

# Saradiya Rannabati

2010



Cook Like a Bong  
Master the Art of Bengali Cuisine

<http://bengalicuisine.net>



**Thanks for downloading this E-Book. We are Sudeshna and Kalyan, the people behind the Bengali Cuisine blog [Cook Like a Bong](#).** Sudeshna is the Chef and Kalyan is the webmaster. Lets talk a little about the people behind this eBook and how can this eBook help you make your festive season more enjoyable. Bon Appetit!

**Saradiya Rannabati 2010** is a collection of the traditional and trendy Bengali recipes from our website and from other generous contributors.

**Sudeshna** is an ardent lover of food and photography and believes in spreading the aroma of *Bangali Ranna*. Between attending her M.Tech lectures, presenting BioTech papers and talking on phone, she dishes out traditional and trendy Bengali recipes from her *Heshel*.

**Kalyan** helps Sudeshna build Cook Like a Bong's online presence. He is IIT Roorkee '06 Alum, a Technical Consultant to Law Firms in IP Litigation and Web 2.0 geek. Between all this, he frequently sneaks out for his trysts with Beaches, History and Woods and [blogs about them](#).

## Sharodotsav

What does the word *Saradiya* ( or *Sharadiya*) mean to you?

Surely, you would identify with the several connotations of the word beyond its literal meaning (*that which comes in the Autumn*). Hymns by Birendra Kishore Bhadra on All India Radio, the great homecoming (Bongs flock from all parts of the country/elsewhere to their hometown), the annual shopping frenzy (what are you wearing on Saptami? On Nabami evening?), *Sharod* publications (Patrika, Bartaman, Anandalok take your pick), the three eyed *Ma Durga* with her *Pangopal*, the *Kash ful* dancing to the tunes of the fluttering breeze, the hair raising yet rhythmic beat of the traditional *Dhak*, the exquisite *Pandals* and the teeming millions, the egg-roll stalls (and your diet regime goes for a toss!), *Akalbodhan*, *Khain*, *Bisarjan* ...

Ladies and Gentlemen, please give a warm welcome to the **Carnival of the Year!**

This Festive Season, [Cook Like a Bong](#) brings to you a collection of 26 traditional and trendy Bengali recipes. Do what you like, go anywhere you want, eat whatever you can lay your hands on.

## What's on the Menu?

A collection of authentic Bengali recipes including fries, side dishes, main course and sweets and desserts from the BengaliCuisine kitchen and also from five different contributors. Unfold the secrets of the famous Kolkata phuchka. Know how to cook the brilliant looking Basanti pulao. Don't miss the Chingri Bhapa, Doi Posto Ilish or the mouthwatering Misti Doi. End the fare with Anaroshor Chutney or Aamer Morobba.

Salivating already? Without wait, pounce on the delicacies.



## Many Thanks to ...

Thanks to all the readers of [Cook Like a Bong](#), whose repeat visits to the website keep its traffic stats healthy. Kudos to the 2500+ strong community at [Cook like a Bong's Facebook Page](#) - your discussions help everyone appreciate the myriad variations of *Bangali Ranna*. Special thanks to Jeet Saikia for designing the cover page of this e-book and to all our eBook recipe contributors.

## Our Contributors:



**Debjani Chaudhuri** – Debjani is a home maker by choice and a gourmet by passion. She had been a teacher in a leading private school in Kolkata. She loves to cook for her family and indulge in cuisines of every corner of the country, wherever she travels. Cooking is like a stress-buster to her. She finds it relaxing and sometimes therapeutic too. According to her, one should take cooking as a passion, rather than a chore, and not as a means to an everyday end. Debjani is a regular contributor at [Cook Like a Bong FaceBook page](#).



**Kalyan Karmakar** – Bengali by birth. Foodie by religion. Market researcher by profession. Gourmet by passion. He loves to grill chicken drumsticks and every new restaurant in town. And though he will never openly admit it, he happens to be his own favorite chef. In between devouring chocolate, cheese, chicken, fish, ham, pork, mutton and beef, Kalyan squeezes out some time to write about it. On a lazy Sunday, you can find him at his pet food joints or at the fish market. Kalyan blogs at [Finely Chopped](#).



