

## **Bengali Cooking class at International Center - September 9<sup>th</sup> 2018**

Mahabuba Akhter

### **Polou with ghee (clarified butter) and cardamom**

#### Ingredients:

4 cups of water  
2 cups Basmati rice  
1 tbsp. ghee  
2 tsp of oil  
1 onion sliced  
4 green chilies  
1 stick on cinnamon  
6 cardamom pods  
2 bay leafs  
1 tsp fresh lime juice  
A pinch of salt  
1 tbsp of golden raisin  
A pinch of sugar  
½ cup of coconut milk

#### Directions:

Fry onion until it is golden brown with oil, then add golden raisin to fry for a min and put it aside. In a 3 quart-pot, bring water to boil. Wash basmati rice and add all spices fry in oil for at least 5 mins in medium heat and add hot water. Allow to boil for 5 mins. Cover pan and turn the heat to low for 5 mins. When the rice become almost tender then add coconut milk and allow to get cook for 3 to 4 mins. Then, add ghee and lime juice to make it flavorful. This will give a nice texture as well garnish with fried onion

### **Chicken curry**

#### Ingredients:

1 whole chicken make 10 to 12 pieces  
1 onion chopped  
6 garlic pods dry toasted and pilled  
A pinch of turmeric  
A pinch of red chili  
1 tsp of ground cumin  
1 tsp of ginger paste  
1 tsp of roasted and ground cumin

¼ tsp of crushed cardamom  
2 tsp of cooking oil  
Salt to taste  
10 whole black pepper

Directions:

Marinate chicken with all ground and paste spices for 1 hour. Then fry onion in oil until it is golden brown. Then add marinated chicken and cook for 7 mins in high heat. When spices seems to be fried and oil part get separated from spices then turn heat low and allow to cook for 10 mins. When meat become tender then you can add little water to make thick curry. This is delicious chicken curry.

**Cucumber and tomato salad**

Ingredients:

Cucumber 1  
Mango 1  
Tomato 1  
Lime 1  
Cilantro few leaves  
½ bunch green onion  
Salt a pinch  
Black paper  
Green chili 1  
Olive oil 1 tsp

Directions:

Slice all of them and mix together

**Mango Lassi**

Ingredients:

1 can of mango pulp  
1 tub of plain Yogurt  
1 tub of water  
6 leaves of mint  
1 tbsp. of lime juice  
1 tbsp. of brown sugar or sugar  
A pinch of salt

Directions:

Blend all together.

## **Eggplant fry**

### Ingredients:

1 Eggplant slice ½ inch size  
A pinch of turmeric  
A pinch of red chili  
Salt to taste  
A pinch of sugar  
Cooking oil, 2 table spoons

### Directions:

Rub all spices on eggplant and let it sit for 5 mins. Then pan fry all slices with cooking oil until it become tender. Easy to make still it is delicious

## **Egg curry with coconut milk**

### Ingredients

8 Eggs boiled and peeled  
1 onion sliced  
4 cloves of garlic toasted and peeled  
1 green chili  
1 can of coconut milk  
8 pods of cardamom crushed  
½ tsp of cumin  
½ tsp of ginger paste  
A pinch of turmeric  
A pinch of red chili  
Cooking oil 2 tbsp.  
½ bunch of cilantro chopped

### Directions:

Superficially slice all egg and rub with salt turmeric and chili. Then fry on cooking oil for couple of mins. Then fry onion until it is golden brown and add all spices and let it cook for 3 to 4 mins. Then add coconut milk. When it makes think gravy then add all fried egg. Then garnish with chopped cilantro.