



BENGALI CULTURAL ASSOCIATION (CANBERRA) INC



# Newsletter

6 August 2010

Issue 23



*Welcome to this edition of the  
BCA Newsletter.*

**BCA**

**A growing community  
connecting one and all**

*Celebrate India's Independence Day on  
August 15th!!*

*We value your input and feedback thus  
feel free to send your comments to*

*[bcacontact@gmail.com](mailto:bcacontact@gmail.com)*

## DAAB CHINGRI



### INGREDIENTS

- 250gms Prawns peeled and deveined
  - 1 small Tender coconut
  - Salt, 1/4 teaspoon
  - Turmeric powder, 1/4 teaspoon
  - grain mustard, 1 tablespoon
  - Mustard oil, 1/2 teaspoon
  - Panch phoran,
  - 2 medium Onions, sliced
  - 1 teaspoon Ginger paste
  - 1 1/2 teaspoons Garlic paste
  - 4-5 Green chillies, slit
  - 1/4 cup Coconut milk
- 1/4 cup Tender coconut flesh (malai), scraped from coconut and chopped
  - as required Whole wheat flour (atta) dough

### DIRECTIONS

Cut off an inch from the top of the tender coconut, drain the water and scoop out the flesh. Retain the top to act as a lid.

Preheat oven to 220°C. Add salt and turmeric powder to the prawns. Mix and set aside. Heat mustard oil to smoking point. Cool slightly and add paanch phoron. When the seeds splutter add onions and fry.

Add ginger and garlic pastes, green chillies and coconut and continue to fry for two minutes. Add one cup of water and stir. Add prawns and stir. Add coconut chopped and adjust salt. Transfer the mixture into tender coconut shell.

Cover with the lid and seal with dough. Place in the preheated oven and cook for about twenty minutes. Open the lid and serve hot with rice.

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### Supercomputer to mimic cloudburst

A team of scientists in a government laboratory in India has begun a process of trying to recreate the cloudburst that devastated Leh recently — on a supercomputer.

The cloudburst that triggered floods, brought down homes, and left over hundred people dead in Leh had too short a life for scientists to predict or even track it as it evolved and decayed.

So at the National Centre for Medium Range Weather Forecasting, near New Delhi, a team of atmospheric physicists has initiated an attempt to simulate the sequence of events that gave rise to the colossal cloud — believed to have a depth of about 15km — that collapsed in a rare cloudburst over arid Leh.

“Computer simulation is the best we can do now to try and understand how and why the cloudburst occurred,” a senior member of the team, who requested anonymity, said.

Weather observations from the past have indicated that cloudbursts usually occur during the monsoon — mainly in August — over the western Himalayan region.

## Toll Free Numbers in India

### Airlines

Indian Airlines - 1800 180 1407

Jet Airways - 1800 22 5522

SpiceJet - 1800 180 3333

Air India -- 1800 22 7722

KingFisher - 1800 180 0101

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### Travel

Club Mahindra Holidays - 1800 33 4539

Cox & Kings - 1800 22 1235

God TV Tours - 1800 442 777

Kerala Tourism - 1800 444 747

Kumarakom Lake Resort - 1800 44 5030

Raj Travels & Tours - 1800 22 9900

Sita Tours - 1800 111 911

SOTC Tours - 1800 22 3344

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### Healthcare

Best on Health - 1800 11 8899

Dr Batras - 1800 11 6767

GlaxoSmithKline - 1800 22 8797

Johnson & Johnson - 1800 22 8111

Kaya Skin Clinic - 1800 22 5292

LifeCell - 1800 44 5323

Manmar Technologies - 1800 33 4420

Pfizer - 1800 442 442

Roche Accu-Chek - 1800 11 45 46

Rudraksha - 1800 21 4708

Varilux Lenses - 1800 44 8383

VLCC - 1800 33 1262

10 things men can do in  
1 minute....

1. Mop the kitchen floor
2. Load the dishwasher
3. Throw the dirty clothes in the laundry basket
4. Bring empty glasses back to the kitchen
5. Wipe crumbs off the table
6. Empty trash can
7. Take receipts out of their wallet
8. Close drawers and cabinet doors
9. Shake out the door mat
10. Give someone a HUG.

If you are celebrating any special occasion, like birthdays and anniversaries, in the coming fortnight please share it with your community. You can also share recipes, jokes, stories, poems, travelogues, photos etc. Send it to [bcacontact@gmail.com](mailto:bcacontact@gmail.com)

Check out the BCA webpage for new updates and features....visit  
[www.bcacan.org](http://www.bcacan.org)



*Australia Votes on  
21 August 2010*

Watch this space for upcoming BCA events!!

**BCA Executive Committee for 2010/2011**

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