**Indrani Dhar** – Indrani is a stay-at-home bong mom of 3 kids, a passionate food blogger who has another passion for any kind of art especially drawing and paintings. She loves Music and travelling a lot. After living in Europe and USA, she is currently living in Singapore with a wonderful loving family. Indrani blogs about food at her blog, [Appayan](#).



**Rituparna Sen** – Rituparna is currently pursuing Masters in Biotechnology. Being a true Bengali she is an avid food lover. Cooking is her passion. She picks up every available opportunity to prepare new dishes to surprise her family and friends. She always keeps it in mind - “A way to a man’s heart is through his stomach”.



**Sreeparna Samanta** – Sreeparna always wondered about the magic of cooking food. The smell from her mother’s kitchen compelled her to love this age old art. A Masters student, she likes to help her mom with her cooking.



# Cook Like a bong

*Master the Art of Bengali Cuisine*

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## Phuchka

By [Sudeshna Banerjee](#)



### Ingredients:

20 *Phuchka balls*  
2 large *Potatoes*  
2 tablespoons of soaked whole *Bengal gram*  
4 finely chopped *Green chili*  
1 teaspoon of roasted *Cumin* and then grinded  
1 teaspoon *Lemon juice*  
2 tablespoon chopped *Cilantro*  
4 tablespoon *Tamarind pulp*  
*Salt to taste*



### Preparation:

- Boil the potatoes with the skin on, peel off after boiling and mash properly so that no lumps remain
- Add soaked Bengal gram green chili, cumin powder, lemon juice, one tablespoon of cilantro to the mashed potato and mix well
- Take the tamarind pulp in a big bowl and add 2 cups of water to it with salt and the rest of the cilantro, mix well
- Add 2 tablespoon of the tamarind water to the mashed potatoes and keep the rest aside
- Break just the upper part of one phuchka ball and put in one teaspoon of the filling, fill the other balls also similarly
- Serve with the rest of the tamarind water

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## Loitty Vada

By [Sudeshna Banerjee](#)



### Ingredients:

½ kg cut and cleaned *Bombay duck*  
2 medium sized *Onion*, julienned  
3-4 *Green chili*, chopped into small pieces  
½ cup *Gram flour*  
2 teaspoon *Poppy seed*  
1 tablespoon *Rice Flour*  
*Vegetable Oil* for frying  
*Salt* to taste



### Preparation:

- Boil water and steam the fishes till gently tender, transfer in a colander so that all the water gets drained out
- Mix all the ingredients excepting the oil to a large bowl and make small fritter
- Fry the fritters in shallow oil till both sides turn brown
- Drain out the excess oil from the fritters with kitchen paper
- Serve hot with sauce or with [rice and dal](#)

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## Macher Dimer Vada

By [Sudeshna Banerjee](#)



### Ingredients:

100gms *Rohu roe*  
1 tablespoon *Wheat Flour*  
1 medium size *Onion*  
2 *Green chilies*, chopped  
1 teaspoon *Mustard oil*  
1 teaspoon *Rice*  
½ teaspoon *Turmeric powder*  
*Sunflower oil* for deep frying  
*Salt* to taste



### Preparation:

- Chop the onions finely and mix with the mustard oil, keep for 5 minutes for the onions to soften
- Add all the ingredients excepting the sunflower oil to the softened onions and mix well. If required add little more flour to make the mixture firm
- Make small flattened balls of the mixture
- Heat oil in a wok or frying pan and deep fry the balls till cooked properly. Try putting a fork through the balls; if it comes out clean, the vada is fried.
- Take out of flame and place on a kitchen paper to soak out the excess oil
- Serve with tomato sauce and onions or also use it as an accompaniment with rice and dal.

