



Rownak's Bangladeshi Recipes E-Book



Hi, this is Rownak Jahan Borna from www.banglarecipes.com.au. I would like to thanks everyone for the supports they have provided me for over the years. I had over half a million people visited my site in last year's and spend over 2 million minutes reading Bangladeshi recipes. As some of you know my target is to make Bangladeshi food popular all over the world and help all Bangladeshi people to cook better Bangladeshi food in an easy to follow manner. I am trying my best to achieve my goals and I invite you to make my goal as yours and invite all your friends and people interested in Bangladeshi food to my blog www.banglarecipes.com.au and to the FaceBook page www.facebook.com/banglarecipes so more and more people can enjoy our great Bangladeshi Cuisine.

I have around 40 of my recipes published here in this eBook with a good combination of Starter, beverage, meat, fish, dessert and vegetable recipes. Hope you will like it. Please send me a line on rownak@banglarecipes.com.au if you have any comments.

- Rownak Jahan Borna





Starter Recipes

Chirar Polau / Fried Flat Rice



Chirar Polau / Fried Flat Rice is a simple handy recipe which you can modify as your taste bud. Chirar Polau / Fried Flat Rice is usually made as a vegetarian dish but I like to use egg to make a complete food. You can use peanut instate of egg to make it vegetarian dish. Even you can use your choice vegetables for this recipe.

Ingredients:

- 1 cup flat rice or pressed rice
- 1/3 cup diced capsicum
- 1/3 cup diced cauliflower floret
- 1 tablespoon chopped onion (optional)
- 2 green chillies
- 1 egg(optional)
- 1/2 cardamom powder
- 1/2 black pepper
- 1 teaspoon poppy seeds
- 1 teaspoon sugar
- 3 tablespoon oil
- Salt to taste



Ingredients:

1. Wash the flat rice and soak in water 15 minutes. Strain it and keep aside.

2. Heat the pan with 1 teaspoon oil and make scramble egg with pinch of salt. Keep aside the scramble egg.

3. In same pan add 1 teaspoon oil and fry the cauliflower floret and salt till it becomes tender. Keep it aside.

4. In same pan rest of oil and add poppy seeds when it starts crackle, add onion.

5. Fry onion 1 minute and add capsicum. Fry it 2 minutes and flat rice, black pepper, cardamom powder and salt.

6. Fry it for 1 minute then add cauliflower, scramble egg and sugar.

7. Saute it about 1 minute and remove for heat.

8. Serve Chirar Polau / Fried Flat Rice hot.

Chotpoti



Chotpoti is basically spicy peas and potato mix along with tamarind water. I try to keep it simple and health. If you want, you can use bit oil to fry the onion and cook potato and peas together.

Ingredients:

- 1 and 1/2 cups dried peas
- 1 diced large boiled potato
- 6 boiled eggs
- 3 tablespoon chaat masala
- 1/2 finely sliced medium size onion
- 4 finely green chillies chopped
- 1/2 cup chopped cucumber
- Coriander leaves chopped
- 1/2 chopped turmeric
- Salt
- 12 [fuska](#) shells(optional)

For Tamarind water:

- 50 gram tamarind
- 1 tablespoon roasted cumin powder
- 4 roasted red chillies
- 1 tablespoons sugar
- Salt
- Black salt (optional)

How to make:

1. Soak dried peas overnight and wash well.
2. Boil peas with turmeric and 2 teaspoon salt till it becomes tender (I prefer to use pressure cooker to boil peas, less time consumes).
3. Soak tamarind half hour with one cup water. Crush the roasted chillies and add crushed chillies, salt, cumin powder and sugar in tamarind water.
4. Mash boiled potato and mix with boiled peas and chaat masala.
5. Take a serving bowl and serve pea and potato mix with 1 chopped egg, cucumber, chilli, onion, 2 fuska crushed and tamarind water.
6. Enjoy healthy homemade chotpoti.

Dal Puri

Dal puri is basically flat bread stuffed with lentil and spices. It is a very popular snack in Bangladesh and India. Usually red lentil is used for this recipe. Some people like to use dry chilli for this but my personal choice is green chilli (if possible Bombay chilli). If anyone wants to use dry chilli, dry chilli fry first and then make a flake.



Ingredients:

For stuffing:

- 1/2 cup red lentil
- 3 green chilli finely chopped
- 1/8 teaspoon turmeric powder
- 1/2 sliced medium onion
- 1/2 teaspoon ginger paste
- 1/2 teaspoon garlic paste
- 1 tablespoon chopped coriander leaves
- 1/2 Bombay chilli (optional)
- Salt

For dough:

- 1 and 1/2 cup plain flour
- 2 tablespoon oil
- 1 teaspoon salt
- Oil for deep fry
- Black salt (optional)

How to make:

Stuffing:

1. Waste the lentil and cook the lentil with 3/4 cup water, green chilli, turmeric, onion, ginger, garlic and salt.
2. Sometimes you need more water to cook the lentil. When water gets dry, take off from hot plate and mix coriander and Bombay chilli. Make a mask keep it aside.

Dough:

1. First dissolve the salt with water and mix the flour and oil. Knead the dough 4 minutes (even you can use food processor for that). Cover the dough and let it set for 10-15 minutes.
2. Divide the dough and lentil stuffing into 10 equal sizes.
3. Roll the dough into 3" diameter bread and place the lentil ball in the middle. Seal the edge by pulling the edges of rolled dough together to make a ball.
4. In this way make all 10 balls. Let them sit 5 minutes before rolling them.
5. Heat the frying pan on medium heat and pour the oil.

6. Roll the balls. It will be easier if you roll the ball in dry flour.
7. Carefully press the ball on seal side and keep it on the topside while rolling. Make it 4' diameter.
8. Check the oil to put a little piece of dough in the oil if it sizzles and comes up slowly .It means the oil is ready.
9. Place the puri in the oil and fry it until golden brown on both sides. Serve the puris with a sprinkle of black salt (bit lobon).

Fuska -The Best Street Food Ever

Fuska

Fuska is the most popular street food in [Bangladesh](#). I bet that every Bangladeshi, who lives in abroad, misses its unique [spicy](#), sour, crispy taste. But we can easily make it at home and enjoy the desi flavour in abroad. It is a bit long process, if you make the Fuska shell before, it will be less hustle. Only one thing (Talmakhana) will be hard to get in abroad. You can bring it from Bangladesh. Even you can buy readymade Fuska shells from Indian grocery. But I always prefer homemade one.



Ingredients:

For dough:

- . 1 and 1/2 cups plain flour
- . 1 tablespoon semolina
- . 1/2 teaspoon salt
- . 1/2 teaspoon Talmakhana
- . Oil for deep fry

For stuffing:

- . 200 grams dried peas
- . 1 diced large boiled potato
- . 3 tablespoon [chaat masala](#)
- . 1 finely sliced medium size onion
- . 4 finely sliced green chillies
- . Coriander leaves chopped
- . Salt

For Tamarind water:

- . 50 gram tamarind
- . 1 tablespoon fried cumin powder
- . 4 dried red chillies
- . 2 tablespoons sugar
- . Salt
- . [Black salt](#) (optional)

Also need:

Round cookie cutter



How to make:

1. First dissolve salt with water and add Talmakhana, flour and semolina. Knead properly and make smooth dough.
2. Divide the dough 6 equal balls. Take two balls and make two equal size flat breads in 6" diameter.
3. Take a flat bread and place another flat bread over it. Roll again and make thin and large bread.
4. Now cut the bread with cookie cutter. Roll rest of balls same way.

5. Place fry pan on medium heat. Don't make oil too hot. Fry the fuska shells on medium heat otherwise the shells won't be crisp.

6. Soak peas over night and boil with salt.

7. Drain peas and mix potato, chaat masala, chillies, coriander and onion.

8. Soak tamarind half hour with one cup water. Fry the chillies and crush them.

9. Add crushed chillies, salt, cumin powder and sugar in tamarind water.

10. Now make hole in fuska shells and insert peas stuffing there. Make 8-10 of them and serve in a plate along with tamarind water.

- 2 green chillies sliced
- 2 tablespoons cucumber sliced
- 2 teaspoon Ginger finely chopped
- 1/2 teaspoon roasted cumin powder
- 1/2 lime
- 3 tablespoon oil
- 1/2 teaspoon black salt
- Salt to taste



Haleem

Haleem

By Rownak Jahan,
March 27, 2012



Prep Time: 15 minutes

Cook time: 45 minutes

Yield: 4-6 serves

Haleem is basically spicy lentil soup. I found that soup mix is a handy thing to make it. Though I mix moog dal with soup mix in this recipe. Hope you will like home made the flavour of haleem.

