healthy layered, slow-cooked feel, without committing your whole afternoon to stirring. It is that easy!

Ingredients

1 pack Radhuni Haleem Mix (beans + grains + spice powder)
700g–1kg mutton shank (bone-in, marrow)
6–8 tbsp edible oil
1–1½ cups onion, thinly sliced
1 tsp fennel powder (key "nihari" note)
½ tsp black pepper
½ tsp garam masala (finish): Optional
Salt to taste

Garnish: fried onions, julienned ginger, green chillies, lemon, coriander, cucumber

Method

Rinse the shank, then soak in water with 1 tablespoon vinegar or lemon juice for 10 minutes. Rinse again. Make 2–3 deep slits on the thicker parts of the meat (helps spice and heat get in). Parboil: Boil shank in water for 5–7 minutes, skim the foam, drain and rinse once. Add shank, 3 cups water, a pinch of salt and a few slices of ginger. Cook 20–25 minutes after first whistle. Separate the shank and save the stock.

Take the mix from the pack. Add 2 cups hot water, stir well 3–5 minutes to avoid lumps, then leave it aside.

Heat oil in a heavy pot. Fry onions until deep golden. Remove two-thirds of the fried onions for garnish. Add ginger paste and garlic paste, cook 30–40 seconds. Add the cooked shank pieces. Add soaked Radhuni Garam masala with additional fennel powder and black pepper. Cook 3–4 minutes.

Pour in the saved shank stock. Add extra water if needed so there's enough liquid to cook grains. Add the soaked grains and pulses. Cook on low heat, stirring frequently so it doesn't stick. As it thickens, stir harder (haleem texture comes from beating/stirring). If it gets too tight, add hot water little by little. Adjust salt. Add ½ teaspoon garam masala at the end. Top with fried onions, ginger, lemon, green chillies, coriander; serve with cucumber on the side.

That's it, haleem texture, but with real nihari depth because the grains cook in shank stock, not plain water.



NOODLES PAKORA

Have you ever thought you could make pakora with noodles, and that too, with Chopstick Instant Noodles during Ramadan? It sounds a bit wild until you try it: half-cooked noodles, chopped veg, and that familiar seasoning doing most of the heavy lifting. The result is properly crisp, properly snackable, and exactly the kind of quick iftar fix that doesn't turn your kitchen into a battlefield five minutes before Maghrib.

Ingredients

- 1 pack Chopstick Instant Noodles (keep the tastemaker/seasoning sachet)
- Carrot, small, finely chopped
- Capsicum, finely chopped, or skip if you don't have it
- Cabbage, finely chopped
- Onion, finely chopped
- Green chilli, finely chopped
- 5–7 tbsp besan (gram flour) *start with 5, adjust*
- Salt (careful—seasoning already has salt)
- Oil for deep frying
- A pinch of baking soda (for lighter pakora)
- A little coriander (if you want it fresher)

Method

Cook Chopstick Instant noodles in boiling water for about 1.5–2 minutes. You're not making a bowl of noodles; you're making a base that can hold shape. Drain and rinse under cold water so it stops cooking. In a big bowl, add all chopped vegetables, besan, Chopstick Instant Noodles seasoning. Mix properly. Add the drained noodles and mix hard with your hand/spoon. The noodles and vegetable moisture should help it bind. Do not add water. If it feels loose, add another 1–2 tablespoon of besan. Heat oil to medium. Fry 4–6 minutes, turning, until deep golden and crisp. Drain, rest 1 minute, then serve. They crisp up as they cool slightly. The seasoning already has that familiar savoury punch — so you don't need extra masala. Once fried, the noodles give you that crunchy, messy-edge texture you normally chase in a good pakora, while the vegetable keeps it from feeling like a heavy flour bomb.



