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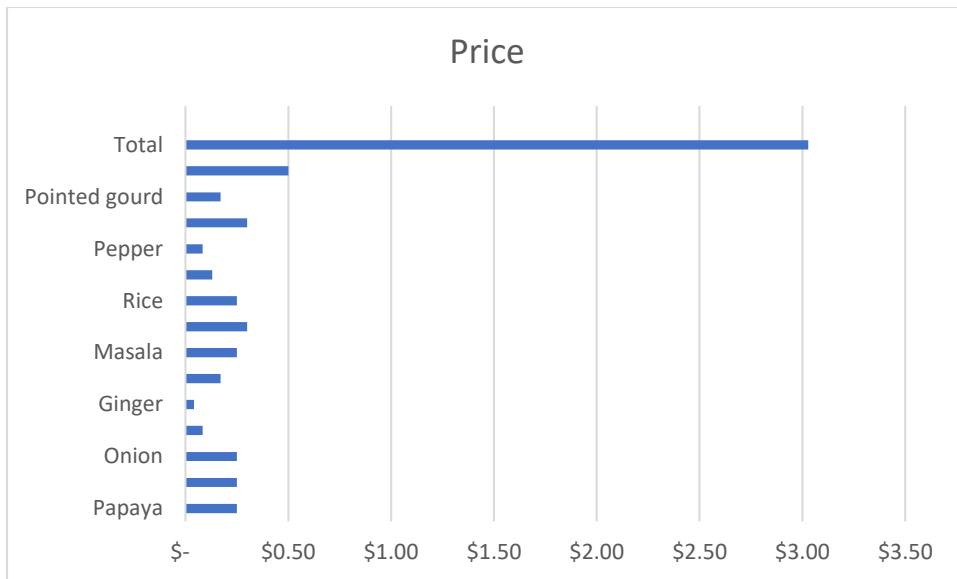
School Name: Jahangirnagar University

I chose to cook Bengali dish which is called Shabji Vaji (vegetable curry) which is daily eating dish of Bangladeshi people with Rice or Paratha. Next side dish that I chose to cook is Noodles with boiled egg. This is the side dish that also Bangladeshi people like to eat as a snack or meet leisure time hunger.

I went to the local market and bought the ingredients that I'll need to cook. Here is the list of ingredients (for one person and one meal):

Ingredients	Price
Papaya	\$ 0.25
carrot	\$ 0.25
Onion	\$ 0.25
Garlic	\$ 0.08
Ginger	\$ 0.04
Musterd oil	\$ 0.17
Masala	\$ 0.25
Egg	\$ 0.30
Rice	\$ 0.25
Noodles	\$ 0.13
Green Pepper	\$ 0.08
Potato	\$ 0.30
Pointed gourd	\$ 0.17
Pineapple	\$ 0.50
Total	\$ 3.03





Count of FLOSN ingredients:

From the pie chart percentages of ingredients:

Papaya= 8%

carrot= 8%

Onion= 8%

Garlic= 3%

Ginger=1%

Mustard oil= 6%

Masala= 8%

Egg=10%

Rice= 8%

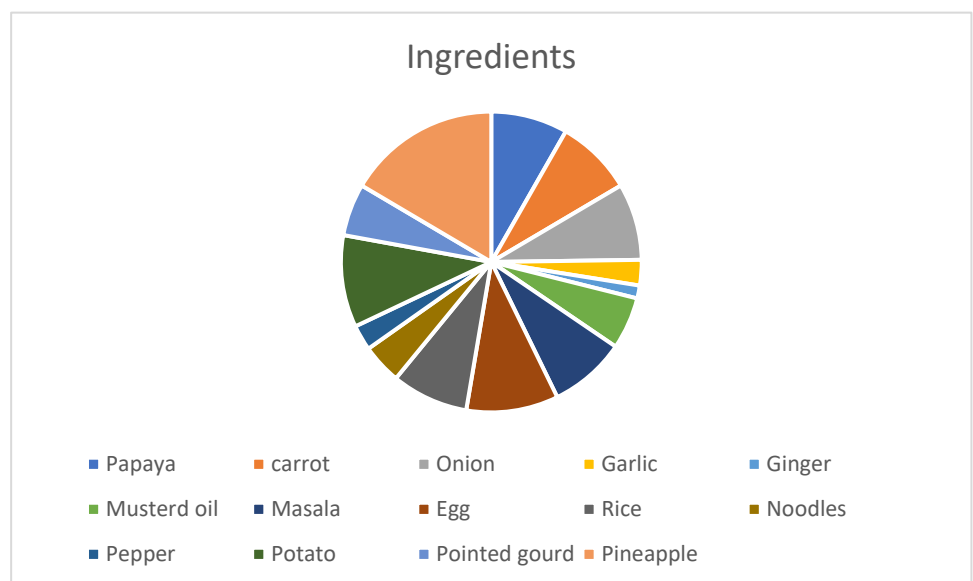
Noodles= 4%

Green Pepper= 3%

Potato =10%

Pointed gourd= 6%

Pineapple= 17%



Among these ingredients, average 79% ingredients are FLOSNI ingredients. In future, I'll try to make near 100% FLOSNI food.

My experience

Honestly before participating this competition, I didn't know about the FLOSNI concept. It is very interesting for me and in future I'll maintain this FLOSNI method. It was not easy for me buying the FLOSNI ingredients within this 4\$ budget but somehow I managed it. I wanted to buy banana and other fruits but can't because of the shorten of budget. But it was fun and educative thing for me. Frankly I want to say that FLOSNI ingredients are cheaper than the non-organic foods. It only took 20 minutes to reach my destination or market by by-cycle. from my university dormitory.



Figure: My dishes

Recipes:

Shabji Vaji recipe:

- Prepare the vegetables by washing and cutting all the vegetables.
- In a pan take a spoon of mustard oil over medium heat.
- Once hot, add the chopped onions and pepper.
- Add the ginger and garlic paste.
- For spicing it up, add the turmeric, cumin, and coriander powder.
- Stir well and cook for another minute to roast the spices.
- Add chopped papaya, carrot and cubed potatoes.
- Mix well to coat the vegetables with the spices.
- Add salt to taste, and a little water (about half a cup) to help the vegetables cook. Cover the pan and let it simmer on low heat for about 20-25 minutes, stirring occasionally, until the vegetables are tender.
- Once cooked, check for flavor and adjust if needed.
- Serve the mixed vegetable curry with steamed rice and salad.

Enjoy your traditional Bangladeshi mixed vegetable curry or Shabji Vaji.

Noodles with Boiled egg recipe:

- Take a packet of noodles.
- Give it to the hot water (1 cup) for boiling.
- In that time, boil an egg.
- Add vegetables on it.
- For spice, add some masala and salt.

Enjoy your leisure time snack Noodles with boiled egg.

Don't forget to eat seasonal fruits like pineapple, guava, mango, and so on.

Here is the link of my cooking process video:

https://www.instagram.com/reel/DPdrx_dCXwT/?igsh=eHY1aWVnMDVobWRi

Here is the screenshot of my Instagram post:

