

How Parenthood Changes the Joy of Eid through the Years//

The Eid That Keeps Changing Shape: Parent’s Story Over the Years

Ask any parent what Eid means to them, and the answer will entirely depend on which chapter of parenthood they are experiencing right now. For the parents, the celebration quietly changes with each stage of their children’s lives.

The excitement of dressing up a firstborn for Eid, the bittersweet feeling with a teenager’s different view, the pain of celebrating Eid without a child who is studying abroad or the shift in emotion when a daughter celebrates her first Eid with in-laws – these moments quietly reshape how parents celebrate the festival.

The first Eid after becoming a parent becomes a big milestone. The festival all of a sudden carries a different meaning.

“When my daughter was born, Eid celebrations doubled,” says Atia Tanjum, a 30-year-old mother of one. “Buying her first Eid dress, getting her ready and matching up with her – those moments will stay forever with me.

Early parenthood makes you discover the festival in different ways through the children’s eyes. The sense of responsibility towards her and making things to her liking later became part of our tradition. These endless emotional moments make Eid feel more meaningful.

“A small tradition we started because of our daughter is we celebrate one Eid abroad, and that vacation plan revolved around her,” Atia adds.

Parents often find themselves discovering the festival in different ways through their children’s eyes. But as children grow up, the dynamics of Eid celebrations change with their age. The child who used to refuse leaving their parent’s side eventually becomes a teenager with their own plans.

“Now my son is 16, and Eid morning is the only time we spend time with him,” laughs Sharmin Sultana, a mother of two teenagers. “He gets ready quickly after Eid prayer, clicks photos with us, collects his Eidi, and then vanishes from our sight for the whole day with his friends.”

This phase comes with mixed emotions for many parents: a sense of pride in how independent they have become, but also a subtle distance.

“When they were younger, we spent the entire day roaming around different relatives’ houses or watching a movie together, but now their world is bigger than just family,” says Sharmin. “I understand this is what growing up looks like, but I still miss the old days sometimes.”

Whereas teenage independence is a natural transition for humans, some of the most emotional moments happen when children leave home entirely for studies or a job. The first Eid after a child moves abroad for studies can feel very unnervingly quiet.

“The house felt strangely empty when Naina left,” recalls Maleka Nasreen, whose eldest daughter moved to the UK a few years ago for her master’s. “She used to plan everything: what to eat, which relatives we should visit first and what colour we should buy and match, but now it felt so incomplete.”

We have smart technology and stay connected, but it can never replace the physical presence of them around us.

Another emotional turning point for parents often happens when their daughter gets married. The first Eid after a daughter’s marriage marks a significant change in the family and makes them realise how small yet different it was.

“This is my first Eid without my daughter at home, and it was harder than I expected,” says Farhana Akhtar, a mother of three. “Every year we waste a lot of time straightening her hair and helping her get ready; this year, these small moments are making me very emotional.”

Although living in the same city makes it easier for married daughters to visit their parents during Eid, the rhythm of the festival still changes all of a sudden.

“She will visit with her in-laws on the Eid day,” Farhana adds. “I am really excited to see her, as I can see myself in her when I get married, but there is still that small feeling in the corner of my heart that in a few months my daughter will become a guest to us.”

Despite bittersweet emotions, the picture kind of changes when grandparents enter the picture. “When my grandson was born, Eid became a little chaotic and lively again,” says 65-year-old Abdul Hannan Mia with a smile on his face.

“Three generations of my family going to Eid prayer together; it feels like a full circle moment,” he adds. Grandparents relive the excitement of young parents all over again.

The same festival that used to be applying henna to her little hand late at night and going to Eid prayers together in the morning now is waiting by the phone for a call from abroad or preparing plates to treat like a guest.

Eid did not change, but parents’ lives do every year. Perhaps that is the quiet beauty of Eid for parents.

By Faria Nowshin Tazin

Exploring the World of Offal Cuisine

Offal has long been the foundation of some of the world’s richest and most flavourful dishes. From crispy beef brain cutlets and fiery tongue vindaloo to slow-cooked Moroccan heart stew and aromatic Thai offal soup, these recipes celebrate culinary traditions that refuse to waste a single cut. Whether you are an adventurous eater or simply looking to expand your palate this Eid season, these dishes offer a delicious journey beyond the usual roasts and kebabs.

BEEF BRAIN CUTLET

Ingredients
2 pcs brain
2 boiled potatoes
2 slices of bread
tsp red chilli powder
tsp turmeric powder
tsp black pepper powder
1 tbsp chopped mint and coriander leaves
cup flour
tbsp chopped green chilli
Salt to taste
Oil for frying

Method
Pick the blood vessel and soak it in cold water for 1 hour. Change the water a few times. When it is properly soaked, the water will remain clean. Blanch in boiling water for two minutes and remove onto a rack to thoroughly drain. Take the bread slices and dip them in water for one minute. Now, squeeze gently. Mix all ingredients except the flour and oil. Now make a cutlet from the brain mixture with your hand. Coat in flour and leave for half an hour. Heat oil in a pan. Fry the cutlets until brown. Serve hot.