Ingredients:

- 1 and 1/2 cup soup mix
- 1/2 cup moong dal
- 500 gram beef or mutton(curry cut)
- 2 large onion sliced
- 1 tablespoon chilli powder
- 1 tablespoon curry powder
- 1/4 teaspoon turmeric powder
- 2 teaspoon ginger paste
- 1 teaspoon garlic paste

Ingredients:

1. Soak the soup mix and moong dal together at least 1 hour.
2. Boil it till it becomes tender. Let it cool down and blend it.
3. Fry the onion till it becomes golden brown. Take out 1/2 amount of fried onion from oil and keep aside.
4. In oil add all powder and paste spices except cumin.
5. When oil comes out add meat and cook till it becomes tender.
6. Add soup mix puree, salt and water. Bring it to boil and add cumin. Take off from stove.
7. Serve haleem hot with cucumber, fried onion, lemon, ginger and black salt.



Mughlai Paratha

Mughlai paratha is deep fried egg, spiced mince stuffed bread. You can even make without mince. I use here puff pastry sheets for bread. I find it handy. But it can make with scratch. Just knead the dough thoroughly and roll it in square shape.



Ingredients:

- 2 puff pastry sheets
- 100 grams beef/mutton mince
- Spices for mince
(Garlic paste, ginger paste, black pepper powder, chilli powder, garam masala powder and salt)
- 3 eggs
- 1 medium sliced onion
- 2-3 chopped green chillies
- 1 tablespoon chopped coriander leaves
- Salt to taste
- Oil for fry



How to make:

1. Fry the mince with pinch of all spices and keep aside
2. Mix salt with onion sliced properly. Then add chilli, coriander leaves and eggs and give a whisk.
3. Heat the pan on medium. I like to use oil to deep the sheet half way through.
4. Take a puff pastry sheet and top up $\frac{1}{2}$ egg mix and $\frac{1}{2}$ spiced mince.
5. Now fold it like envelope like picture and seal it properly.
6. Place it gentle in oil and fry medium heat.
7. It will take about 25 minutes to cook both sides.
8. Remove from oil and place on paper tissue and repeat the process with other sheet.
9. Cut into bit size pieces and serve mughlai paratha hot with or without sauce.



Noodles Pakora / Noodles Fritter





Rice Recipes

Noodles Pakora / Noodles Fritter is very easy and handy recipe with bit of freshness.

Ingredients:

- 85 grams noodles
- 1/3 cup flour
- 1 small onion finely sliced
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon chilli powder
- 1 teaspoon ginger garlic paste
- 3 green chilli chopped
- 2 tablespoon coriander leaves chopped
- Salt to taste
- Oil for deep fry

How to make:

1. Boil the noodles and strain it.
2. Mix well all ingredients with noodles.
3. Heat the oil on medium high. When oil is ready, make fritter of noodles and fry it till it is light golden or crisp in outside.
4. Serve Noodles Pakora / Noodles Fritter hot.

Tips: if you want, you can use more flour.

and handy. Only tricky part is not to make smooth lentil paste, make it coarse.

Ingredients:

- 1 cup red lentil
- 1 large onion sliced
- 3 green chilli chopped
- 1 tablespoon rice flour/ semolina
- 1/6 teaspoon turmeric powder
- 1 tablespoon chopped coriander leaves(optional)
- 1/4 teaspoon black salt(optional)
- Salt to taste
- Oil for deep fry

How to make:

1. Soak the lentil 20-30 minutes and drain water thoroughly.
2. Make coarse paste and mix with rice flour, onion, chilli, turmeric, coriander and salt.
3. Mix lightly.
4. Place the pan on medium heat and when oil is ready, make flat fritter and put on oil carefully(you can use spoon and don't squeeze the lentil mix). Don't overcrowd the pan.
5. Fry them till these become golden brown. Take off from oil and sprinkle black salt. Repeat the process to finish the mix
6. Serve piaju / onion lentil fritter hot with puff rice.

Piaju / Onion Lentil Fritter

Piaju / Onion Lentil Fritter

By Rownak Jahan,

January 16, 2012



Prep Time: 30 minutes

Cook time: 20 minutes

Yield: 8-10

Piaju / onion lentil fritter is delicious snack which is must item in Ramadan month. It is very easy

Bindi Polau



Bindi polau is rice with small bite size meat. It is a easy recipe with unique flavour.

Ingredients:

For Bindi:

- 400 grams chicken breast fillet
- 3-4 green chillies
- 1 medium onion
- 1 white bread slice
- 1 teaspoon crushed black pepper
- 1 tablespoon ginger chopped
- 1 tablespoon chat masala
- 3 tablespoon chopped coriander leaves
- 3 tablespoons sultana
- Salt to taste
- Oil for shallow fry

For Rice:

- 4 cup basmati or kalijeera rice
- 1 and 1/2 cups chopped onion
- 1 and 1/2 tablespoons ginger paste
- 3-4 green chillies sliced
- 4 cloves
- 4 cardamoms
- 2" cinnamon sticks
- 1 bay leaf
- Salt to taste
- 1 tablespoon sugar
- 1/3 cup oil
- 3 tablespoon ghee / clarified butter

How to make:

1. Wash the rice and soak it for half hr. Strain the rice.
2. Heat the heavy bottom sauce pan with oil and add clove, cardamom, cinnamon and bay leaves and onion. Fry till it becomes light brown.
3. Add rice, fry it for 4-5 minutes and stir it occasionally.
4. Add 6 cups of hot water, green chillies salt, sugar and ginger and cook it on high heat under closed lid for 10 minutes.
5. Add ghee and stir it.
6. Cook it 10 minutes on low heat.
7. For bindi blend all ingredients (except sultana) together and make small bite size balls with sultana in middle.
8. Fry meat balls and mix with polau.

9. Serve hot Bindi polau rice.

Ilish Polau



Personally I cook ilish polau in several ways. This one is one of them. Hope you will like.

Ingredients:

- 6 hilsa steak
- 3 cups rice(kalijeera or basmati)
- 1 large onion sliced
- 1 tablespoon ginger paste
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- 1/6 teaspoon turmeric
- 1 bay leaf
- 1 teaspoon sugar
- 1/4 cup yogurt
- 1 and 1/2 cup milk
- 8-10 green chillies
- Salt to taste
- 1/2 cup oil
- 3 tablespoon clarified butter / ghee

Or 3 tablespoon mustard oil

How to make:

1. Wash the rice and put in a strainer.
2. Marinate the fish with yogurt, salt and turmeric at least 15 minutes.
3. Heat the thick bottom sauce pan with oil and add sliced onion. Fry the onion till it becomes light golden brown.
4. Add ginger, coriander, cumin, bay leaf and milk. Cook it when oil is separated and add fish and 5 green chillies in it.

5. Cook the fish till it becomes tender.
6. Remove fish pieces from gravy and keep aside fish pieces.
7. Add milk, salt, sugar and 3 cups of water in the gravy and when it comes to boiling point; add rice and rest of green chillies.
8. After 8 minutes take out half rice and place fish pieces there. Cover fish with rice.
9. Add clarified butter/ mustard oil and cook it under closed lid on low heat about 15 minutes.
10. Serve ilish polau hot carefully.

Vegetable Polau



Ingredients:

- 4 cups rice
- 5 cups diced vegetables(carrot, peas, cauliflower, broccoli, beans, capsicum)
- 1 and 1/2 cups onion paste
- 2 tablespoon ginger paste
- 2 bay leaf
- 4-5 cardamom
- 2 " cinnamon sticks
- 5-6 black pepper
- 5-6 green chillies sliced
- 1 tablespoon sugar
- 1/2 teaspoon tasting salt(optional)
- Salt to taste
- 1/3 cup oil
- 3 tablespoon ghee/ clarified butter

How to make:

1. Wash the rice and strain it.

2. Heat a heavy bottom sauce pan (if possible non stick one) and add 6 cups water, bay leaf, cardamom, cinnamon, black pepper and 1 tablespoon salt.
3. Bring it to boiling point and add onion paste, ginger paste, sugar and oil.
4. Boil it and add rice and cook it 8 minutes high temperature under closed lid.
5. Add vegetables and chillies and cook 3 minutes on high.
6. Add tasting salt and ghee and cook it on low heat about 15-20 minutes under closed lid.
7. Serve vegetable polau with your favourite curry.

Chapli Kabab



Personally I prefer not to buy mince. I like to buy fillet and put it in food processor to make the mince. In that way you know which part meat you are having and how lean it is. Don't use lean meat for Chapli kabab. Lean meat makes dry kabab.

I am not very fond of deep fried kabab. That's why I like Chapli kabab which is shallow fried. Even you can use BBQ for it.