PAPRI CHAAT

Ingredients

Base

- 2 big handfuls of papri/puri chips
- ¾ cup boiled chickpeas
- 1 medium boiled potato, diced
- 2 tbsp onion, finely chopped
- ¼ cup cucumber, diced
- ¼ cup tomato, diced in small pieces
- Handful of coriander leaves
- 1, finely chopped green chilli

Yoghurt + spice

- ½ cup thick sour yoghurt
- 1 tsp sugar
- Pinch of salt



- 1 to 1½ tsp (to taste) Radhuni Chaat Masala
- ½ tsp roasted cumin powder
- Chutneys (pick any 1–2, even if homemade quick ones)**
- 2–3 tbsp tamarind chutney
- 2 tbsp mint-coriander chutney
- Garnish**
- ¼ cup bhujia
- 2 tbsp pomegranate arils
- Extra Radhuni Chaat Masala for dusting

Method

Whisk yoghurt with sugar and a pinch of salt. Keep it thick, not runny. On a wide plate/bowl, spread papri. Add potato, chickpeas, tomato, cucumber/onion. Drizzle tamarind first (sweet-tangy), then mint (fresh). Spoon the whisked yoghurt over everything, don't drown it, let layers show. Sprinkle Radhuni Chaat Masala evenly. Add roasted cumin powder if using. Top with bhujia, coriander, chilli,



- 1 medium onion (finely sliced)
- 2 green chillies (slit in half)
- 1 tsp cumin seeds
- ½ tsp Radhuni turmeric powder
- ½ tsp Radhuni red chilli powder (adjust to taste)
- 2 tbsp oil
- ½ cup water
- Salt to taste
- Fresh coriander leaves (chopped, for garnish)
- Lemon wedges (for serving)

Method

Once the black chana has soaked, drain it, then boil until it's tender but still holds its shape. Strain and keep aside.

Heat oil in a pan, and add the cumin seeds. Let them sizzle and release their aroma, then add the sliced onion and cook until it turns a deep golden brown. Stir in the ginger and garlic paste and cook for another minute or two, until the raw smell disappears.

Add the Radhuni Shadmishali Seasoning Mix along with the turmeric and red chilli powder. Mix well so the onions get evenly coated and the spices start to bloom.

Tip in the boiled chickpeas and stir thoroughly so they're properly covered in the masala. Add water, then simmer for 5–7 minutes to let everything come together. Throw in the slit green chillies for extra heat, taste, and adjust salt.

Serve hot, finished with chopped coriander and lemon wedges on the side.



and a final *light* dusting of chaat masala. If it tastes flat, a bit more chaat masala and lemon. If it tastes too sharp/salty, more yoghurt and a tiny pinch of sugar. If it lacks depth, roasted cumin, and a thicker tamarind drizzle will fix it. Enjoy while the papri and bhujia are crunchy!

CHOLA BHUNA

Ingredients

- 2 cups black chana (chickpeas; soaked overnight)
- 1 tbsp Radhuni Shadmishali Seasoning Mix



কাস্টার্ড পাউডার

দক্ষিণ স্বাদ



FRUIT CUSTARD

Ingredients

- 2½ tbsp Radhuni Custard Powder
- ¼ cup water
- 500ml milk
- 4 tbsp sugar
- 1 apple
- 1 cup grapes
- ½ cup pomegranate arils
- 1 cup diced strawberries
- 2 tbsp slithered almonds
- 2 tbsp pistachios
- 2 tbsp raisins

Method

To keep the custard completely smooth, first whisk the Radhuni Custard Powder

with a little water until it turns into a lump-free slurry.

In a saucepan over medium heat, bring the milk and sugar to a gentle boil. Keep stirring, then slowly pour in the custard mixture in a thin stream, whisking constantly so it doesn't clump. Lower the heat and continue to cook, stirring all the while.

As you whisk, the custard will come together and start to thicken. Remember it firms up more once chilled, so take it off the heat when it's still slightly loose and let it cool. Once it reaches room temperature, fold in the chopped fruits, almonds, and raisins. Finish with a sprinkle of ground nuts and a few raisins right before serving.



BEEF CURRY KEEMA TOAST

This is the cheat-code toast: it eats like keema, tastes like a proper beef curry, and takes about as long as it takes to finish saying “Maghrib is any minute now.”