BEEF TONGUE VINDALOO

Ingredients
1 beef tongue
2 tbsp vinegar
cup sliced onion
4 tbsp oil
6 garlic cloves
2 cardamoms pods
1 piece ginger
10 red dry chilli
tsp turmeric powder
1 tsp cumin seeds
2 tsp mustard seeds
A few coriander leaves
3 tbsp ghee
200g potatoes, peeled and sliced
4 whole green chilli
Salt to taste

Method
Cut and wash the tongue, scrape it, and make slices. Grind all spices in vinegar. In a pan, heat ghee and fry the sliced onion and the coriander leaves, then add the prepared ground spices and fry well for a few minutes. Add the tongue and continue stirring. Stir so that the meat does not get burnt. Add water and potatoes and cook until the tongue is tender. Add green chilli and cover. When oil floats over the top, remove from heat and serve hot.

MOROCCON STEW

Ingredients
tsp ground cardamom
tsp ground cinnamon
tsp ground cayenne
tsp ground clove
2lb beef heart meat (cut into 1-inch

cubes; lamb or turkey hearts are also suitable)
1lb beef stew meat
2 tbsp ghee, or schmaltz, or lard
3 cups sliced onion
2 tbsp chopped fresh ginger
2 cups water or bone broth
1 cups dried apricots, quartered
cup lemon cut in rounds
Sea salt to taste

Method

The night before, marinate the heart meat (whole or cubed) in cup of whey or 2 tablespoons of apple cider vinegar. On the day of the cooking, heat fat in an oven, add the onion/ginger mix and sauté on a low flame until the onion is transparent. On the side, brown all the meat in a large skillet on high flame, dividing it into small batches so that it just quickly sears the surface. Mix the spices and add to the onions. Stir well for 2 to 3 minutes. Now, add meat to the onion mix, and stir well to coat with the spices. In the meantime, deglaze the skillet with a cup of water/broth, scraping all the nice brown bits from the bottom. Now pour the deglazing liquid on top of the meat, add the second cup of broth, the sliced lemon and a good pinch of salt. Bring to a boil, then lower the flame to a simmer and cook for about one and a half hours, until the heart

is tender. Add apricots to the pot and simmer uncovered for about 10 minutes, until the liquid is thickened and reduced. Serve with rice polao and a salad.

SPICY THAI OFFAL SOUP

Ingredients
1kg 250 gm offal (250 gm of each of beef heart, intestine, liver, oxtail, shank)
5 cups water
2 stalks, bottom 6 inches only, lemon grass
2 tbsp Galangal
7 Kaffir lime leaves
2 tbsp fish sauce
4 pieces green chilli or Sereno chilli
cup (or per taste) white vinegar
200g bean sprouts
1 cup (chopped) coriander leaf

Method

Clean the offal thoroughly with salt. Rinse and place the oxtail and shank in a large pot. Add water, lemon grass, galangal and kaffir lime leaves. Bring to a boil and boil slowly for 15 minutes. Then add the intestine and heart. Boil for another 45 minutes. Remove all of the offal and slice it into 1-inch-long or square pieces. Put them back in the pot and continue boiling for another hour or until the meat is tender. Add water as needed to maintain the original level. Remove from the heat and add the fish sauce. Pound the chillies in a mortar till they are very soft, then chop them finely and mix with vinegar; set aside in a small bowl. Divide the bean sprouts in soup bowls, ladle the hot stew over them and garnish with coriander leaves. Serve the chilli vinegar mix and boiled rice.

LS DESK

THE ART OF the Eid-ul-Adha freezer

Eid-ul-Adha is nearing, and with it comes many things. Our households, along with cooking, sharing and stuffing the meat dishes, unknowingly participate in the high-pressure sport of the year: freezer panic.

Freezers need space and proper cooling to handle large quantities of fresh meat. Yet, we confidently continue operating on ‘we’ll somehow make it fit’ logic – which, to be fair, has become a national Eid tradition at this point.

The plan is usually simple – the freezer has to be emptied a few days before Eid. Which means the half-eaten ice cream tubs, frozen parathas, and that box of mysterious curry that has started to resemble an iceberg. The execution, however, often gets lost amongst the endless preparations, until you remember, only the night before, that your freezer is in no way prepared for Eid.

Ideally, the freezer should be cleaned out at least a day or two earlier. Lowering the temperature beforehand also helps create a colder environment, so the meat freezes faster and more safely once stored. Otherwise, the freezer ends up fighting for its life while being stuffed beyond capacity.