Ingredients:

- 300 grams beef/ mutton mince
- 1 large tomato chopped
- 1 small onion finely chopped
- 3-4 green chillies chopped
- 1/2 teaspoon black pepper crushed
- 1 teaspoon cumin roasted powder
- 1 teaspoon coriander powder
- 1 teaspoon ginger paste
- 2 tablespoons chopped coriander leaves
- 2 tablespoons chopped mint leaves



Meat Recipes

- Salt to taste
- Oil for shallow fry



How to make:

1. Mix all the ingredients together and make a patty with it. It will make about 6.
2. Heat the oil and shallow fry them till it becomes golden brown (don't over fry it).
3. Serve hot juicy chapli kakab with naan / paratha or side with polau.

Tips: just use flesh of tomato. Don't take watery part of tomato.

Fried Quail



Sorry being lazy to post. Before I was lazy to cook, nowadays I am lazy to write. Sometimes in my house we get bore with conventional meat (beef, mutton, chicken) and that time I try to cook duck,

quail, brain, stomach, liver etc which make our food habit interesting.

Ingredients:

- 3 quails (cut into half)
- 3/4 cup milk
- 3/4 cup plain flour
- 2 teaspoon lemon juice
- 1 teaspoon ginger paste
- 1 teaspoon garlic paste
- 1 teaspoon onion paste
- 1 teaspoon chilli powder
- 1/2 teaspoon crushed black pepper
- 1/2 teaspoon tasting salt(optional)
- Salt to taste
- Oil for deep fry

How to make:

1. Cut the quails into half and wash well. Pat dry quail pieces.
2. Add all ingredients except flour into quail pieces and mix well. Let it marinate at least 2hours in refrigerator.
3. Take out quail from refrigerator and roll in flour.
4. Dip again marinated milk and roll in flour again.
5. Fry quail pieces till those become golden brown.
6. Serve fried quail fresh salad.

Beef Bhuna

Beef Bhuna is a must item in [Bangladeshi cuisine](#). Beef Bhuna goes well with roti or paratha. I cook beef here in kala bhuna style for that beef needs to marinate overnight which will take less time to cook.



Ingredients:

- 1 kg curry cut beef
- 3 tablespoon yogurt
- 1 cup sliced onion
- 2 teaspoon chilli powder
- 1/4 teaspoon turmeric powder
- 1 teaspoon coriander powder
- 1/2 teaspoon fried cumin powder(optional)
- 1 and 1/2 tablespoon onion paste
- 1 tablespoon ginger paste
- 2 teaspoon garlic paste
- 1 bay leaf
- 3 cardamom
- 1" cinnamon stick
- 4 tablespoon oil
- Salt to taste

Also needs thick base non stick sauce pan with lid.

How to make:

1. Marinate beef with yogurt, ginger and garlic and keep it in refrigerator overnight.
2. Heat the pan with oil in medium high and fry the onion till it becomes golden. Take off the fried onion and keep aside.
3. Add the beef in same pan with salt and rest of spices except cumin and stir it.
4. Mix all spices with beef well and cook it under closed lid till the beef becomes dry.
5. Stir well and add 1/2 cup of water. Cook again under closed lid.

6. Repeat this process (stir well and add 1/2 cup of water and cook again under closed lid) till meat becomes tender. I like to cook till flesh comes off from bone.

7. Beef bhuna will take to cook about 1.45-2 hrs.
8. Add fried onion and cumin and stir it. Turn off the heat.
9. Beef Bhuna is ready to serve with roti, paratha or naan.

Bhuri Bhuna / Spicy Beef Stomach



Bhuri Bhuna / Spicy Beef Stomach is an unique recipe which is cooked with lots of spices and specially lots of garlic. Though I saw a troublesome cleaning process of Beef Stomach and even more longer process to cook it. But we get cleaned beef stomach here and Pressure cooker makes cooking process shorter. If you want, you can boil the beef stomach 5-6 days long like our elder and slice it and then cook it. I promise that this short process will not effect on taste. You cannot able to find difference. Hope in your busy schedule, the recipe will spice up your life.

Ingredients:

- 800 grams cow stomach (cleaned)
- 2 cups onion sliced
- 1 tablespoon onion paste
- 3 tablespoon chopped garlic
- 1 tablespoon ginger paste
- 1/2 teaspoon black pepper powder (optional)
- 2 teaspoon coriander powder
- 1 teaspoon roasted cumin powder
- 1 teaspoon turmeric powder
- 1 tablespoon chilli powder
- 2" cinnamon stick

- 4 cardamom
- 2 Bay leaves
- 5-6 cloves
- 4-5 Green chilli sliced
- Salt to taste
- 1/2 cup oil



How to make:

1. Clean the beef stomach well 5 to 6 times with hot water and boil them with 1/2 teaspoon turmeric, 1 bay leaf and 1/2 tablespoon salt. I prefer to use pressure cooker to boil the stomach. It will need 4 whistles to boil the beef stomach.
2. Let it cool down and slice them into smaller pieces like the picture. Keep the water from the stomach.
3. Heat oil in a pan and brown the onions.
4. Add the cinnamon, cardamom, cloves, bay leaf, onion, ginger, garlic, pepper and salt. Cook it till oil is separated.
5. Now add in the stomach pieces and mix well.
6. After a few minutes add the rest of the ingredients except for the roasted cumin powder, and green chilli.
7. Keep stirring for 2 to 3 minutes.
8. Add the water from stomach and cover the pan and keep over low heat.
9. Stir occasionally.

10. Once the water dries up, add green chilli and cumin powder.

11. Cook 2 more minutes and turn off the heat.

12. Serve Bhuri Bhuna / Spicy Beef Stomach with plain rice.

Tips: you can boil the beef stomach, slice it up and keep it in freezer for long.

Chicken Dopiaza



In my house chicken is not that popular. So I try to not cook regular chicken curry. Need something extra for chicken or something different. Chicken Dopiaza is a chicken curry with lots of onion and less gravy which makes this curry more taste. For those people who don't like chicken, please try this recipe.

Ingredients:

- Chicken-1 kg(curry cut)
- 500 gram onion (thinly sliced)
- 2 tablespoon onion paste
- 1 tablespoon ginger paste
- 1 tablespoon garlic paste
- 1 teaspoon roasted cumin powder
- 1 teaspoon coriander powder
- 1 tablespoon red chili powder
- 1/2 teaspoon Turmeric powder
- 2" Cinnamon stick
- 3 cardamom pods
- 4-5 cloves
- 1 Bay leaf
- 3/4 cup Oil
- Salt to taste

How to make:

1. Clean the chicken and drain water. Pat dry it.
2. Heat oil in a pan in medium and fry half amount of onion until it becomes golden brown. Take fried onion out and keep aside.
3. Add rest of onion, cinnamon, cardamom and bay leaf in the oil and fry until tender. Add salt and rest of spices except cumin and cook it oil comes out.
4. Add chicken. Stir well to coat spices with chicken. Cover the pan with a lid.
5. Cook in medium heat until all moisture evaporated.
6. Add $\frac{1}{4}$ cup of water and cook it. Continue to add $\frac{1}{4}$ cup of water and cook it till chicken is tender.
7. Check the salt.
8. Add fried onion and cumin powder and cook another 2-3 minutes in low heat.
9. Remove chicken dopiaza from heat.
10. Serve chicken dopiaza hot with plain rice or roti.

Murgir Roast / Chicken Roast (Bangladeshi Style)

Murgir Roast / Chicken Roast (Bangladeshi Style)

By Rownak Jahan,

March 13, 2012



Prep Time: 15 minutes

Cook time: 45 minutes

Yield: 8 serves

To see the name don't get confuse. Bangladeshi chicken roast / murgir roast and regular chicken roast are totally different things. Chicken roast / morgir roast is very popular item in Bangladesh and it is the must item in any occasion small or big. It is actually sweet spiced chicken cooked in yogurt. Hope you will love the flavour of Bangladesh.

Ingredients:

- 2 chicken (Size 8)
- 2 cup sliced onion
- 1 and $\frac{1}{2}$ cup Greek yogurt
- 1 tablespoon lemon juice
- 2 tablespoon white poppy seed
- 2 tablespoon ginger paste
- 1 tablespoon garlic paste
- 1 teaspoon coriander seeds
- 2 cardamom pods
- 1 " cinnamon stick
- 4-5 black pepper
- 2 clove
- $\frac{1}{4}$ teaspoon nut meg
- $\frac{1}{4}$ teaspoon mace
- 1 bay leaf
- 3-4 green chillies
- 1 and $\frac{1}{2}$ tablespoon sugar
- $\frac{1}{2}$ cup of oil
- 2 tablespoon clarified butter/ ghee
- Salt to taste



How to make:

1. Cut each chicken into 4 pieces and cut 1-2 slits on each piece.
2. Clean and wash well. Pat dry it and mix lemon juice and 1 teaspoon salt. Keep it aside for $\frac{1}{2}$ hour.
3. Wash the poppy seed and make paste of poppy seeds, coriander seeds, nutmeg, mace, clove, black pepper, cardamom and cinnamon together.
4. Fry the sliced onion in oil till it becomes golden brown. Take out fried onion and keep aside.

