

Meal Four - Bangladesh

Spotlight on Bangladesh

- Region: Asia
- Population: 158,065,841
- Life expectancy at birth: 60.63 years
- Population below poverty line: 36.3%
- Literacy rate: 47.9%

Local Recipes

Bhorta (Mashed Potato)

(from [*Food for Life: Recipes and Stories on the Right to Food*](#))

Serves 4 people

Prep time: 20 minutes

Cooking time: 30 minutes

Ingredients:

- 1 lb potatoes
- 1 tbsp chopped onion
- 1 chopped hot green/red chili
- 1 tbsp chopped coriander leaves
- 2 tbsp mustard oil (Possible substitute: canola oil)
- Salt to taste

Boil the potatoes until cooked and grill in the oven with a little oil in the baking dish until soft. Remove the skin and mash. Mix with salt to taste. Add all ingredients and mix well. Serve with boiled rice.

Biryani

Serves 4-6

Prep time: 20 minutes

Cooking time: 50 minutes

Ingredients:

- 2 ¼ mutton (or lamb, chicken, or make without meat)
- 5 cups pullao rice (mild aromatic or basmati rice)
- ½ cup sliced onions
- ¾ cup ghee or butter oil
- 1 tbsp ginger
- 1 tbsp garlic
- 50 gm hot green chilis
- ½ cup yogurt
- 1 cup milk
- 1 tbsp sugar
- Salt to taste

Spices to be ground:

- 1 tbsp cumin seeds
- 2 sticks cinnamon
- 4 cardamoms
- 6 black peppercorns
- 1/8 tsp mace (similar to nutmeg)
- To save time and effort, use already ground spices.

Cut the meat into 2.5 cm cubes, wash and drain away in water. Wash rice and drain.

Heat ghee or butter oil. Sauté onions until light brown. Add the meat, garlic, ginger, yogurt, salt, half of the green chilies and half of the ground spices. Stir, cover and cook until oil separates from spices.

Take the oil and gravy from the meat and pour the meat into a separate saucepan. Add 2 ½ cups of water, bring to boil. Add milk, rice, sugar and salt. Stir. When it boils, add the rest of the ground spices, lower heat and cover the pan. Cook for 20 minutes. Remove from heat.

After 10 minutes, place meat on the rice and keep covered for 20 minutes on very low heat. Before serving mix the meat well with the rice.

Tiler Naru (Sesame Seed Balls)

Serves about 10 people

Prep time: 40 minutes

Cooking time: 10 minutes

Ingredients:

- ½ cup roasted sesame seeds
- 4 cups grated coconut
- ¾ cup sugar cane molasses (use sugar if molasses is not available)

The molasses should be mixed well with grated coconut. If the molasses is solid, it should be broken up first. This mixture is to be cooked on medium heat, stirring constantly.

Once it becomes sticky, the sesame seeds are added and the stirring continues.

A greased tray is prepared and the hot mixture is spread out on it. This is divided into four portions and 20 small balls are made from each portion. One can wet one's hands with water to make sure the mixture doesn't stick to the hands when balls are being made.

The sesame balls are then cooled and served as a snack.