Ingredients

- 250–300g beef mince (or finely chopped leftover beef curry pieces)
- 1 medium onion, finely chopped
- 1 cup of chopped tomatoes
- 1 tbsp oil or ghee
- 1½–2 tbsp Radhuni Ready Mix Beef Curry Masala
- 2 tbsp water (more if needed)
- 1 green chilli, finely chopped (optional)
- 1 tsp lemon juice (or a tiny splash of vinegar)
- Salt (only if needed)
- Coriander, chopped (optional)
- Bread slices (white or brown), butter for toasting

Method

Heat oil/ghee in a pan, put chopped onions and tomatoes, cook till soft and lightly golden. Add beef mince. Break it up properly so it doesn't clump. Cook until it changes colour, and most of the water dries off. Lower heat. Add Radhuni Ready Mix Beef Curry and stir for 30-40 seconds so it blooms (don't burn it). Add 2 tablespoons of water, mix well, then cook on medium heat until it turns thick, dry-ish, and jammy, like a topping, not a gravy. Taste. Add salt only if it actually needs it. Add green chilli (optional), lemon juice, and coriander. Turn off heat. Butter bread and toast until crisp. Spoon the beef curry keema on top. If you are a cheese lover, add a thin layer of cheese and cover the pan for 30 seconds to melt.

Serve with **yoghurt and lemon** dip on the side to cut the richness. You can also add sliced cucumber/onion for crunch.



For the rolls —

- 8–10 bread slices (white works best)
- 1 egg (beaten) **or** flour slurry (2 tbsp flour + 3 tbsp water)
- Oil for frying (or butter/oil for shallow fry / airfry)

Method

Heat oil in a pan. Add onion and cook until soft and lightly golden. Add ginger paste and garlic paste. Cook 30-40 seconds until the raw smell fades. Lower heat. Add Radhuni Ready Mix Chicken Curry Masala. Stir for 20-30 seconds so the spice wakes up, but don't let it burn. Add chicken cubes (or shredded cooked chicken). Mix well so every piece gets coated. Add about ½ cup water. Cover and cook 8-10 minutes (less if shredded cooked chicken). Uncover and reduce until the filling is thick, dry-ish, and sticky. This part matters: if it's watery, the rolls will break and go soggy. Taste and add salt only if needed. Add green chillies, lemon juice, and coriander. Cool completely before stuffing (hot filling tears bread).

Trim crusts if you want cleaner rolls. Roll each slice flat with a rolling pin. Place 1–1½ tablespoons of filling in the centre. Fold sides and roll tight like a mini log. Brush the seam with beaten egg or flour slurry to keep it closed. Fry on medium heat until golden brown and crisp. Use a wide pan with a thin layer of oil. Turn and brown all sides. Serve it while hot and crispy.

For air fryer users, brush rolls lightly with oil. Air fry at 180°C for 8–10 minutes, flipping once.

CHICKEN CURRY STUFFED BREAD ROLLS

These are properly iftar-friendly: crisp outside, warm chicken curry inside, and you can make them in a batch without turning your kitchen into a war zone.

Ingredients

- For the chicken curry filling —
- 250–300g boneless chicken (small cubes or shredded cooked chicken)
 - 1 medium onion, finely chopped
 - 2 tbsp oil
 - 2 tbsp Radhuni Ready Mix Chicken Curry Masala
 - ½ tsp Radhuni turmeric (optional — only if you want a deeper colour)
 - ½ cup water (adjust as needed)
 - Salt (only if needed)
 - 1–2 green chillies, chopped (optional)
 - 1 tbsp lemon juice
 - Coriander, chopped (optional)

By K Tanzeel Zaman

THE CREAMY SHORTCUT TO A BETTER IFTAR

Fresh Instant Full Cream Milk Powder & the Malai Roll Fix

Ramadan has a funny way of making the kitchen feel like the real living room. Everyone's a little hungrier, a little softer, and suddenly, the iftar table turns into a reunion of people, and of dishes we only remember to make in this month. The usual suspects show up: jilapi still warm enough to burn your fingers, a bowl of chola that tastes better than it has any right to, maybe a fruit chaat trying to convince you it counts as balance.



And then there's milk. Not as a glass you force down, but as an ingredient that quietly upgrades everything; shemai that feels silkier, custard that holds its shape, a cup of tea that tastes like it has been taken seriously.

That's where Fresh Instant Full Cream Milk Powder fits in. It shows up as that one pantry staple that makes the *same* recipe taste a little more complete; richer, rounder, with that creamy finish that makes people pause mid-bite and go, "Okay, this one's good." The brand leans on its 28 per cent milk fat as the main reason behind that

fuller taste and texture.