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# Shukto

By [Sudeshna Banerjee](#)



## Ingredients:

1 medium *Aubergine*  
5 -6 *French Beans*  
2 medium sized *Bitter gourd*  
100gm *Pumpkin*  
2 medium sized *Potatoes*  
1 *Ridge gourd*  
1 tablespoon *Mustard seed*  
2 *Drumsticks*, cut into three inch lengths  
2 tablespoon *Raw rice*, coarsely made into paste  
½ teaspoon *Turmeric powder*  
1 teaspoon *Ginger paste*  
2 tablespoon *Mustard paste*  
4 tablespoon *Mustard oil*



## Preparation:

- Dice the vegetables into even size pieces.
- Heat 3 tablespoon of oil in a wok, throw in the mustard seeds and grinded rice
- Add all the vegetables as the mustard seeds start popping
- Mix the oil well with the vegetables and let it cook in low flame under cover
- Take out the cover when the vegetables are half done, pour in little water (about half cup), ginger and mustard paste, turmeric powder; mix well
- Cook for about 5 min or till the vegetables are well cooked
- Pour in the rest of the mustard oil and take out of flame
- Shukto tastes best with warm white rice

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## Cholar Dal

By [Sudeshna Banerjee](#)



### Ingredients:

- 1 cup *Bengal gram*
- ½ cup Coconut, cut into very small pieces
- 2 tablespoon *Ginger paste*
- 1 teaspoon *Turmeric Powder*
- 1 tablespoon *Chili powder*
- 1 tablespoon *Coriander powder*
- 1 tablespoon *Sugar*
- 3- 4 Red chili
- 3 tablespoon *Mustard oil*
- 1 tablespoon *Clarified butter*



### Preparation:

- Soak the pulses for half-an-hour before preparing
- Put the soaked pulses along with salt in a pressure cooker with ample water so that the dhal remains 1cm below the water level, cook till three whistles of the pressure cooker
- Take out of flame, let the pressure cooker cool
- Open the lid, add ginger paste, cumin, turmeric, coriander, chili powder, sugar – mix well with the cholar dal
- Heat oil in a heavy bottom wok and fry the coconut pieces till brownish, take out and keep aside
- In the same heated oil add the chilies and fry till then turn a darker shade of red, pour in the boiled dal, pour in little more water if required
- Cook till the dal attains the desired consistency, pour in the ghee if using
- Garnish with the fried coconut pieces, serve warm with puri or luchi

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## Chal Diye Alu Dum

By [Sudeshna Banerjee](#)



### Ingredients:

½ kg *Baby Potato*  
2 tablespoon *Small grain rice*, soaked  
for an hour  
1 ½ teaspoon *Cumin powder*  
1 teaspoon *Cumin seeds*  
1-2 *Bay leaf*  
1 teaspoon *Sugar*  
1 teaspoon *Red chili powder*  
1 tablespoon *Clarified butter*  
3 tablespoon *Sunflower or vegetable oil*  
½ teaspoon *Garam masala*



### Preparation:

- Peel off the potatoes and half boil them
- Grind the soaked rice to a rough paste
- Heat oil in a wok and fry the boiled potatoes till the upper layer changes color
- Take the potatoes out of flame and keep aside
- In the left out oil put in the whole cumin seeds, cinnamon, cardamon, cloves, bay leaf, sugar and sauté
- Put in the potatoes and mix well with the whole spices
- In a small bowl assemble cumin powder, chili powder, turmeric powder, ginger paste and add 3-4 tablespoons of water to make a runny paste, add this to the potatoes along with the grinded rice and stir well to mix the spices well with the potatoes
- Sprinkle salt and add 1 ½ -2 cups of water and cook covered for 8-10 mins, or till the potatoes are cooked entirely
- Pour the clarified butter and garam masala and take out of flame
- Serve hot with paratha or roti

## Dhoka

By [Sudeshna Banerjee](#)



### Ingredients:

160gms Bengal gram  
40gms Matar dal  
1 teaspoon Kalonji  
½ teaspoons Cumin  
¾ teaspoons Turmeric powder  
1 teaspoon Chili powder  
1 ½ teaspoons Mustard oil  
Salt to taste



### Preparation:

#### *For the Dhoka:*

- Grind both the pulses together in a powder. Grind it well so that it becomes absolutely powdery.
- Alternately you can also soak the pulses for about 2 to 3 hours and then make a paste of the soaked pulses.
- Add salt, ½ teaspoons each of turmeric powder, ½ chili powder, and 1 teaspoon of kalonji.
- If you have dry grinded the pulses then add water and make thick dough. Keep it for 20 to 30 minutes.
- Heat ½ teaspoons of oil in an wok. Add the

dough and toss for 2 to 3 minutes or till the dough become quite dry.

