

Bengali Fried Bread and Paneer Curry

Luchi

Ingredients:

1 cup of all-purpose flour
Canola oil
Water

Directions:

1. Make dough by mixing 1 cup of all-purpose flour and 1 tbsp. of canola oil and add water, little by little
2. Divide the dough into 8 small balls
3. Make it flat by pressing with a roller and then deep fry



Alur, Paneer and motor

Ingredients:

40 tiny baby potatoes (boiled and peeled)
1 onion, sliced
¼ cup finely chopped cilantro leaves
½ tsp of ginger paste
6 garlic cloves sliced
1 tbsp toasted cashews crushed
2 dried red chilies
1/2 tsp cumin powder
2 green chilli
½ tsp of whole cumin toasted and ground
8 pods cardamom crushed
A pinch of turmeric
2 tbsp cooking oil
2 tbsp of ghee
Salt to taste
1 paneer package, cut in small cubes
1 cup sweet pea



Directions:

1. Fry chopped onion 5 mins, until it becomes golden brown. Remove half of it from the skillet and put it aside.
2. Add sliced garlic and stir fry for a min to allow it to release its flavor
3. Then add all of the spices and stir for 2 mins.
4. Fry peeled potatoes in a separate skillet for 3 to 4 mins until the color becomes a bit brownish. Then mix the spices with the fried potato and add the paneer.
5. Finally, garnish with crushed cashew and chopped cilantro and ghee.
6. Now it is ready to eat!

Mango Lassi

Ingredients:

1 can of mango pulp
1 tub whole milk plain yogurt
A pinch salt
1 tbsp of brown sugar or sugar
1 lime (juice)
Few mint leaves
2 cup water

Directions:

1. Blend mint leaves and water, then you will get a nice green color
2. After that, add the remaining ingredients to make fresh and delicious mango lassi.