During Ramadan, versatility matters more than fancy. You're cooking around time, traffic, and the fact that you're tired. A milk powder that dissolves easily and holds its richness across different dishes becomes practical, not performative. One day it's in tea right before Maghrib. The next, it's stirred into a quick firni, added to a banana smoothie for the kids, or folded into a simple dessert when guests show up unannounced, because in Bangladesh, they always do.

A quick iftar dessert idea: Malai Roll

This is the kind of sweet that looks like you worked hard, but you didn't. Soft, milky, lightly fragrant, perfect after a heavy iftar when you still want "something sweet" without committing to a full-on sugar avalanche.

Ingredients

- 4 cups Fresh IFCMP (milk powder)
- 3 tsp ghee
- ½ cup icing sugar (powdered sugar)
- ½ tsp cardamom powder
- 2 tbsp red tutti frutti
- 2 tbsp green tutti frutti

Method

Heat 2 teaspoon ghee in a non-stick pan on medium heat. Add milk and mix it through the ghee. Add Fresh IFCMP and keep stirring until it turns into a smooth, thick mixture. Add icing sugar and stir until it melts in and the mixture starts to pull together. Keep stirring patiently until it thickens and begins to hold shape. Add tutti frutti and cardamom powder. Add the remaining 1 teaspoon ghee so it doesn't stick and becomes easier to handle. Spread the mixture onto butter paper, then gently roll into a cylinder while it's still warm. Let it set for about 30 minutes, then slice and serve. (Fridge-cold is best.)

If you want to make it feel more "Ramadan," finish with a pinch of crushed pistachio or almond on top, nothing dramatic, just enough to make it look like you planned it.

The nicest part about using a full cream milk powder in desserts like this is the mouthfeel: the sweetness doesn't feel sharp; it feels rounded, almost calm. And in a month, that already asks a lot from the body, having something that tastes indulgent without being chaotic is honestly, a relief.

By K Tanzeel Zaman

Gravy Momo with Kazi Farms Kitchen Chicken Momo

By now, most of us in Dhaka have a very specific Ramadan rhythm: the clock starts shouting at us around late afternoon, the kitchen gets crowded, and the iftar table slowly turns into a tiny, edible festival. The classics will always be there, but every year there's also that one item people quietly reach for because it feels lighter. Not "diet food," just something that doesn't steal the joy of eating.

That's where momo slips in without trying too hard.

Momo didn't start as a Dhaka craving, of course. It's a dumpling that travels across the Himalayas, from Nepal to Tibet and beyond, shaped by street corners, winter air, and the kind of hunger that needs warmth more than fireworks. And even

"bridge" food. If you're easing into a meal after fasting, steamed dumplings are gentler than another round of deep-fried bites, still satisfying, still meaty, but not oily-heavy. You get warmth, protein, and a clean savouriness that makes your first glass of water feel even better.

Now, if you want to turn this into something that looks like you planned your iftar spread, go for Gravy Momo. Think of it as momo's saucy cousin: dumplings sitting in a bold, tomato-based, aromatic soup that's spicy, tangy, and deeply slurpable.

Gravy Momo at home What you'll need

For the momos —

1 pack Kazi Farms Kitchen Chicken Momo (keep frozen until cooking)



Steam the momos straight from frozen until hot and cooked through (follow pack directions). Keep covered so they stay soft and juicy. Also: don't refreeze once defrosted. Build the base. Heat a little oil in a pan, add tomatoes, and let them soften for a couple of minutes. Add the aromatics. Stir in chilli, garlic, ginger, cumin seeds, turmeric, and salt. Cook for about 5 minutes until everything smells properly awake. Blend it. Move the mixture to a blender. Add sugar, coriander, toasted sesame seeds, chicken

stock, and lemon juice. Blend until smooth. Taste and adjust salt/lemon. Serve. Pour gravy into bowls, drop in the steamed momos, top with coriander and a little chilli oil. On an iftar table, gravy momo does something smart: it feels indulgent, but it's still steam-first, broth-y, and balanced. The kind of dish that lets you enjoy the spread without needing a nap halfway through Taraweeh.

By K Tanzeel Zaman



when it shows up here, in our own loud, busy, sauce-loving way, it still keeps that original promise: soft wrapper, juicy centre, steam rising, first bite quieting the room for a second.

