

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.



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