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# WINTER BENGALI DISHES

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## Moong Pakon

Number of yield depends on the size of the design you choose. About 18-20 on average.



### Ingredients:

- 1/2 cup Yellow Moong beans
- 1 cup Rice flour
- 1/2 tsp Cardamom powder
- 1 inch long Cinnamon stick, 2 pieces
- 1 cup Sugar
- 1 tbsp. Canola oil, plus more for frying
- 1/4 tsp Salt

### Method:

Dry roast the yellow moong bean in a sauce pan on high heat. Keep stirring to make sure it does not burn. It is done as soon as it gets a bit of color. Wash with running water.

Take roasted moong in a saucepan. Add 4 cups of water, salt, 1 tbsp. of oil, cardamom powder cinnamon sticks and boil until mushy, about an hour, faster if you use a pressure cooker. Discard the cinnamon sticks. Add rice flour and stir with a whisk to fix thoroughly. Turn off the stove and cover the mixture till it cools.

Transfer mixture to a bowl. Knead with oil covered palms to form a smooth dough. Add a sprinkle of rice flour if sticky.

Cut out small balls, the size of a lime. Roll it such it stays about 1/4th inch thick. Refer to the picture above and this video. Draw a design of your choice. Use a tooth pick to accentuate the edges of the design. Using a spatula carefully lift these and collect on a plate. Keep them covered.

Take canola oil, an inch deep in a nonstick frying pan on medium heat. Carefully fry the Pithas till golden brown, gently turning once. Drain them on a kitchen towel.

**Syrup:** Cook the sugar with 3/4th cup water on high heat. Make a syrup with one string consistency. Soak the Pithas carefully in syrup, turn once and remove.

Enjoy!

Recipe from: Indian Simmer, <http://www.indiansimmer.com/2016/06/moong-pakon-pitha-indian-simmer.html>

## Pathisapta Pitha

### Filling Ingredients:

2 tbsp ghee  
2 tbsp chickpea flour  
1 tub ricotta cheese  
1 quart half-and-half  
2 tbsp rice flour  
2 tbsp ground pistachio  
10 pods cardamom, ground  
2 tbsp date sugar  
4 tbsp sugar

### Method:

Pour ghee in a pan and fry chick pea flour until it light brown. In another pan mix the rest of the ingredients and continuously stir for an hour until it becomes semisolid. Then add the rice and chick pea flour to make it a firm consistency. Then it will be ready for filling

### Wrapper Ingredients:

1 cup rice flour  
1 cup all-purpose flour  
2 tbsp. of corn starch  
A pinch of salt  
1 tsp sugar  
½ liter lukewarm water  
2 tbsp oil

### Method:

Mix all together and allow them to sit for an hour

Heat nonstick frying pan. Soak a brush with oil and spread over the frying pan. Take one big spoon of batter and pour on the frying pan. Then spread out holding the handle of pan. When the bottom layer get brownish it will be done. Then add the filling in the wrapper and wrap it

## Rice with Ghee and lime

### Ingredients:

1 cup basmati rice  
2 cups water  
½ tsp ghee  
½ tsp lime juice  
A pinch of salt

### Method:

Boil water and add rice. When the rice gets tender, add salt, ghee, and lime juice.

## Chickpea Curry

This is a very good option for vegans. It has a unique salty and sour taste and can be eaten alone or with rice or naan

### Ingredients:

1 cup canned chickpeas  
(garbanzo beans) /kabuli  
chana  
1 onion, chopped  
2 clove of garlic sliced  
1 can diced tomato  
1/2 tsp whole cumin seeds  
toasted and then ground  
Additional 1/2 tsp ground  
cumin  
A pinch turmeric powder  
A pinch red chili powder  
1/2 tsp ginger powder  
2 red potato, boiled and  
mashed  
2 tbsp tamarind juice  
Brown sugar or sugar, a pinch  
Salt to taste  
1/2 bunch cilantro, finely  
chopped  
1 lime, sliced

### Method:

Heat oil in deep frying pan, add onion and sauté until it become translucent. Then add garlic slices and fry them until it is golden brown

Add ginger powder and sauté 1 min.

Add can tomato, remaining spices, brown sugar and salt. Cook until oil begins to separate.

Add mashed potatoes, and chickpeas.

Cook on high heat for 3-4 mins. Lower heat and simmer for 2-3 mins.

Garnish with cilantro and tamarind juice

## Fried Eggplant

### Ingredients:

Eggplant  
Turmeric  
Salt  
Sugar  
Red chili  
Vegetable oil

### Method:

Cut one eggplant in a specific size.

Add a pinch of turmeric, salt. Sugar and red chili and rub it for a min

Set it aside for 5 mins and then pan fry or deep fry in oil.