5. Fry chicken pieces in same oil till it becomes light brown and add yogurt and all spices except fried onion, green chillies and sugar.

6. Cook it on medium heat 10 minutes and then low heat till chicken becomes tender and oil comes out.

7. Add fried onion, green chillies, clarified butter and sugar and keep it on low heat or you can put it in oven on 150 °c about 20-25 minutes.

8. Serve out Chicken Roast(Bangladeshi style) / murgir roast with polau and enjoy the flavour of Bangladesh.

Tips: If you don't have poppy seeds, use 7-8 cashew nuts.



Ring Kabab



Today I am doing ring kabab. To keep the original recipe I used soya sauce and garlic, but if you are not into soya sauce like me, you can use white vinegar and ginger.

Ingredients:

- 1 large chicken breast fillet
- 1 carrot peeled
- 1/3 teaspoon garlic paste
- 1/2 tablespoon soya sauce
- 1 teaspoon tomato sauce
- 1 teaspoon chilli sauce
- Salt to taste
- 1 teaspoon oil

Also needs 7-9 toothpicks

How to make:

1. Tenderize the fillet with and marinate soya sauce for 10 minutes.
2. Spread tomato sauce, chilli sauce, garlic and salt on chicken breast.
3. Boil the carrot in salty water for 2 minutes.
4. Place the carrot on chicken breast and roll the breast. Cut the breast about .35" wide ring.
5. Seal every ring with toothpick and fry it till chicken is cooked.
6. Serve ring kabab as a great snack or appetizer.

Mango Pickle / Amer Achar



Ingredients:

- 4 mangoes



Beverage Recipes

- 3 tablespoon hot English mustard paste
- 2 tablespoon garlic
- 1/2 teaspoon turmeric powder
- 1 tablespoon chilli powder
- 1/2 teaspoon nigella seeds
- 1/2 teaspoon fenugreek seeds
- 1/2 teaspoon fennel seeds
- 1/2 ajwain seeds
- 4-6 dry chillies
- 1/2 vinegar
- Salt
- 1 and 1/2 cups Mustard oil

How to make:

1. Cut mango and remove the seed. Cut into small pieces with skin and wash and pat dry it.
2. Mix chilli powder and 2 tablespoon salt and dry under sun at least 4 hours.
3. Roast all seeds separately and grind them.
4. Heat the pan with oil and add dry chilli. When dry chillies fries, add garlic, mustard paste, rest of spices and vinegar.
5. When it cooperates together, add mango pieces.
6. Stir well and cook about 5minutes.
7. Check the salt and remove from the stove.
8. Let it cool down. Then put into a jar and leave it again in the sun for another 4-5 days.
9. Enjoy mango pickle/ amer achar.

Tips: Need all mango pieces dip into mustard oil.

Chirar Shorbot / flat Rice juice



Ingredients:

- 1/2 cup flat rice
 - 2 tables fresh grate coconut
 - 1 teaspoon salt
 - 1 and 1/2 cups milk
 - Sugar / Gur to taste
- How to make:
1. Wash the flat rice and soak in water for 1hr.
 2. Blend all ingredients together.
 3. Serve Chirar Shorbot / flat Rice juice chilled.

Falooda / faluda

Falooda / faluda

By Rownak Jahan,
January 16, 2012



Prep Time: 15 minutes

Cook time: 5 minutes

Yield: Serve: 2

Falooda/faluda is a cold and sweet beverage for summer. Falooda is very refreshing. Traditionally it is made with lots ingredients; here I try to make it simple to keep it original flavour. If you like, you can use basil seeds. First need to soak basil seeds, drain it and add with it.

Ingredients:

- 1 and 1/2 cup milk
- 2 tablespoon seed tapioca/ tapioca pearls/ sago
- 3 tablespoon sugar
- 1/8 teaspoon cardamom powder
- 1/4 banana thinly sliced
- 1 cherry sliced
- 6-8 grapes cut from centre
- 1/4 apple thinly sliced
- 2 scoops ice cream(mango flavour)
- 1 tablespoon honey



Jeerar Sharbot / Cumin Juice



How to make:

1. Soak seed tapioca in milk at least 15 minutes.
2. Cook milk with cardamom powder till seed tapioca becomes tender and add sugar.
3. When sugar dissolves, remove from heat and let it cool down. Put it into refrigerator.
4. Take the serving bowl (I prefer ice cream bowl for Falooda) and first add seed tapioca.
5. Add half of all fruits and on the top of fruits add 1 spoon ice cream.
6. Spread 1 spoon honey and put half cherry on the top. Repeat the process for next one.
7. Serve chilled falooda / faluda right away.

Jeerar Sharbot / Cumin Juice is a very healthy juice. Some of us even call tamarind Sharbot / Tamarind juice. As you know, we have lots of oily fried stuffs in Ramadan. This juice is good for digestion. Though this recipe is taste as you go, I tried to go a measurement. Hope you will enjoy.

Ingredients:

- 4 cups water
- 3 tablespoon tamarind
- 6 tablespoon sugar / palm sugar
- 1 tablespoon roasted cumin powder
- 2 teaspoon black salt

How to make:

1. Soak the tamarind in 1 cup water at least 1 hour.
2. Strain it and take tamarind water.
3. Mix all ingredients with tamarind water and mix well.
4. Let it sit in refrigerator about 1/2 hour and serve chilled Cumin Sharbot/ Cumin Juice.

Mango Lassi / Mango Smoothie



In Ramadan it is good to have lots of water, fruit juice or beverage. But we love to have oily fried stuffs. That's why we need to make our beverage interesting and tasty. Mango lassi / mango smoothie is an easy simple tasty but healthy recipe.

Ingredients:

- 2 cup diced ripe mango or mango pulp
- 2 cup milk
- 1 cup Greek yogurt
- sugar to taste
- 2 drops of rose water (optional)

How to make:

Blend all things together and make it smooth. Serve mango lassi/mango smoothie chilled.

Tips: you can add ice to it.

Basa with Lemon Rind / Basa Jhuri

Basa with Lemon Rind / Basa Jhuri
By Rownak Jahan,
June 20, 2012



Prep Time: 5 minutes

Cook time: 24 minutes

Yield: 3-4

Basa with Lemon Rind / Basa Jhuri is a simple and handy recipe. Thanks to Shanta Auntee. I want to keep the flavour of lemon so I haven't used coriander leaves. but you want , you can add coriander leaves in the end.

Ingredients:

- 500 gram basa fillet
- 1 large onion sliced
- 2 teaspoon finely chopped garlic
- 1 teaspoon chilli powder
- 1 teaspoon coriander powder
- 1/4 teaspoon turmeric powder
- 4-6 green sliced chillies
- 2 tablespoon lemon rind
- Salt to taste
- 1/3 cup oil



How to make:



Fish Recipes

1. Cut basa like the picture.
2. Heat the pan with oil and add onion. Cook onion till it becomes soft.
3. Add all spices and salt and cook till oil is separated.
4. Add fish and 2/3 of lemon rind and stir well.
5. Cook till all ingredients comes along together and add rest of rind. Stir well to make crumble (jhuri) texture.
6. After 1 minute check salt and remove from heat.
7. Serve Basa with Lemon Rind / Basa Jhuri with plain rice.

- Oil for deep fry



Chingri Bora / Prawn Fritter

Chingri Bora / Prawn Fritter
By Rownak Jahan,
March 12, 2012



Prep Time: 15 minutes
Cook time: 25 minutes
Yield: 12-14

Long time I haven't posted anything. Sorry for my silence and hopefully I will be regular from now. In this recipe I use fresh grated coconut. Instead of fresh grated coconut you can use 2 tablespoons desiccated coconut soaked in 1 tablespoon coconut milk/milk.

Ingredients:

- 150 gram prawns
- 2 tablespoons red lentil
- 3 tablespoon grated coconut
- 1 medium onion sliced
- 4 green chillies chopped
- 1/4 teaspoon turmeric powder
- 2 tablespoon coriander leaves chopped
- Salt to taste

How to make:

1. Soak lentil about 1/2 hour in water and drain water thoroughly.
2. Make paste of lentil, coconut and prawn and mix rest of things with it.
3. Heat the pan with oil. When oil is ready add make flat fritter and put on oil carefully (you can use spoon and don't squeeze the mix). Don't overcrowd the pan.
4. Fry them till these become golden brown. Repeat the process to finish the mix.
5. Serve Chingri Bora/ prawn fritter with rice or as a snack.

