



Rownak Jahan was born In Bangladesh, currently living in Gold Coast, Queensland Australia. Love to cook, read and learn new recipes, talk about food and teach cooking. She blogs at Bengali Recipes and also guest blog at many cooking blogs for couple of years. She loves the vastness of Bangladeshi cooking and wants to introduce Bangladeshi great traditional food culture to the world. Rownak is an artist of texture and flavour, her cooking has the depth and she is trying her best to make it easy to follow for the reader.

Hilsa in Pumpkin leaves / Ilish Paturi

Prep Time: 15 minutes
Cook time: 22 minutes

Ingredients:

- 6 Hilsa steaks
- 12 pumpkin leaves
- ¼ teaspoon turmeric powder
- 1 large onion chopped
- 4 green chillies chopped
- 3 tablespoon hot English mustard paste
- 1 tablespoon poppy seed paste (optional)
- 4 tablespoon oil
- Salt to taste
- 6 toothpicks



Hilsa in Pumpkin leaves

Preparation:

Mix onion, chillies, turmeric, mustard, poppy seed, 1 tablespoon oil and salt together. Clean the leaves and hilsa. Add the paste mix to hilsa and wrap with 2 pumpkin leaves each fish. Secure it with toothpick. Heat the pan

with rest of oil on medium and place the wrapped fishes. Need to cook about 20 minute under closed lid and add 2 tablespoons water after every 5 minutes. Don't forget to flip them. Serve hot Hilsa in pumpkin leaves / ilish paturi with rice.



Rui Macher Tok

Chingri Shutki Bhorta/ Spicy Dry Prawn Mash

Prep Time: 20 minutes
Cook time: 2 minutes
Yield: Serve:6-8

Ingredients:

- 120 gram dry small prawn
- 2 medium sliced onion
- 2 tablespoon thin sliced garlic
- 2 green chillies chopped
- 3-4 dry chillies
- 2 teaspoon thin sliced onion
- 1 tablespoon chopped coriander leaves
- 2 tablespoon mustard oil
- 2 tablespoon oil
- Salt to taste

Preparation:

Roast the prawn and make it powder. Fry dry chillies in oil and keep aside. In same oil fry 2 sliced medium onions till it becomes golden brown and keep aside. In same oil fry garlic and keep aside. Now mix all things together with mustard oil. Serve chingri shutki bhorta/ Spicy dry



Chicken breast with Pui Shaker Jhol

prawn mash with hot rice.

Rui Macher Tok

Ingredients:

- 300 gram Ruhi fish
- 4 medium tomato (cut into 8 pieces)
- ½ medium onion sliced
- ¼ teaspoon turmeric powder
- 1 and ½ teaspoons chilli powder
- 1 tablespoon onion paste
- 1 teaspoon chopped garlic
- 1 bay leaf
- 2 green chillies chopped (optional)
- 1 tablespoon chopped coriander leaves
- ½ teaspoon roasted cumin
- 3 tablespoon oil
- Salt to taste

Preparation:

Heat the pan with oil on medium high and add sliced onion. Fry onion till it becomes transparent and adds bay leaf, garlic, chilli powder, turmeric, onion paste and salt. Cook it till oil is separated and add ruhi fish pieces.



Dhone Patay Murgi Bhuna

Cook about 2-3 minutes and add about green chilli, 2 cups of water and tomato. Cook about 10 minutes under closed lid or till fish becomes tender. Check the salt and add cumin powder and coriander leaves. Remove from heat. Serve Rui macher tok/ sour Ruhi fish hot with rice.

Chicken breast with Pui Shaker Jhol

Prep Time: 12 minutes
Cook time: 15 minutes
Yield: Serve: 4

Ingredients:

- 500 grams Indian spinach
- 150 grams chicken breast
- ½ medium onion sliced
- 2 tablespoon coconut cream or ½ cup milk
- ¼ turmeric powder
- 3-4 green chillies sliced
- 1 bay leaf
- 2 tablespoon oil
- ½ teaspoon sugar(optional)
- Salt to taste

Preparation:

Remove the leaf from stem and cut stem into 1.5" pieces. Wash leaf and stem thoroughly and drain the water. Cut the breast into small pieces. Heat the pan with oil and add onion and fry onion till it becomes transparent. Add the chicken breast and bay leaf, when it changes the colour; add coconut cream, green chillies, turmeric salt. When oil is separated, add Indian spinach pieces with 1/2 cup water and cook it till it becomes tender. Check the salt and add the sugar. Remove from

the stove. Serve Indian spinach with chicken breast / pui shaker jhol with rice.