- Spread the tossed dough over a plate with almost an inch depth. Cut it into small diamond shapes. The dhoka is now ready to fry.
- Heat oil in a frying pan and fry the dhokas till they get hard and the inside also gets cooked. You can prick them with a knife. If the knife comes out with sticking, then the inside is also cooked.

#### *For the Dalna:*

- Heat oil in a wok. Fry the potatoes till they are golden brown.
- Add the cumin seeds to it along with turmeric and chili powder.
- Pour in water and salt.
- Now cook till the gravy thickens and the potatoes are cooked well.
- Carefully drop the dhokas and just boil for 2 minutes in low flame. Do not toss else the dhokas will break.

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## Mochar Ghanto

By [Sudeshna Banerjee](#)



### Ingredients:

- 1 medium size *Banana Flower*
- 2 medium sizes *Potato*
- ½ teaspoon *Turmeric Powder*
- 1 teaspoon *Chili Powder*
- 1 teaspoon *Cumin Powder*
- ½ teaspoon *Garam Masala Powder*
- 1 teaspoon *Clarified Butter*
- 1 tablespoon *Mustard oil*



### Preparation:

- Take out each flower from the inflorescence and cut off the anther from it.
- Chop the flowers very finely
- Put all the chopped flowers in a deep pan and pour in water till it is fully under water
- Get it to boil and drain of the water, keep the chopped flowers aside.
- Heat the oil in a wok and fry the potatoes till tender. Take out the potatoes and keep separately.
- To the left over oil add the spices except ghee and garam masala, fry for 30 seconds.
- Throw in the boiled flowers and mix the spices well with it.
- Add the potatoes and pour in some water for the vegetables to get cooked constantly.
- Simmer the flame and stir it often so that it doesn't stick to the bottom of the pan.
- Add extra water if it is not cooked properly
- Just before taking it out of the flame sprinkle garam masala powder and ghee; mix well.

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## Macher Matha Diye Pui Saag

By [Sudeshna Banerjee](#)



### Ingredients:

2 feet long stem with leaves of *Malabar spinach*  
100gms *Pumpkin*, cut into medium size dices  
2 *Potatoes* cut into medium size dices  
1 Fish head  
1 teaspoon *Panch Phoron*  
1 medium size *Onion*, cut thinly  
1 teaspoon *Garlic paste*  
1 teaspoon *Chili powder*  
½ teaspoon *Turmeric powder*  
1 teaspoon *Cumin seeds*  
6 tablespoon *Mustard Oil*  
*Salt* to taste



### Preparation:

- Chop off the leaves from the Malabar spinach stem, chop the leaves into halves, and cut the stems into 2 inch long sizes and slit longitudinally
- Heat 3 tablespoons of oil in a wok and fry the fish head, smash it into pieces, keep aside
- Heat the rest of the oil and pour in the panch phoron and onions, sauté till the onions become light brown.
- Add the vegetables and garlic paste, chili powder and cumin, toss for 5 mins
- Add half-cup of water and cook until the vegetables are half cooked
- Put in the leaves and stems of the Malabar spinach and cook till the leaves are soft
- Add the fried fish head and cook for 5 more mins, and take out of flame

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## Bhapa Chingri

By [Sudeshna Banerjee](#)



### Ingredients:

½ kg *Tiger Prawns*, cleaned and deveined  
5 tablespoons *Mustard seed*,  
ground with 1 tablespoon water to  
make a smooth paste  
½ teaspoon *Turmeric powder*  
3 tablespoon *Mustard oil*  
5 – 6 *Green chili*  
*Salt* to taste