Kazi Farms Kitchen Chicken Momo fits neatly into that Ramadan logic. It's not asking you to abandon the fried stuff. It's just giving the table a pause, a steamed, savoury break between crunch and sweetness. The more-than-enough-generous chicken filling, with seasoning in each momo, is wrapped in a wheat flour pastry. Nothing complicated, which is exactly why it works: the taste doesn't fight everything else on the table. It blends.

And the best part? Momo plays well with iftar because it can be treated like a

For the gravy (tomato soup sauce) —
400g tomatoes, roughly chopped
1 red chilli, chopped (adjust to your tolerance)
3 garlic cloves
1 tsp ginger (grated or finely chopped)
1 tsp cumin seeds
1 tsp turmeric
Salt, to taste
½ tsp sugar (just to round it out)
A small handful of coriander
1 tbsp toasted sesame seeds
100ml chicken stock
1 tsp lemon juice

To finish —

Coriander + chilli oil (optional, but highly recommended) **How to make it**

IFTAR ISN'T COMPLETE WITHOUT HALEEM

A Bowl of Indulgence with Fresh Haleem Mix



By the time Ramadan settles in, you start craving that first proper spoonful at iftar — the one that makes your shoulders drop. For many of us, that spoonful is haleem.

And when you cook with Fresh Haleem Mix properly, the taste lands exactly where haleem should. The first thing you notice is the aroma, warm spice, a gentle roasted note, that savoury smell that makes you hover near the pot like you're "just checking" but actually counting minutes. Then you taste it and it feels complete. Not sharp, not flat. Rounded. Comforting. The spices don't shout; they sit deep in the bowl, warming the back of your throat in a slow, steady way.

The texture helps the flavour shine. It comes together smooth and cohesive, not grainy, not watery, not that awkward half-soup confusion. It has body, the kind that coats the spoon, and it carries the meat and stock properly, so every bite tastes consistent, not like the seasoning is floating in one corner of the pot. Even without going heavy on ghee, it still tastes rich, because the base has that balanced savouriness that feels cooked-down.

What I like is how "familiar" it tastes. It has that proper haleem profile, a mild warmth, a layered spice depth, and a finish that almost asks for a squeeze of lemon and a bit of fried onion. Add shredded beef or chicken, and the flavour doesn't get lost; it holds its own, then blends into the meat in a way that tastes like you've been stirring for hours.

This is the kind of haleem you serve at iftar and people don't ask questions. They just go quiet for a second, then reach for another spoonful. Because it tastes like the day has finally ended properly, warm, savoury, and quietly addictive.

A simple, satisfying Fresh Haleem recipe (Bangladeshi-style)

Serves: 6-8

Time: About 45-60 minutes (depending on meat)

Ingredients

1 pack Fresh Haleem Mix

- 500g beef (bone-in for best flavour) or chicken (bone-in works well)
- 1 large onion, thinly sliced
- 2-3 tbsp cooking oil or ghee (a mix is even better)
- 1 tbsp ginger paste
- 1 tbsp garlic paste
- Salt (to taste)
- 6-7 cups water (adjust as you go)
- Garnish (don't skip if you can help it) —**
- Fried onions (beresta)
- Lemon wedges
- Green chillies, sliced
- Fresh coriander
- A little ghee on top

Method

Rinse the mix lightly in a bowl until the water isn't too cloudy. This keeps the final texture smoother. In a pot, heat oil/ghee and brown the sliced onions until deep golden. Remove half for garnish. Add ginger and garlic, stir for a minute, then add the meat. Sear until it changes colour and starts releasing aroma. Add water and salt. Cook until the meat is tender (beef may take longer; chicken is quicker).

Once tender, remove the meat, shred it, and return it to the pot. Add the rinsed Fresh Haleem Mix. Cook on medium heat, stirring regularly. As it thickens, adjust water for your preferred consistency. If you like it extra silky, mash a bit with a ladle while stirring, haleem loves that gentle violence. Finish with fried onions, lemon, chillies, coriander, and a final, unapologetic spoon of ghee.

The best part is what happens after the first bowl, the moment everyone goes a little quiet. Not because the product announced itself, but because the taste did the job. And in Ramadan, that's really the whole point: a meal that doesn't shout, yet still makes the table feel whole.



By K Tanzeel Zaman



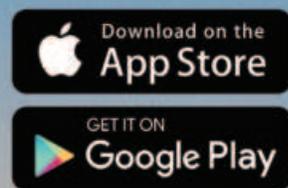
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