Chingri Kochur Loti / Colocasia stem with Prawn



Sometimes I feel that I am using too much ingredients. But I think that most of my ingredients are frozen and frozen goods need little extra spice. Today my main ingredients kochur loti / colocasia stem. No, I don't get fresh one here. So I will work with frozen kochur loti / colocasia stem.

Ingredients:

- 400 gram kochir loti / colocasia stem
- 120 gram peel prawn
- 1/2 medium onion sliced
- 4-6 green chillies
- 1/4 teaspoon turmeric powder
- 3 clove garlic chopped
- 1 teaspoon hot English mustard paste
- 1 tablespoon coconut cream
- 3 tablespoon oil
- Salt to taste



How to make:

1. Put frozen packet of kochir loti / colocasia stem in drainer and place under running water. When it defrosts, keep aside.
2. Heat pan with oil and fry the onion till it becomes transparent.
3. Add turmeric, garlic, coconut, mustard and salt and saute it till oil is separated.
4. Add prawn and cook 1-2 minutes.
5. Add kochur loti / colocasia stem and 1/2 water.
6. Cook it till kochur loti / colocasia stem becomes tender.
7. Serve Chingri kochur loti / colocasia stem with prawn with rice.

Chingri Shutki Bhorta/ Spicy Dry Prawn Mash

Chingri Shutki Bhorta/ Spicy Dry Prawn Mash
By Rownak Jahan,
January 16, 2012



Prep Time: 20 minutes

Cook time: 2 minutes

Yield: Serve:6-8

Dry prawn is available in Asian grocery.

Ingredients:

- 120 gram dry small prawn
- 2 medium sliced onion
- 2 tablespoon thin sliced garlic
- 2 green chillies chopped
- 3-4 dry chillies
- 2 teaspoon thin sliced onion
- 1 tablespoon chopped coriander leaves
- 2 tablespoon mustard oil
- 2 tablespoon oil
- Salt to taste





How to make:

1. Roast the prawn and make it powder.
2. Fry dry chillies in oil and keep aside.
3. In same oil fry 2 sliced medium onions till it becomes golden brown and keep aside.
4. In same oil fry garlic and keep aside.
5. Now mix all things together with mustard oil.
6. Serve chingri shutki bhorta/ Spicy dry prawn mash with hot rice.

- 1 teaspoon chilli powder
- 1/4 teaspoon turmeric powder
- 1 teaspoon ginger paste
- 1 teaspoon garlic paste
- 1 tablespoon onion paste
- 1" cinnamon stick
- 3-4 cloves
- 4-6 green chillies
- 4 tablespoon oil
- 1 teaspoon sugar
- Salt to taste



Chingri Malai Curry / Prawn Curry with Coconut Cream

Ingredients:

Chingri Malai Curry / Prawn Curry with Coconut Cream

By Rownak Jahan,
February 15, 2012



Prep Time: 15 minutes

Cook time: 20 minutes

Yield: 6 serves

Ingredients:

- 6 prawns(1.2 kg)
- 1 medium onion sliced
- 200 grams coconut cream

How to make:

1. Clean the prawn and devain those.
2. Heat the pan with oil and fry the onion sliced cinnamon and clove till it becomes transparent.
3. Add prawns, rest of spices, 75 gram coconut cream and 1/2 cup water(except green chilli and sugar) and cook it under closed lid about 5-7minutes.(need to turn over the prawns in between)



4. Add coconut cream, sugar and chillies and cook 1-2 minutes.

5. Check the salt and remove the pan from the stove.

6. Serve Chingri Malai Curry / Prawn curry with coconut cream.

Data Chingri

Data Chingri
By Rownak Jahan ,
January 19, 2012



Prep Time: 8 minutes
Cook time: 25 minutes
Yield: Serve: 4-6

Ingredients:

- 300 grams data
- 150 gram pumpkin
- 150 gram peeled prawn
- 1/2 medium onion sliced
- 2 tablespoon onion paste
- 1 teaspoon chilli powder
- 1/4 teaspoon turmeric powder
- 1 bay leaf
- 1/2 teaspoon roasted cumin powder(optional)
- 3 tablespoon oil
- Salt to taste

How to cook:

1. Cut data into 1.5" pieces and wash it.
2. Cut pumpkin like the picture and wash it.
3. Heat the pan with oil and add the onion.
4. Cook the onion till it becomes transparent.
5. Add bay leaf, turmeric, chilli, onion paste and salt and cook it till oil comes out.
6. Add prawn and cook 2 minutes.
7. Add data, pumpkin and 2 cups water and cook it till data becomes tender.
8. Add cumin powder and check the salt. Remove from the stove.

9. Serve data chingri with rice.

Fried Prawn / Chingri Bhaji - Quick and Easy

Fried Prawn / Chingri Bhaji – Quick and Easy
By Rownak Jahan,
June 5, 2012



Prep Time: 5 minutes
Cook time: 8 minutes
Yield: 4

This is an easy and handy recipe for working women like me. My mum is used to make for me. She uses coconut paste. But I use coconut cream to make it handy. Hope like my family your family will love this simple recipe.

Ingredients:

- 8 large prawn
- 1 large onion sliced
- 4 green chillies sliced
- 1/4 teaspoon turmeric powder
- 3 tablespoon coconut cream / 2 tablespoon coconut paste
- 2 tablespoon oil
- Salt to taste





How to make:

1. I peel the prawns to keep the head and tail. Devine the prawns and wash it.
2. Fry the onion on medium heat till it becomes soft and add chilli, turmeric and salt.
3. Stir it and after 1 minute add prawn and coconut cream.
4. Cook it till prawn is tender.
5. Serve fried prawn / chingri bhaji with hot rice.



Kajli Chorchori



Ingredients:

- 250 grams Kajli Fish
- 1 cup sliced onion
- 2 tablespoons onion paste
- 4-5 clove garlic chopped
- 1/2 teaspoon turmeric
- 5-6 green chilli sliced
- 1 bay leaf
- 2 tablespoon chopped coriander leaves
- Salt to taste
- 1/4 cup oil

How to make:

1. Clean the fish and wash it with salt. Drain the water and pat dry it.
2. Marinate fish with onion, onion paste, turmeric, chilli, garlic and salt. Keep it aside.
3. Heat the pan with oil and add bay leaf.
4. After 30 seconds add marinated fish with 1 cup water and cook 8 minutes under closed lid.
5. Now with a spatula turn the fish and cook till fish is cooked and water dry up.
6. Add coriander leaf and turn off heat.
7. Serve kajli chorchoi with plain rice.

Keski Chorchori



Keski is a tiny Bangladeshi fish which has resemble with silverfish. It is good source of vitamin A and D. I try to show easiest and health way to keski fish. It does not take time but you will love the result. I used potato with keski. If you want , you can omit the potato.

Ingredients:

- 380 grams Keski fish
- 1 medium potato julienne cut
- 1 medium Onion(thin sliced)
- 3-4 cloves Garlic(chopped)
- 1 large Tomato (thick sliced)
- 1 bay leaf
- 5-6 Green chillies(sliced)
- 2 tablespoons Coriander leaves(chopped)
- 1/2 teaspoon turmeric powder
- 1 teaspoon English hot mustard paste(optional)
- Salt to taste
- 4 tablespoons oil



How to cook:

1. Clean and wash the fish and potato. Add half of turmeric powder and $\frac{1}{4}$ teaspoon of salt and mix it gently. Let it sets for at least 10 minutes.
2. After 10 minutes take pan and mix fish and all ingredients except coriander leaves with 1 and $\frac{1}{2}$ cup water.
3. Heat the pan on medium under closed lid till potato is tender.
4. Add coriander leaves and let it cook till it dries up. Remove from heat.
5. Serve keski chorchori with hot plain rice.

Macher Tikia / Fish Chop



I usually use Ruhi fish for fish chop. But you can use any fish of your choice. Though I haven't used any onion in this recipe, it is up to you to use onion. Hope you will love this recipe.

Ingredients:

- 200 grams fish cutlet
- 200 grams potato(boiled)
- 1 teaspoon chat masala
- 1/2 teaspoon black pepper powder
- 1/3 teaspoon cardamom powder
- 4-5 green chilli (chopped)
- 3 tablespoon coriander leaves(chopped)
- 1 egg
- 1/2 cup bread crumb
- Salt to taste
- Oil for deep fry



How to make:

1. Boil the fish and debone it.
2. Mash potato and fish together with all together except bread crumbs.
3. Break the egg and mix with it.
4. Shape the mixture and roll in bread crumbs.
5. Fry the chop till it becomes golden brown.
6. Serve Macher Tikia / Fish Chop with sauce as a snack or as a side dish with rice or polau.