### Preparation:

- In a heat proof bowl, that has a lid (better to use a steel tiffin box) put all the ingredients together and mix well
- Close the lid and put it in a double boiler (bain marie), cook till the prawns become tender
- Take out and serve with warm rice



## Radhuni Diye Murgi

By [Debjani Chaudhuri](#)



### Ingredients:

½ Kg Chicken  
2 teaspoon Wild Celery  
2 tablespoon Poppy seed paste  
½ liter Milk  
Paste of 2 onions  
2 teaspoon of Ginger Garlic Paste  
Whole Red Chili  
3 – 4 tablespoons of mustard oil  
Salt to taste



### Preparation:

- Marinate the chicken with ginger-garlic and poppy paste
- Heat mustard oil in a wok and put the wild celery
- When the flavour comes out, add the marinated chicken along with the marinade
- Cook covered in slow fire
- Add salt when the chicken is half boiled
- Pour in the milk, mix well
- Add little water if required. Cover again and let it simmer till the chicken becomes tender.
- Serve with rice.

This dish does not require turmeric powder, cumin, coriander powder, or garam masala. It will kill the flavor of wild celery.

*You can find more recipes from Debjani at [Cook Like a Bong Facebook page](#).*

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## Kasha Mangsho

By [Sudeshna Banerjee](#)



### Ingredients:

- 400gm *Mutton*, cut into medium size pieces
- 2 *Potatoes*, peeled and sliced into half
- 2 large *Onion*
- 5 – 6 cloves *Garlic*
- 1 tablespoon *Ginger*
- ½ cup *Sour Curd*
- ½ teaspoon *Turmeric powder*
- 1 teaspoon *Chili powder*



### Preparation:

- Thinly slice one onion, make a paste of the other onion and garlic
- Add the sour curd, onion - garlic paste, ginger paste, chili powder, one tablespoon of mustard oil and salt; mix well
- Add turmeric powder and again mix, keep aside for 50-60min
- In the mean time fry the potatoes till a light brownish layer forms over it
- Heat the rest of the oil in a pressure cooker and add the sliced onions, sauté till golden brown, put in the marinated mutton and simmer till the gravy gets dried up with occasional stirring
- Pour in 3cups of water; close the lid and put on the weight of the pressure cooker. Wait till two whistles
- Transfer the almost cooked mutton to a wok and add the potatoes, cook till the potatoes become soft and the mutton is soft

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## Doi Rui

By [Sudeshna Banerjee](#)



### Ingredients:

1 Kg *Rohu*, cut into medium sized pieces, de-shelled and cleaned  
200gm *Sour Curd*  
3-4 *Green Chilli*  
1 ½ teaspoon *Turmeric powder*  
1 tablespoon *Ginger paste*  
1 ½ teaspoon *Chilli powder*  
4 tablespoon *Mustard oil*  
2 medium sized *Onions*  
*Salt* to taste



### Preparation:

- Mix curd, juice of one onion, ½ tsp ginger, ½ tsp of turmeric and ½ chilli powder in a bowl, add the fish pieces to them and marinate for 15mins.
- Heat mustard oil in a pan. Add the left out onions when the oil becomes hot. Sauté till the onions become golden brown. Add 1 tsp of ginger paste and fry for half a minute.
- Add the marinated fish to the pan add salt, turmeric powder, chili powder, 3 green chilies and let it cook for sometimes. Take care that the pieces do not break. Cool covered.
- Add little water if necessary after 5 -7 mins
- Cook till the fish is tender and serve with warm rice

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## Doi Posto Eelish

By [Kalyan Karmakar](#)



### Ingredients:

6 pieces of *Hilsa*  
50-75gms of *Poppy seeds*  
2 tablespoons *Curd*  
1 teaspoon *Turmeric powder*  
½ teaspoon *Sugar*  
½ teaspoon *Coriander powder*  
½ teaspoon *Cumin powder*  
Few *Coriander leaves*  
*Salt* to taste