Then comes the second phase of chaos: hurried packaging!

In the rush of distribution, guests, phone calls, and general Eid commotion, packets are often thrown into the freezer wherever space appears. Small packets balance dangerously on top of large ones. Bones get mixed with thick cuts. Someone stuffs minced meat beside the liver.

And then? Nobody

remembers what went where.

By the third day, we’re left playing a dangerous guessing game called ‘Open it and see’

This is precisely where organisation matters. While separating meat by cut before freezing can make our lives easier, labelling the packets is the real saviour. It may sound overly ambitious during Eid, but in the future you will be thanking yourself. Simple labels such as ‘nehari,’ ‘keema,’ or ‘boneless’ save both time and confusion.

Because nothing tests patience quite like defrosting an entire packet expecting to make kala bhuna, only to discover soup bones staring back at you.

Another major problem appears when freezers are packed too tightly.



Cold air needs room to circulate evenly around the packets. When everything is compressed together without space, some portions may freeze properly while others remain partially thawed for longer periods. This often leads to leakage – or the dreaded ‘freezer blood waterfall’ slowly creeping underneath the freezer tray.

And god forbid, if that smell settles in, your kitchen is officially in crisis mode.

Overloading can also put excessive pressure on the freezer’s cooling system. While it may not dramatically “break down” overnight, it certainly forces the appliance to work much harder than usual. Older refrigerators especially struggle during Eid when it’s suddenly expected to behave like industrial cold storage facilities.

A smarter approach is to freeze meat gradually whenever possible. Flat packaging also helps. Instead of stuffing meat into bulky round bags, storing portions allows them to stack neatly while freezing faster and more evenly.

to physically wrestle with it at 7 AM three days later.

It is also surprisingly helpful to keep frequently used cuts toward the front.

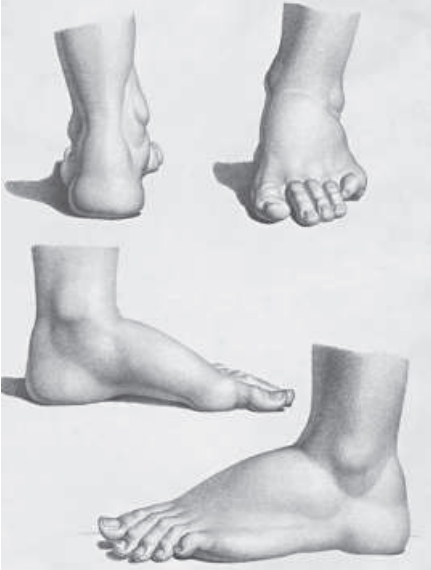
Of course, despite all planning, some level of Eid freezer chaos is inevitable. Someone will still forget a packet outside. Someone will definitely insist there is “more space” when there clearly is not. And somehow, every family has that one relative who keeps opening the freezer every five minutes to “check.” Perhaps that is part of the charm, too?

Still, a little organisation goes a long way. Because once the celebrations settle, nobody wants to spend the rest of the week wiping mystery leaks from beneath the freezer while trying to identify unidentified packets of meat.

So, as you brace yourself to face Eid right in the middle of summer, maybe show yourself a bit of mercy with these tiny planning and execution.

By Nusrath Jahan

LIFE STYLE



Eid-ul-Adha and gout: What You Need to Know

Eid is a time for celebration and gratitude. With these small but meaningful adjustments like simple moderation in rich meats, proper hydration, staying on meds, and light activity, you can enjoy the festivities without increasing your risk of a gout attack.

What causes gout?

Gout is a type of arthritis caused by the build-up of uric acid crystals in joints. Uric acid comes from the breakdown of purines found in a wide variety of foods. When levels become too high, painful inflammation and swelling can occur in the joints.

How can Eid-ul-Adha meals affect gout?

Eid meals frequently involve generous servings of red meat and rich dishes, both high in purines. Overindulging, combined with holiday-related irregular eating or insufficient fluids, can raise blood uric acid levels. That increases the risk of flare ups.

How to prevent flare ups during Eid-ul-Adha?

Stay well hydrated.

Aim for plenty of water between meals. Hydration helps flush uric acid through the kidneys and reduces crystal formation.

Limit high purine foods.

Festive menus often include red meat. Try switching to leaner cuts or low purine alternatives like fish and eggs. Include more fruits, vegetables, whole grains, and dairy during your meals.

Maintain medication.

Don’t interrupt any gout medication just because it’s a holiday. Your treatment schedule should stay consistent unless your doctor advises otherwise.

Stay active

Walk and stretch between visits or feasts. Light physical activity supports joint mobility and circulation, easing stress and helping overall well-being.

LS Desk