Coriander Chicken/ Dhone Patay Murgi Bhuna

Ingredients:

- 1 chicken curry cut(size 10)
- 2 tablespoon onion paste
- 1 tablespoon ginger paste
- 1 tablespoon garlic
- 2 tablespoon yogurt
- ½ teaspoon turmeric powder
- ½ teaspoon coriander powder
- ½ teaspoon cumin
- 1 bay leaf
- 1 teaspoon sugar
- 1/2 cup fresh coriander leaves chopped
- Salt to taste
- 4 tablespoon oil

Preparation:

Mix 1 teaspoon salt and turmeric with chicken pieces. Fry chicken pieces till it becomes brown and keep aside. Add cumin in same oil. When cumin starts crackle, add rest of spices and yogurt except coriander leaves and sugar and cook it till oil is separated. Add chicken and 1 cup water and cook it till chicken becomes tender. Add coriander leaves and sugar. Stir it and remove from stove. Serve Coriander chicken/ Dhone patay murgi bhuna with rice, polau, paratha or roti.

Luchi

Prep Time: 10 minutes
Cook time: 20 minutes
Yield: Make: 12-14

Ingredients:

- 1 and ½ cup flour
- 3 tablespoon purified butter/ oil
- Salt
- Oil for deep fry



Luchi



Coriander Chutney

Preparation:

Dissolve the salt in water and mix flour and purified butter. Then add salt water. Make smooth, soft but pliable dough and keep aside 10 minutes.(I like food to use processor for kneading). Heat the pan with oil and divide dough into 12-14 balls. Roll each ball, don't make thin.(some of us likes to roll in loose flour but luchi dough has oil in it so it is easy to roll). When oil is ready, place flat bread in oil and when it puffed up, turn it over. After 30-45 second remove it from oil (keep it white) and repeat the process with rest of balls. Serve hot luchi with meat curry/ lentil / Hari kabab/ mixed vegetables.

Coriander Chutney/ Dhone Patar Chutney /Dhone Pata Bhorta

Ingredients:

- 50 grams coriander
- 6 clove garlic
- 4-6 green chillies
- 1 tablespoon tamarind paste/



Falooda

- 1 tablespoon lemon juice (optional)
- 1 tablespoon mustard oil
- Salt to taste

Sondesh

Ingredients:

- 1 litre milk
- 2 tablespoon vinegar
- ¼ teaspoon cardamom powder
- 1 cup sugar
- Also needs strainer/ cheese cloth and baking paper.

Preparation of Chhana/ Chenna

Heat the milk and bring it to boil. Remove the milk from heat and add vinegar. Stir gently until white curd forms and separates from whey. Strain the milk, you will get the curd. The curd is called chhana/ chenna. Wash the hot curd properly under cold running

water. It is easy to put strainer under running tap. We get home made cheese.

Main Preparation

Heat the pan with sugar and 1/3 cup water. When sugar melts and becomes 2 thread consistency, add chhana/ homemade cheese and cardamom powder. Stir it and keep it crumbly. When it cooperates well, remove from heat. Put like small portions on the baking paper by using spoon and let these cool down. When there cool down, take 2 of them and press little bit. It will stick together. Repeat the process with rest of them. Enjoy sondesh and make your life sweet.

Falooda / Faluda

Prep Time: 15 minutes
Cook time: 5 minutes
Yield: Serve: 2

Ingredients:

- 1 and ½ cup milk
- 2 tablespoon seed tapioca/ tapioca pearls/ sago
- 3 tablespoon sugar
- 1/8 teaspoon cardamom powder
- ¼ banana thinly sliced
- 1 cherry sliced
- 6-8 grapes cut from centre
- ¼ apple thinly sliced
- 2 scoops ice cream(mango flavour)
- 1 tablespoon honey

Preparation:

Soak seed tapioca in milk at least 15 minutes. Cook milk with cardamom powder till seed tapioca becomes tender and add sugar. When sugar dissolves, remove from heat and let it cool down. Put it into refrigerator. Take the serving bowl (I prefer ice cream bowl for Falooda) and first add seed tapioca. Add half of all fruits and on the top of fruits add 1 spoon ice cream. Spread 1 spoon honey and put half cherry on the top. Repeat the process for next one. Serve chilled falooda /faluda right away.



Sondesh

Recipe & Photography by **Rownak Jahan**