

Bengali Pitha and Sides

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CHOTTPOTI

Ingredients

1 cup dried sweet pea (soaked in water overnight)	2 bay leaves (tej patta)
1 mashed red potato, with skin	½ tsp cumin powder
2 hard-boiled eggs, sliced	A pinch of red chili powder
1 medium onion, chopped	A pinch of turmeric powder
1 tomato, chopped	A pinch of brown sugar
6 cloves garlic, sliced	Salt to taste
½ bunch of green onion	1 tbsp cooking oil (canola or olive oil)
½ bunch cilantro	½ tsp ginger paste
1 green chili	4 tsp of tamarind juice
	1 tsp cumin seeds (dry roasted & ground)

Steps

1. Soak the dried sweet peas in water overnight, then boil them with 2 cups of water for 30 mins
2. Heat oil in a pan & sauté onion until it is light brown, and then add the sliced garlic and fry until it turns golden and releases a wonderful aroma. Then add bay leaf, ginger paste, and other spices and sauté for a minute.
3. Add tomato paste and the rest of the spices and salt. Cook until oil begins to separate.
4. Add the mashed potato along with the boiled sweet peas. Boil on a high heat for 3 to 4 mins. Lower heat and simmer for 2-3 mins. Cook until you get the desired gravy consistency.
5. Garnish with finely chopped green onion and green chili, cilantro, sliced egg, chopped tomato, and tamarind juice.

MANGO LASSHI

Ingredients

Canned mango pulp*
Plain yogurt*
Water*
A pinch salt
1 tbsp brown sugar
1 lime (juice)
A few leaves of mint
**Use equal amounts of mango, yogurt, and water. 1-2 cups of each is suggested.*

Steps

Blend all together to make fresh and delicious mango lassi



BENGALI PATISHAPTA PITHA (PIE)

FOR THE FILLING

Ingredients

1 tub ricotta cheese
1 can sweetened condensed milk
2 tsp sugar
6 tsp rice flour
2 tsp ghee
1 shredded coconut
10 pods of cardamom, freshly ground

Steps

Fry rice flour in a dry pan until it is light brown. Mix the ingredients all together and put it on stove on medium low heat and stir continuously for an hour until it is semisolid.

When it is sticky and semisolid, it is ready as a filling

FOR THE WRAPPER

Ingredients

1/2 lb rice flour
1/2 lb all-purpose flour
A pinch of salt
1 tsp sugar
2 eggs
1/2 liter lukewarm water
1 cup oil or butter

Steps

Mix the ingredients together and allow them to sit for 1/2 hour. Heat a nonstick frying pan. Soak a brush with oil or butter and brush the frying pan. Take one big spoon of batter and pour on the hot frying pan. Immediately rotate the pan to spread the batter evenly over the pan. When the bottom layer get brownish it will be done. Then put the filling inside and wrap it.