Tips: Need the mixture moist enough. Otherwise chop will break. For moist mixture need to use egg.



Ridge Gourd with Prawn / Jinga Chingri



Ridge Gourd with Prawn / Jinga Chingri is one of my favourite items cooked by my grandmother (Nani). I tried it with great excitement. I used can coconut cream instead of fresh coconut milk to make it more handy. But if you have chance, use fresh coconut milk.

Ingredients:

- 600-800 grams ridge gourd
- 200 grams peeled prawn
- 1/2 medium onion sliced
- 1 tablespoon onion paste
- 2 tablespoons coconut cream
- 1 teaspoon chilli powder
- 1/4 teaspoon turmeric
- 2 tablespoon coriander leaves chopped
- 3 tablespoon oil
- Salt to taste

How to make:

1. Peel the skin of ridge gourd. Ridge gourd has very hard skin so try to remove skin well. Cut the ridge gourd like the picture or your choice thick slice. Wash it and keep aside.
2. Heat the pan with oil and fry the onion till becomes soft.
3. Add onion past, turmeric, chilli powder and salt. Fry it till oil comes out and add prawns.
4. Cook prawn about 2 minutes and add coconut cream.
5. Cook cream about 2 minutes and add ridge gourd (jinga) and 1/2 cup of water.
6. Cook it till ridge gourd (jinga) becomes tender. Check the salt and add coriander leaves. Remove it from stove.
7. Serve ridge gourd with prawn / jinga chingri with plain rice.

Rui-er muro aloo motorsuti / Ruhi head Curry

Rui-er muro aloo motorsuti / Ruhi head Curry
By Rownak Jahan,
June 22, 2012



Prep Time: 10 minutes
Cook time: 30 minutes
Yield: 3-4

As you know that we (who live in abroad) eat ruhi fish a lot and a fish always comes with a head. I am just bored to have muri ghonto. So I make Rui-er muro aloo motorsuti / Ruhi head with potato and peas. You can use even ruhi fish or any other fishes for this recipe.

Here I used 1 fish head cut into pieces and lots of chilli powder. Use less chilli powder if you are cooking fish pieces.

Ingredients:

- 1 Ruhi head
- 1 large potato think slice
- 1/2 cup frozen peas
- 2 medium tomato (cut into 8 pieces)
- 1/2 medium sliced onion
- 1/4 cup onion paste
- 1 tablespoon chilli powder
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon coriander powder
- 1/2 teaspoon roasted cumin powder
- 1 bay leaf
- Salt to taste
- 1/3 cup of oil

How to make:

1. Clean the head pieces and pat dry it. Add turmeric and salt.
2. Heat the pan with oil and fry the head pieces about 4-5 minutes. Remove head pieces from hot.
3. In the same pan add onion sliced and fry it till it becomes soft.
4. Add rest of spices(except cumin powder), salt and bay leaf and cook it till oil is separated.
5. Add potato and stir it 1-2 minutes. Add 3 cups of water.
6. When gravy comes into boiling point add fish pieces.
7. Cook it under closed lid about 8 minutes and add tomato.
8. Cook it 2 minutes under closed lid and add peas.
9. After 2 minutes add roasted cumin powder and remove from heat.
10. Serve Rui-er muro aloo motorsuti / Ruhi head with potato and peas with plain rice.

Ruhi with Flat Bean /Rui Macher Sim Curry



I used flat bean (sim) in this recipe. If you want, you can use snow peas instead of flat bean kind of same taste. But snow peas need less time to cook, so add it when potato is half done.

Ingredients:

- 6 pieces of ruhi
- 400 grams flat beans
- 2 medium tomatoes
- 1 medium potato
- 1/2 medium onion sliced
- 2 tablespoons onion paste
- 2 teaspoons chilli powder
- 1/2 teaspoon turmeric powder
- 1 bay leaf
- 2 tablespoon chopped coriander leaves / 1 teaspoon roasted cumin powder
- 1/2 cup oil
- Salt to taste





How to make:

1. Cut the bean in middle and wash it. Keep aside.
2. Wash and cut each tomato into 8 pieces. Keep aside.
3. Peel the potato and cut into .30" thick. Wash it and keep aside.
4. Clean the fish and wash it.
5. Mix turmeric and salt with fish.
6. Heat the pan with oil and fry the fish 2 minutes each side.
7. Remove fish from oil and in the same pan add sliced onion.
8. Fry it till it becomes soft and transparent. Add onion paste, turmeric, chilli, bay leaf and salt.
9. Cook it till oil is separated and add potato. Cook it 2-3 minutes and bean, fish and 3 cups hot water.
10. Cook it under closed lid about 6 minutes and add tomato.
11. Cook it till potato is tender and add coriander leaves or roasted cumin. Remove the pan from heat.
12. Serve Ruhi with Flat Bean /Rui Macher Sim Curry with plain rice.

this recipe. Just use your imagination and enjoy the flavour of spice.

Ingredients:

- 425 gm tuna (can)
- 1 large onion sliced
- 4-5 dry chillies
- 1 teaspoon fresh ginger paste
- 1 teaspoon black pepper powder
- 1 tablespoon chat masala
- 1 tablespoon cornflour
- 3 eggs
- 1/2 bread crumbs
- 1 tablespoon chopped mint leaves
- Salt to taste
- Oil for deep fry



Spicy Tuna Kebab / Tuna Kabab - Easy and Handy



Spicy Tuna Kebab / Tuna Kabab is very easy and handy recipe. You can use less or more spices in

How to make:

1. Fry the onion till it becomes golden brown and keep aside.
2. Fry the dry chillies and crush it and keep aside.
3. Open tuna can and drain all liquid. Make tuna shredded to use your finger.
4. Add chilli crush, fried onion, ginger, chat masala, 2 eggs, cornflour, mint leaves, black pepper and salt. Mix well and make 18-20 flat balls.



Vegetable Recipes

5. Break the last egg and whisk it. Deep each flat ball in egg batter and roll in bread crumbs.

6. Heat oil for deep fry and fry spicy tuna kebab / tuna kabab till it become golden brown.

7. Serve spicy tuna kebab / tuna kabab as snack or along with rice.

Tips: To make spicy tuna kebab / tuna kabab you can freeze it. When you need spicy tuna kebab / tuna kabab, take out from freezer and defrost it. Fry it till it becomes golden brown.

• Salt to taste



Data Shak bhaja/ Bangladeshi Fried Leafy Vegetables

In Bangladesh we normally use small prawn for vegetables but where I am living small prawn is not available. So I find the alternative to chop the large prawn. Instead of desiccated coconut and coconut cream you can use coconut paste. Those are handy to me. In this way you can cook radish leaf, kolmi shak and other hard leafy vegetables. Again I use sugar because it enhances taste.

Though I wrote it as a Bangladeshi leafy vegetables, it is available in all Asian grocery.



Ingredients:

- 500 gram Data Shak
- 1 medium onion sliced
- 1 teaspoon garlic chopped
- 7-8 large prawn chopped
- 1 tablespoon desiccated coconut
- 2 tablespoon coconut cream
- 3-4 green chillies
- 1/6 teaspoon turmeric
- 1 teaspoon sugar (optional)
- 2 tablespoon oil



How to cook:

1. We will take only leaves and wash the leaves 3-4 times.
2. Chop it like the picture and keep aside.
3. Heat the pan with oil on medium high and add onion. Fry the onion till becomes transparent.
4. Add turmeric, garlic, desiccated coconut, coconut cream and salt and cook till oil is separated.
5. Add prawn and cook 1-2 minutes.
6. Add leafy vege and sliced chilli and stir it.
7. Cook it under closed lid and cook it till it becomes soft and tender.
8. Check the salt and add sugar.
9. Serve data shak bhaja/ Bangladeshi fried leafy vegetables with rice.

Grilled Eggplant with Stuffing



Eggplant is one of the unique vegetables. I used prawn in it. You can make it vegetarian dish or chicken one. Hope you will like fusion Grilled eggplant with stuffing recipe.