### Preparation:

- Smear six pieces of Hilsa with a touch of turmeric and salt.
- Shallow fry and set aside
- Make a paste of all other ingredients
- Add the marinade to the fish in a micro wave cooking bowl. Let the fish soak in the marinade over 15 - 30 min
- Cook the fish in marinade mix for two minutes.
- Switch off. Take out. Gently turn the fish pieces around. Put it back into the micro
- Two more minutes and you are done

# Luchi

By [Sudeshna Banerjee](#)



## Ingredients:

2 cups *all purpose flour*  
1 teaspoon *Carom seeds*  
*Sunflower oil* for deep frying  
½ teaspoon *Salt*  
1 ½ cup *Water*



## Preparation:

- Take the flour in a big bowl, carom seeds, salt and 2 tablespoon of oil
- Mix the ingredients well to form a sandy mixture
- Pour in half the water and knead the dough to almost dry
- Then again pour the other half of water and knead well
- If you feel the dough is not sticking to your palm, then its ready
- Keep the dough for about 40mins covered with a wet muslin cloth
- Divide the dough into 20 small balls, dip half the balls in oil for lubrication and roll the balls to 4-5 inch diameter circles
- Heat oil for frying in a deep wok till smoking hot
- Reduce the flame and slide in the rolled out poori
- Press the luchi, while frying with the back of a slotted spatula (this make se luchi fluffy)
- Take out of flame and place in a colander to let the luchi drain out the excess oil
- Serve with any thick gravy curry (veg or non-veg)

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## Basanti Pulao

By [Sudeshna Banerjee](#)



### Ingredients:

2 cups *Basmati rice*  
¼ cups *Clarified butter*  
1 teaspoon *Saffron*  
½ cup *milk*  
1 teaspoon *Sugar*  
¼ cups of *Cardamon, cinnamon and cloves*  
2 – 3 *Bay leaves*  
*Salt to taste*



### Preparation:

- Soak the saffron in milk, so that the milk takes the color of saffron
- Wash the rice once, and drain the water fully – if required using a kitchen paper
- Take the rice in a bowl and add the saffron flavored milk
- Heat the ghee in an aluminum vessel, add the spices and bay leaf
- Gently mix the ghee with the rice in the vessel
- Add salt, and sugar, and 4 cups of water
- Cover the vessel with a wet cloth and place a lid over it
- Cook in this way over low flame for 20- 25mins
- Check in between, if required pour a little more water
- Take out of flame and serve with spicy non-vegetarian dish

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## Anaroshor Chutney

By [Sudeshna Banerjee](#)



### Ingredients:

2 cups of *grated pineapple*  
1 cup *Sugar*  
1 cup *grated coconut*, grind to a smooth paste  
 $\frac{1}{2}$  cup *raisins*, soaked  
1 tablespoon *fennel*  
1 tablespoon *vegetable oil*



### Preparation:

- Heat the oil in a thick bottom wok and throw in the fennel
- As the fennel starts popping, add the sugar and heat till the sugar is melted but not caramelized
- Add the grated pineapple and coconut and cook till the pineapple becomes tender
- Garnish with raisins and chill before serving

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## Tomato'r Chutney

By [Sudeshna Banerjee](#)



### Ingredients:

6 medium size *Tomato*  
½ cup *Sugar*  
2 *Bay leaves*  
2 *Dried chili*  
¼ cups coarsely chopped *Cashew nuts and Raisins*  
1 teaspoon *Mustard Oil*  
½ teaspoon *Panch Phoron*  
Pinch of *Salt*



### Preparation:

- Coarsely chop the tomatoes
- Heat oil in a thick bottom wok, throw in the panch phoron and bay leaf
- As the spices start popping add the sugar and tomatoes
- Add little salt , and mash the tomatoes
- Allow to cook over low flame
- Take out of flame and garnish with cashew nuts and raisins

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## Aamer Morobba

By [Sudeshna Banerjee](#)



### Ingredients:

2 medium sized *Raw Mango*  
½ cup *Sugar*  
3 – 4 *Dried Red Chili*  
2 teaspoons *Fennel*  
1 tablespoon *Vegetable oil*  
A pinch of *Salt*



