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Mishti doi (Bengali: মিষ্টি দই) is a fermented sweet doi (yogurt) originating from the Bengal region of the Indian subcontinent; and common in the Indian states of West Bengal, Tripura, Assam's Barak Valley and in Bangladesh. It is made with milk and sugar/jaggery. The term khichdi (Khichdi) (Urdu: کھچدی) is derived from Sanskrit क्विच्छि, a dish of rice and legumes. Some divergence of transliteration may be noted in the third consonant in the word khichdi. If this column had a sound track attached to it, here's what you'd hear ...the strumming of two guitars to the lilting words of Aashiq Banaya Aapne. For tutoring please call 856.777.0840 I am a registered nurse who helps nursing students pass their NCLEX. I have been a nurse since 1997. I have worked in a... - Dakshin Cookbook