Ingredients:

- 1 large eggplant
- 1 and 1/2 cup cabbage / green pawpaw shredded
- 1/2 cup carrot grated
- 1/2 cup prawn chopped
- 4 green chillies
- 1/4 teaspoon turmeric
- 2 tablespoon oil
- Salt to taste

Also need spray oil



How to make:

1. Cut the eggplant length wise. Wash it and pat dry it.
2. Add turmeric and salt on sliced eggplant. Spray the oil each side and grill till it is half done.
3. Heat the pan with oil and add prawn.
4. Stir it and after 2 minutes add cabbage, chillies and salt.
5. When cabbage is about done, add grated carrot. Stir well and after 2 minutes remove pan from heat. Let it cool down bit.
6. Stuff each sliced of grilled eggplant and roll it (if you need you can toothpick to seal it)
7. Place it on an oven proof dish and spray oil.
8. Bake it about 20-25 minutes on 170 °c.
9. Serve grilled eggplant with stuffing with polau/pilaf.

Indian Spinach with Pumpkin / kumra Pui shak



Indian spinach (pui shak) is my favourite leafy vegetables. I use pumpkin with Indian spinach here which gives little bit sweetness in this dish. Instead of pumpkin you can use sweet potato (kumara).

Ingredients:

- 500 grams Indian spinach
- 150 gram pumpkin(large diced)
- 150 grams prawn (peeled)
- 1/2 medium onion sliced
- 2 tablespoon coconut cream or 1/2 cup milk
- 1/4 turmeric powder
- 3-4 green chillies sliced
- 1 bay leaf
- 2 tablespoon oil
- Salt to taste



How to cook:

1. Remove the leaf from stem and cut stem into 1.5" pieces. Wash leaf and stem thoroughly and drain the water.
2. Heat the pan with oil and add onion and fry onion till it becomes transparent.
3. Add prawn and bay leaf, when it changes the colour; add coconut cream, green chillies, turmeric salt.
4. When oil is separated, add Indian spinach pieces and pumpkin with 1/2 cup water and cook it till it becomes tender.
5. Check the salt and remove from the stove.
6. Serve Indian spinach with pumpkin/ kumra pui shak with rice.

Pea Fritters / Motorshutir Chop



Hi! How are you going? Hope that everybody is happy in her/ his life. Nowadays my mum complains that I am doing complex recipes with too many spices which are not available at home. So I will give some simple but healthy recipes with 6-7 ingredients. Hope you will love this recipe.

Ingredients:

- 2 cups of frozen peas
- 1/2 medium onion sliced
- 4 green chillies chopped
- 1 tablespoon chaat masala
- 1 tablespoon chopped coriander leaves
- Salt to taste
- Oil for shallow fry



How to make:

1. Defrost the peas and take paper towel to let it dry. We don't want any excess water there.
2. Make smooth paste of peas.
3. Mix all ingredients and make flat ball with pea's paste. It will make about 10-12 balls.
4. Shallow fry it till it becomes golden brown (don't overcook).
5. Serve Peas Fritters / Motorshutir Chop as a snack or as a side dish with rice.

Tips: If the pea's paste is not smooth, there is chance to break the fritter. In that case you can add 1 tablespoon cornflour or 1 egg white with the paste.



Spicy Water Melon Skin



When I started this blog, I wanted to tell story about my cooking. Then I felt, I need some recipe first then I will tell story. Now I have about 150 recipes, more than thousand readers everyday and about 90,000 page views in a month. All credits go to my readers who give nonstop support and courage to improve me, my cooking and my blog.

So I should start telling story now. When I wrote [Lau-er Khosha Bhaja/Fried Bottle Gourd Skin](#), I told about Shirshendu Mukherjee's story to maximum use of ingredients. Few days ago I bought about 6 kg water melon. Sadly that water melon was not that good. It has thick white flesh which reminded me the story of maximum use. I saw that my mum is used to cook the white skin of water melon which is taste like hairy melon. So I put my little effort to write for my readers. May this recipe is new to you or some of you already knew it.

Ingredients:

- 700 grams water melon skin
- 150 grams peeled prawn
- 1 medium onion sliced
- 4-5 green chillies
- 1/2 teaspoon turmeric powder
- 2 tablespoon coconut cream (optional)
- 1 bay leaf
- 3 tablespoon chopped coriander leaves
- Salt to taste
- 2 tablespoon oil

How to make:

1. Peel green skin of water melon and cut like picture.
2. Wash it and place in strainer.
3. Heat the oil with bay leaf and onion and fry it till it becomes soft.
4. Add turmeric, prawn and salt. Stir it and cook about 2 minutes.
5. Add water melon and fry about 5 minutes.
6. Add coconut cream and green chillies.
7. Stir it and cook it till water melon becomes tender.
8. Add coriander leaves and stir it.
9. Check the salt and remove from heat.
10. Serve Spicy water melon skin with hot rice.



Dessert Recipes

Ameer kheer / Mango Rice Pudding



As you know that Kheer /firni / payesh / pudding which ever name you call it. It is a very authentic Bangladeshi Dessert. I make it mango flavour to give twist. In Ameer kheer / Mango Rice Pudding you can use fresh mango puree or pulp. But in Australia mango is not in season so I used tined mango pulp. Bring the sweetness on Eid day with Ameer kheer / Mango Rice Pudding.

Ingredients:

- 1/2 cup kalijeera rice
- 2 and 1/2 litre milk
- 1 cup mango pulp
- 1 cup sugar
- 2 cardamom
- 1" cinnamon stick
- 2 tablespoon sliced almond / pistachio/ sultana

How to make:

1. Wash the rice and soak in water about hour. Strain the water.
2. Blend rice with half litre milk.
3. Boil the rest of milk, cardamom and cinnamon together and bring it to half amount. Stir occasionally.
4. Add rice mix in boiling milk and stir it.
5. When rice is cooked and milk becomes your desire constancy, add mango pulp, sugar and dry nuts.
6. Stir it and cook it till sugar dissolves. Remove Ameer kheer / Mango Rice Pudding from heat.

7. Pour it in serving dish and let it cool down. Put it in refrigerator.

8. Serve Ameer kheer / Mango Rice Pudding chilled.

Cream Roll / Cream Horn



To remember those golden days of our childhood I have started to give school snacks. I was very much inspired by Iwata Rumi's Photos. Thanks Rumi. Though our cream roll and cream horn are same thing with different name. Hope you will enjoy this simple recipe.

Ingredients:

For Roll:

- 1 ready made puff pastry sheet
- 1/4 cup caster sugar
- 1 egg

For Cream:

- 200 ml thickened cream
- 1/4 cup caster sugar

Also 6 cream horn moulds, brush, aluminium foil and spray oil





Cham cham the Authentic Bangladeshi Dessert

Cham cham or Chum Chum is a traditional [Bengali](#) sweet which comes in various colours. It is normally coated with mawa. Cham cham is for those who really really love sweet (specially for my dad who has the sweetest tooth I ever seen).



How to make:

1. Preheat the oven on 150 °c.
2. Cut the puff pastry sheet into 8 strips.
3. Spray oil over each mold.
4. Starting at the point of the mold, wind the pastry around the cone, overlapping the layers slightly to cover the cone with a spiral of pastry. I need little bit more than 1 strip.
5. Repeat the process to make 6 roll.
6. Now break the egg and whisk it.
7. Brush the egg over each roll and roll in caster sugar.
8. Take a baking tray, place aluminum foil over it and spray oil.
9. Place rolls over the foil and put into oven.
10. Bake the rolls 1 hr or till it becomes crisp and golden brown.
11. Whip thickened cream with sugar until stiff and chill it.
12. Take out roll from oven and let it cool down. Remove the roll from mold gently.
13. Pipe the cream in each roll and enjoy the flavour of cream roll / cream horn.

Ingredients:

- . 2 litres milk
- . 3 tablespoons white vinegar/ lemon juice
- . 1 tablespoon sugar
- . 1 tablespoon semolina
- . 1 tablespoon plain flour
- . 1 tablespoon self raising flour
- . 1/4 teaspoon cardamom powder
- . 4 cups sugar for syrup
- . 4 tablespoon sugar of caramel
- . 2 tablespoon dry [mawa](#)

Also needs

- . Strainer/cheesecloth
- . Deep large pan (28") with lid

How to make:

Chhana/chenna:

Check out my [chhana](#) recipe.



Cham cham:

1. Now need to squeeze the cheese to extract the water. Make sure the cheese has no excess water otherwise Cham cham will break into pieces.
2. The cheese needs to be kneaded 2 minutes. Then add sugar, semolina, plain flour, self raising flour and cardamom powder. Knead the cheese until your palm feels a little greasy. You can use food processor for kneading then it will be a lot easier.
3. Now divide the dough into 20 equal parts and make them into oval shaped ball.
4. Heat the pan with 7 cups water and add the sugar on medium high. Bring it to boil and add the balls to the syrup. Cover the pan with the lid.
5. Need to boil the ball 80 minutes but need add 1/2 cup of water in every 10 minutes.
6. Make caramel of sugar and add with syrup.
7. Cook 10 minutes more and turn off the heat. Add 1 cup of hot water in syrup and let it cool down.
8. Take out Cham cham from syrup and roll in mawa. Cham cham is ready to serve.