### Preparation:

- Peel off and cut the mangoes into longitudinal pieces
- Mix the mangoes with the salt and keep aside for half-an-hour, pat dry the mangoes
- Heat oil in a wok, add the dry chilies, throw in the mangoes as the chilies start changing color
- Sauté the mangoes till the upper layer is partially hardened
- In another vessel pour in the sugar with 2 tablespoon of water and heat over low flame
- Add the fried mangoes to the sugar syrup and cook over low flame till the mangoes are soft and the syrup is almost dry
- Roast the fennel seeds and pour over the cooked mangoes
- Keep in an air tight dry container

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## Plastic Chutney

By [Debjani Chaudhuri](#)



### Ingredients:

*Raw papaya* cut into small cubes

*Mustard seeds* for tempering

*sugar* or *Jaggery*

Juice of 2 *Lemon*

*Ginger paste* for flavoring

*Bay leaves*

*Dried red chilly* whole



### Preparation:

- Heat oil in kadhai and temper with mustard seeds, dried red chillies and bay leaf.
- Add ginger paste, papaya cubes and stir fry
- Cover and simmer, add some water and again cover
- Check time to time to find whether papaya is cooked well
- Add jaggery or sugar and water, stir well.
- Bring to a boil
- the colour will change with the sugar being caramelised.
- add lemon juice and stir
- Taste, and add more sugar if needed
- The water will reduce automatically.
- Keep the consistency as you wish
- You can add roasted and ground cumin and fennel powder for garnishing

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## Misti Doi

By [Sudeshna Banerjee](#)



### Ingredients:

- 1 litre *Full Cream Milk*
- 8 tablespoon *Sugar*
- 1 tablespoon *Sweet Unflavored Yogurt*
- 1 *Earthen pot* (optional)



### Preparation:

- Pour the milk in a thick bottom vessel and start heating over low flame
- As it starts boiling add 4 tablespoons of sugar and keep on simmering till the volume is reduced to little less than half
- Take the remaining sugar with 2 tablespoons of water and heat till the sugar melts and attains a golden brown color
- Gradually add the molten sugar over the milk and boil for another 15 minutes over low flame
- Take out of flame and let it become lukewarm
- Pour the milk over the earthen pot and add the yogurt
- Keep the pot in a cool dry place, and let the yogurt set over night
- Refrigerate the set doi and serve as a dessert

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## Payesh

By [Sudeshna Banerjee](#)



### Ingredients:

100gms *Short grain Rice*  
1 ½ liter Milk  
12 tablespoon *Sugar*  
1 teaspoon Clarified butter  
12 – 15 Cashew nuts  
½ cup soaked *Raisins*  
3 – 4 *Green cardamom*  
5 -6 *Almonds*  
1 – 2 *Bay leaf*



### Preparation:

- Boil the milk in very low flame, and let it condense till it become almost  $\frac{3}{4}$  its original volume.
- Meanwhile, add ghee to rice and mix well.
- Drop in the rice when the milk is ready, and now cook on high flame, stirring often.
- As the rice gets cooked add sugar, green cardamom, bay leaf.
- Keep on flame till the sugar melts.
- Throw in the cashew nuts and raisins.
- Serve hot or refrigerate, as you like it. Garnish with raisins, almonds, cashew nuts or any other dry fruits of your choice.

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## Elo Jelo

By Rituparna Sen



### Ingredients:

250gms of *All purpose Flour*

500gms *Sugar*

Vegetable oil for frying

5 cups of *Water*



### Preparation:

- Add white oil /ghee as required to the flour (maida) and add water to make smooth dough.
- Make 25-30 small balls from the dough.
- The small balls are rolled into 3-4inch diameter circles.
- Make 2/3 slits in the rolled elo jhelo.
- Hold the two ends and twist it a little.
- In a wok put some white oil and heat it.
- Deep fry the elo jhelos till it becomes crispy.
- In the meantime prepare the sugar syrup in another pan.
- Put the sugar in boiling water and allow it to melt, boil the syrup till it reaches a medium consistency.
- Dip the fried elo jhelos in the sugar syrup and allow it to stand for 10-15 minutes.
- Take out of the syrup and allow cooling.
- Serve or store once the sugar coating on the elo jhelos have dried.

