

## Friends and Family

A Bangladeshi *dowyat* or party (brunch/lunch/dinner/banquet) is most often informal and does not require planning and cooking for days together. It is normally a relaxed and casual occasion, requiring no formal dress code or stuffy etiquettes.

The items chosen are all hassle-free, in terms of preparing, serving and eating. Items on the menu feature taro root cooked in a mild coconut milk for starters. Fish is usually avoided at dinner time; so we selected a fish kofta, sans the bones. Goat meat cooked with chillies is meant to titillate the taste buds. The meal is rounded off with a special dal. All the items are eaten with rice; a salad, lemon preserve and a mint tall-drink are served on the side.

Maan Kochu Malaikari

Bilashi Baygoon

Machr Kofta

Morich Mangso

Khuska

Moong Dal

Lettuce and Fruit Salad

Narkol Biroin

Lebu Achar

### TARO IN COCONUT MILK GRAVY

The *maan kochu* or *pani kochu*, (taro root) is a tropical root also known as colocasia or alocasia, the corm of which is edible.

*Amlokis* (gooseberries) are available during the hot summer months, from July to September. Packed with nutritional value, it is used as a diuretic, laxative, and antacid.

1. With a sharp knife cut out the rough outer rind of the *maan kochu*. Slice it into 4 pieces.
2. Bring water to a boil in a *degchi* (pot). Boil *maan kochu*, 4 teaspoons salt, *amloki* and tamarind pulp until *maan kochu* is slightly tender.
3. Strain *maan kochu* out of the water and cut into 2.5cm-long pieces. Discard the water along with *amloki* and tamarind pulp.
4. Heat ghee in a *korai* (wok); add the *kochu* pieces, and sauté. Add turmeric powder, red chilli, ginger paste and *gorom mosla* powder. Sauté, stirring for a minute.
5. Pour coconut milk. Mix well and bring to a boil.
6. Sprinkle 4 teaspoons salt. Mix well and simmer, stirring occasionally until *kochu* is spongy and ready to eat.

## Maan Kochu Malaikari

SERVES 6

1/2kg or 1 large *maan kochu* (taro root)

8 teaspoons salt

10 *amlokis* (gooseberries)

2 tablespoons tamarind pulp

2 tablespoons ghee

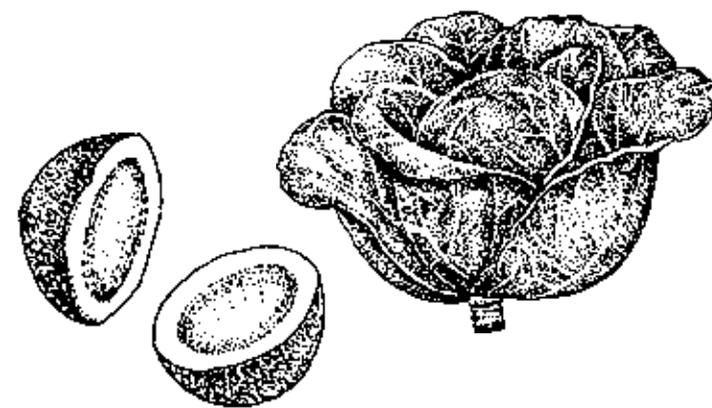
1 teaspoon turmeric powder

2 teaspoons red chilli powder

3 teaspoons ginger paste

2 teaspoons *gorom mosla* powder

2 cups coconut milk



## Mumlet

SERVES 6

2 eggs  
 1/4 teaspoon salt  
 2 green chillies chopped  
 1/2 onion, chopped  
 1 tablespoon ghee

### SPICY OMELETTE

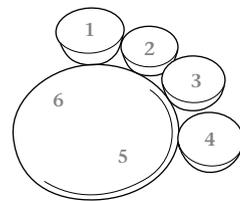
Often, a *mumlet* (omelette), though well-cooked on the surface, remains runny inside. While a regular omelette is set by having the egg scrambled, the Bangladeshi version is rolled, as opposed to flat, and ideally ought to have a completely smooth, deep golden surface, well done in the middle. The egg mixture used to make an omelette contains herbs and spices. However, you can add cream or milk if you like to make them fluffier. Remember to cook omelettes just before eating them. Make 3 omelettes to serve 6 persons. This recipe is for making one omelette.

1. Break eggs into a bowl, whisk well with a fork. Add salt, chillies and onions, and blend in. Mix well, using a fork.
2. Place a large non-stick 20cm saucepan over a medium flame. The bigger the pan, the thinner the omelette and the faster it will cook.
3. Pour ghee into the pan. Once it heats up, tip in the eggs, and let the mixture set for about 30 seconds.
4. Stir continuously with a wooden or rubber spatula.
5. Cook until the eggs are at a runny scrambled egg stage; brush the uncooked egg towards the edge of the pan so that it cooks evenly.
6. Spread the egg out evenly over the surface of the pan, stop stirring and let it set over low heat (stop stirring when the egg mix spreads out and solidifies into a smooth omelette, without turning brown). Don't cook the eggs too long, or they tend to go rubbery. About 1/2 minute per side is enough.
7. When the edges of the omelette turn light and opaque, fold these over into itself, tilt the pan and lightly tap the handle so that the omelette comes off the pan.
8. Roll the omelette using a *khunti* (spatula) and place on a serving dish, seam-side down. Slice the omelette into two and serve.



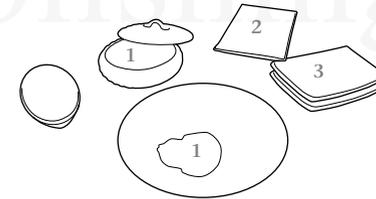
*Morich Mangso* ❁ CHILLI CHEVON (PAGE 20)

*Jamai Shasthi*



1. DOODH AAM BHAT 🌿 FRESH MANGOES WITH WARM MILK (PAGE 27)
2. KATLA MOORIGHONTO 🌿 FISH HEAD COOKED WITH LENTILS (PAGE 29)
3. RUI BHAJA 🌿 DEEP FRIED ROHU FISH (PAGE 27)
4. ACHOR DOI 🌿 GREEN JACKFRUIT IN YOGURT GRAVY (PAGE 26)
5. RED RICE
6. GOLDA CHINGRI 🌿 PRAWNS IN TOMATO GRAVY (PAGE 28)

*Rainy Day*



1. DESHI KHICHURI 🌿 RICE AND MUNG BEAN DISH (PAGE 42)
2. BAYGOON MOSLA BHAJI 🌿 SPICY SHALLOW FRIED AUBERGINE (PAGE 31)
3. MACHH KAWRA BHAJA 🌿 CRISPY FISH (PAGE 41)



*Machh Kavra Bhaja* 🌿 CRISPY FISH (PAGE 41)