Golap Pitha / Sweet Rose

Golap Pitha / Sweet Rose
By Rownak Jahan,
June 1, 2012



Prep Time: 30 minutes

Cook time: 15 minutes

Yield: 8-10 Golap Pitha

About 6 months ago somebody told me how interesting food blogging is. I was excited about my blog then. But now I know the meaning of interesting food blog. Hope my reader will find my blog same way.

It was boring day off for me. I tried to make interesting for me and my reader. You know that sometime I find our (Bangladeshi) food so beautiful that it is hard to eat. If you don't believe me check my post.

Ingredients:

- 1 cup flour
- 1/2 cup milk/ water
- 1 cup sugar
- 1/4 teaspoon salt
- 1 tablespoon clarified butter/ ghee
- 1 cardamom
- 1/2" cinnamon stick
- 1 teaspoon flour(for glue)
- Oil for deep fry

Also needs cookie cutter 3"





How to make:

1. Make syrup with sugar, cardamom, cinnamon and 2 cups water. Keep aside the syrup because we need lukewarm syrup.
2. Boil milk/ water with salt and when it comes boiling point, add flour. Turn off the heat and let it sit for 2-3 minutes under closed lid.
3. Make glue with 1 teaspoon flour and 1 teaspoon water.
4. Make smooth dough with boiled flour and clarified butter. Divide the dough into 4 balls.

5. Roll each ball into thin flat bread and cut with cookie cutter.

6. We need 3 to make 1 rose and check the picture to the step of it. Need to bend or spread petals to give the look of exact flower.

8. Heat the oil on medium heat and fry golap pitha till it becomes golden brown.

9. Take out fried golap pitha from oil and soak in syrup for 2-3 minutes. Take it out from syrup.

10. Serve beautiful golap pitha and enjoy the beauty of food.

Gurer Peda



Peda is a kind of sondesh which is made by ricotta cheese (chhana) and sugar. To give more flavour I used gur (akher gur). If you want, you can use only sugar. Hope you like this simple easy Gurer peda recipe.

Ingredients:

- 1 litre milk(for Chhana)
- 1 cup milk
- 1 cup milk powder
- 3 tablespoon ghee / clarified butter
- 1 and half tablespoons gur
- 1/2 cup sugar
- 1/2 teaspoon cardamom powder
- Dry nuts for garnish

How to make:

1. Make chhana from 1 litre milk to follow my [chhana](#) recipe. Strain it.
2. Heat the pan with ghee and when ghee will melt, add chhana, milk, milk powder and cardamom powder.
3. Stir it continuously and after 8 minutes add sugar and gur.

4. Cook it till it starts leaving aside and becomes like a dough. Remove it from heat and put it into a bowl.

5. Let it cool down and now shape it.

6. Garnish with dry nuts and enjoy the flavour of Gurer peda.

Tips: don't make it crumbly. It will become like dough. Otherwise use more milk and cook again.

- Saffron imitation
- Oil for deep fry



Nakshi Puli / Fried Coconut Dumpling

Nakshi Puli / Fried Coconut Dumpling

By Rownak Jahan,

May 25, 2012



Prep Time: 25 minutes

Cook time: 15 minutes

Yield: 10-12 Nakshi Puli

In Nakshi puli or puli pitha we normally use fresh grated coconut. I use dry coconut to make it handy and simple.

Ingredients:

For dough:

- 1 cup flour
- 1/2 teaspoon salt
- 1 tablespoon oil
- Lukewarm water

For Stuffing:

- 1 and 1/2 cup of dry coconut
- 1 cup sugar
- 1/3 cup coconut milk/ cream
- 1 teaspoon clarified butter / ghee
- 1/3 teaspoon cardamom powder





Ingredients:

For Rasmalai balls:

- 2 litres milk
- 3 tablespoons white vinegar/ lemon juice
- 1 tablespoon sugar
- 1 tablespoon semolina
- 1 tablespoon plain flour
- 1 tablespoon self raising flour
- 1/4 teaspoon cardamom powder
- 4 cups sugar for syrup

For Malai:

- 2 litres milk
- 1/2 cup sugar
- 1/4 cardamom powder

Also needs

.Strainer/cheesecloth

- . Deep large pan (28") with lid

How to make:

Chhana/chenna:

Check out my [Chhana](#) recipe.

How to make:

Rosogolla:

1. Now need to squeeze the cheese to extract the water. Make sure the cheese has no excess water otherwise rosogolla will break into pieces.

2. The cheese needs to be kneaded 2 minutes. Then add sugar, semolina, plain flour, self raising flour and cardamom powder. Knead the cheese until your palm feels a little greasy. You can use food processor for kneading then it will be a lot easier.

3. Now divide the dough into 20 equal parts and make them into smooth balls and flatten them.

How to make:

1. Cook coconut, sugar, coconut cream, clarified butter and cardamom together till it comes dry along together.
2. Mix flour, salt, oil and water to make smooth hard dough. Cover it and let it set for at least 15 minutes.
3. Take the dough and divide into 10-12 balls. Roll each ball into 3.5" flat bread and place 1 tablespoon coconut stuffing on flat bread. Now fold like dumpling and twist it and close it to press it in the middle.
4. Repeat the process with rest of balls and coconut stuffing.
5. Heat the pan with oil on medium and fry dumplings till those become golden brown.
6. Serve Nakshi puli / fried coconut dumpling or store it when it is cool down.

Rosomalai /Rasmalai

Rosomalai /rasmalai is a unique Bangladeshi delicacy. This Bangladeshi dessert is flattened cheese ball soaked in malai (clotted cream) flavoured with cardamom. [Malai](#) or clotted cream itself has a unique texture. Hope you will love recipe.

In the picture you can garnish with pistachio or saffron. But in Bangladesh we do this way simple and unbeatable taste.

4. Heat the pan with 7 cups water and add the sugar on medium high. Bring it to boil and add the curd balls to the syrup. Cover the pan with the lid.

5. Need to boil the curd ball 45 minutes but need add 1/2 cup of water in every 10 minutes.

6. Turn off the heat.

Rasmalai:

1. Boil the milk in thick base wide pan on medium heat till it becomes half in amount.

2. Need to stir frequently otherwise it will burn in bottom of the pan.

3. Add cardamom powder and sugar and remove from heat.

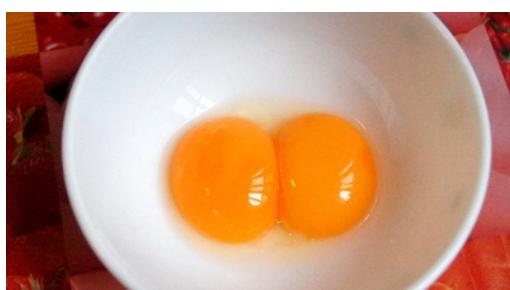
4. Squeeze the syrup little bit rasmalai balls before adding in malai.

5. Serve Rasmalai chilled.

N.B. Normally rasmalai's malai has a unique texture. To make texture you need to let the milk stuck little bit on the pan base. Then remove it using spatula. But don't burn the milk. If you are not sure about it, don't do that.

- 1/2 teaspoon vanilla essence

- 1/2 cup sugar



Snowball Custard



Its winter in Australia but I know that all over the world people are suffering the heat of summer. So I am giving you a chilled summer dessert.

Ingredients:

For Snow ball

- 2 egg white
- 1/2 teaspoon corn flour
- 3 and 1/2 tablespoon sugar

For Custard

- 1 litre milk
- 2 egg yolk
- 1 and 1/2 tablespoon corn flour
- 1/2 tablespoon ghee/ clarified butter(optional)

How to make:

1. Heat the milk till it gets to boiling point and turn off the heat.

2. Separate egg yolk and egg white.

3. Take egg whites, sugar and cornflour into a large clean mixing bowl and beat them on medium speed with an electric hand whisk till the mixture resembles a fluffy cloud (meringue) and stands up in stiff peaks when the blades are lifted.

4. Turn on the heat for milk and add spoonful meringue in hot milk. Make sure that milk does not go to boiling point.

5. Every time you add spoonful meringue, it will become like snow ball. Repeat the process to finish meringue.

6. Remove snow balls from milk in a serving bowl and turn off heat.

7. In same mixing bowl take egg yolks, corn flour and sugar and whisk well.

8. Add egg yolk mix, butter and vanilla essence in milk and turn on the heat.

9. Stir constantly and it becomes thick like custard, turn off the heat.

10. Pour custard over snow balls and let it cool down.

11. Serve Snowball Custard chilled.

Thank You!

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