

LIGHT BANGLADESHI DISHES

PATISHAPTA PITHA

FOR THE FILLING

1 tub of ricotta cheese
1 quart half and half milk
2 tsp rice flour
2 tsp of chickpea flour
2 tsp ghee
2 tbsp of shredded coconut
10 pods cardamom freshly ground

Pour ghee in a pan and fry chick pea and rice flour until they are golden brown. Mix all the ingredients together and put it on stove 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

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

Mix the ingredients together and allow them to sit for 1/2 hour.

Heat a 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 by holding the handle. When the bottom layer get brownish it will be done. Then put the filling in the wrapper and wrap it.

RICE WITH GHEE

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

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

CHICKPEAS CURRY

1 can chickpeas	salt to taste
1 onion, chopped	1 tbsp cooking oil
6 garlic cloves, sliced	½ tsp ginger paste
a pinch of brown sugar	1 mashed red potato
2 bay leaf (tej patta)	4 tsp of tamarind juice
½ tsp cumin powder	1 tsp whole cumin seeds (dry roasted & ground)
a pinch of red chili powder	1 small can of tomato paste
a pinch of turmeric powder	1/2 bunch cilantro finely chopped

Heat oil in a pan & sauté onion until it is light brown, then add sliced garlic and fry until it is golden color.

Add bay leaf and ginger paste and sauté for a minute.

Add tomato paste and the rest of the spices and salt. Cook until oil begins to separate.

Add the mashed potato and chickpeas. 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. Garnish with finely chopped cilantro and tamarind juice

SHRIMP VAPAY

1 lb shrimp
2 finely chopped shallot
2 green chilies, chopped
1/2 tsp of ground cumin
1 tsp of toasted and ground cumin
6 crushed cardamom
1/4 can of coconut milk
1 tsp of toasted and ground mustard seed
1/2 bunch of chopped cilantro for garnish
2 tbsp of cooking oil
1/2 tsp of ginger paste
salt to taste

Fry shallot in oil until it is golden brown. Mix everything together except chopped cilantro. Then put in a closed stainless box.

Boil water in a big pot and allow the shrimp box to boil for 45 mins. To keep the box from moving around in the pot, put some weight on top of it.