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# Malpua

By [Indrani Dhar](#)



## Ingredients:

### *For Malpua:*

- 1 cup *Flour*
- ¼ cup *Semolina*
- ½ teaspoon *Fennel*
- ¼ cups *Milk*
- 2 tablespoons grated *Coconut*
- 2 cups *Oil* for deep frying

### *For Syrup:*

- Sugar - 2 cups
- Water - 2 cups
- Green Cardamom - 3(crushed)



## Method:

- In a bowl, mix together all the ingredients of malpua except oil. Using your hands, make a smooth batter free of lumps. Use milk as needed to make a semi-thick batter, little thicker than pakora batter.
- Meantime, in a wide pan, prepare sugar syrup, adding 2 cups sugar in 2 cups of **water** and let it come to boil. Add crushed **green** cardamoms and simmer for 8-10 **minutes**.  
**Note:** Remember syrup thickens when cooled so do not boil to a thick consistency.
- Heat the oil to smoking in a wide pan or kadhai. Turn the flame down to medium. Using a ladle, pour in a full measure of the batter in a form of small circle of 3" diameter into the oil.
- Fry for approximately 3-4 minutes until deep brown on medium heat, so the batter can cook through. Flip over and fry other side to deep brown.
- Remove and add directly to the hot sugar syrup, boil them for 3-4 minutes in syrup and then take them out. Meantime, fry another batch of malpoas and dip in sugar syrup.  
**Tips:** If the syrup dries a bit during process, add some more water and sugar if required. But don't let syrup thicken much.
- Serve in room temperature. You can store the rest in refrigerator and can keep them for 7-10 days. Before eating, warm the malpuas up a little.

*Indrani blogs at [Appayan](#)*

## Narkel Nadu

By [Sudeshna Banerjee](#)



### Ingredients:

1 whole *Coconut*, grated  
250gms Sugar  
100gms *Khoya kheer*  
½ teaspoon *Cardamom powder*  
A pinch of *camphor* (optional)



### Preparation:

- Mix the grated coconut with sugar and khoya kheer
- Take a thick bottom wok and simmer the coconut mixture with constant stirring, add the cardamom powder
- Take the wok out of the flame as soon as the mixture starts sticking to the bottom of the wok
- Let it cool till you are able to touch it with your hand
- Make small one inch size balls the coconut mixture
- Add the camphor over the nadu

# Narkel and Dalchini'r Custard

By [Sreeparna Samanta](#)



## Ingredients:

2 *Eggs*  
1- 1 ½ cups *Sugar*  
1 liter *Milk*  
½ teaspoon *Cinnamon powder*  
2 – 4 *Cinnamon sticks*  
1 grated *Coconut*  
*Nuts* (almonds, cashew)  
*Chocolate sauce* and *cherries* for  
garnishing



## Preparation:

- Boil the milk with grated coconut, nuts, full 3 - 4 sticks of cinnamon and sugar according to taste.
- Boil till milk gets thickened.
- Beat the eggs in a bowl, add cinnamon powder in it, mix well.
- Pour the preheated milk into the beaten eggs (before pouring take out the cinnamon sticks).
- Place baking pan on middle rack in oven. Add rest of mixture to mold. Pour hot water into pan to about 1 inch depth around mold. Bake 55 to 60 minutes. Do not over bake.
- Remove mold from hot water to cool completely, then refrigerate to chill at least 1 hour.
- Unmold by loosening gently with spatula and shake gently to release.
- Toss fruits together lightly and fill center of custard. Spoon some sauce over each serving.

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Our website Cook Like a Bong houses 150+ Bengali recipes from the times of your Grandma to the ones that immigrant Bengali finds easy to prepare. Please visit it and let us know if it helps you in any way.

You can interact with a wide community of Bengali Food lovers at these two locations:

1. Cook like a Bong [website](#) – 21000+ pageviews a month
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Again, Bon Appetit!