# Womenia

# Ramadan cooking made effortless

## Freeze everyday cooking essentials in ice cube trays to save time, reduce stress, and simplify Ramadan meal preparation

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The holy month of Ramadan is a time of reflection, prayer, and togetherness. However, for many families, it also brings the added responsibility of preparing elaborate suhoor and iftar meals daily. Balancing work, household chores, children, and fasting can quickly become exhausting, especially when hours are spent chopping, grinding, and sautéing in the kitchen.

To make daily cooking more manageable, a simple yet highly effective kitchen hack is gaining popularity — using ice cube trays to store pre-prepared essentials. This practical approach helps cut down cooking time significantly and ensures that meals can be prepared quickly without compromising on flavour.

### Why Ice Cube Trays Work So Well

Ice cube trays are not just for freezing water. They are perfectly portioned, compact, and ideal for storing small quantities of frequently used ingredients. By preparing and freezing basic cooking components in advance, you can avoid repetitive prep work every day.

The best part? These frozen cubes can be added directly to hot pans without thawing, making the cooking process seamless and stress-free.

### Lemon Juice Cubes For Instant Freshness

Lemon juice is a staple in many households during Ramadan, whether for refreshing drinks, salads, marinades, or curries. Instead of squeezing lemons every day, you can extract juice from 10 to 12 fresh lemons at once and pour it into ice cube trays.

Once frozen, these cubes can be stored in airtight containers in the freezer. Whenever needed, simply drop a cube into your lemonade, curry, or dressing. It saves time and ensures you always have fresh lemon flavour ready to use.

### Ginger-Garlic Paste Ready In Seconds

Ginger and garlic form the base of countless Indian and Middle Eastern dishes. Peeling, chopping, and grinding them daily can be time-consuming, particularly during fasting hours.

A convenient solution is to blend ginger and garlic into a smooth paste with a small amount of olive oil. The oil helps preserve the paste and maintain its texture. Pour the mixture into an ice cube tray and freeze. These ready-to-use cubes can instantly enhance curries, gravies, stir-fries, and marinades.

### Flavour Boosters For Curries And Kebabs

To elevate everyday dishes, you can prepare a flavour-packed mixture using Thai chillies, mint, and cilantro. Blend them into a smooth paste and freeze in small portions. This vibrant mix works beautifully in curries, kebabs, chutneys, and even as a quick marinade base.

Having these flavour cubes prepared in advance eliminates the need to wash and grind herbs daily, making meal prep far more efficient.

### Tomato Base Without The Hassle

Tomatoes are another essential ingredient used in gravies and masalas. Instead of cooking them from scratch each day, you can prepare a thick tomato paste in advance by cooking fresh tomatoes over medium heat until they break down.

Once cooled, pour the paste into ice cube trays and freeze. These cubes can be added straight to hot oil while preparing curries or rice dishes, cutting down preparation time significantly.

### Golden Fried Onions For Instant Biryani

Sautéing onions until perfectly golden brown requires patience and constant attention. During Ramadan, when energy levels may dip, this task can feel especially demanding.

By frying a large batch of sliced onions in advance and freezing them in cubes, you can save valuable time. These cubes are ideal for biryani, gravies, and festive dishes often prepared during Ramadan gatherings.

### More Time For What Truly Matters

This simple freezer hack transforms daily cooking into a quicker, more organised process. Instead of spending long hours in the kitchen, you can focus on prayers, family time, and rest.

While this method is especially helpful during Ramadan, it can be adopted throughout the year for efficient meal planning. A few hours of preparation can save countless minutes every day — making cooking less stressful and far more enjoyable.

# Deepti Naval enjoys tour of Punjab fields, shares pictures

Veteran actress Deepti Naval is currently soaking in the rustic charm of Punjab and was seen spending some good time in the fields, while also attending a literary festival in Chandigarh.

Sharing glimpses from her visit, Deepti captioned one of her posts, "In the fields of Punjab." The actress in the pictures shared, seems to be enjoying a quiet and scenic getaway amid her professional commitments.

The actress recently was in Chandigarh to attend a literary festival, where she participated in a book session.

In the first picture shared on her social media, Deepti is seen standing in the fields, amidst blooming crops and is seen surrounded by rows of trees. Dressed in a long, earthy-toned coat paired with a scarf and sunglasses, the veteran actress looks stylish and chic.

In another post shared by Deepti features a photograph with singer Sunaini Guleri and wrote, "With singer Sunaini Guleri in Chandigarh during my book session."

Known for her meaningful cinema and literary pursuits, Deepti Naval has been a part of the Bollywood industry for almost four decades.

The actress despite being a popular face in the industry, believes in living a grounded and simple life. A few months ago, Deepti had treated netizens with her selfie picture and revealed that she was riding in an auto rickshaw.

Sharing the simplicity of the ride, Deepti mentioned that she was headed to a plush luxury hotel in Mumbai for lunch. She wrote, "No car, no driver, sitting in an auto going to the Marriott for lunch!

# Aishwarya Sakhuja on meeting herself without 'filters or performance'

Actress Aishwarya Sakhuja shared a profound reflection on self-growth, saying she is learning to meet herself without "filters or performance."

Taking to Instagram, the actress opened up about healing, restraint and quiet strength. She also spoke about the intimacy of embracing one's truth without rushing the process or shrinking her thoughts, adding that sometimes, simply being honest with oneself is enough.

"Becoming someone who doesn't rush her healing. Becoming someone who doesn't shrink her thoughts. Becoming someone who knows that strength doesn't always look like fire, sometimes it looks like restraint," she wrote as the caption.

The 41-year-old actress spoke about the intimacy of meeting oneself without any filters or performance.

"There's a certain intimacy in meeting yourself like this. No filters. No performance. Just truth, staring back. And maybe that's enough," she added.

Aishwarya was a Miss India finalist in 2006. From 2010 to 2012, she starred in the TV show 'Saas Bina Sasural'. She was also seen in other fictional shows, including 'Main Naa Bhoolungi', 'Trideviyaan', and 'Rishta.com'.

The actress is primarily known for her role as Ahaana Khurana in 'Yeh Hai Chahatein' and as air hostess Shilpa Shrivastava in 'Zyada Mat Udd'. She was also a contestant on reality shows 'Nach Baliye 7' and 'Fear Factor: Khatron Ke Khiladi 7'.

On the film front, she was last seen in 'Ujda Chaman' (2019), directed by Abhishek Pathak. The film stars Sunny Singh, Maanvi Gagroo, Saurabh Shukla, Karishma Sharma and Aishwarya Sakhuja. It is an official remake of the 2017 Kannada dramedy 'Ondu Motteya Kathe'. The film revolves around a balding 30-year-old bachelor searching for a wife under a strict deadline.

On the personal front, Aishwarya married her longtime beau in December 2014.

## CROSSWORD

**ACROSS**

1 Medicinal amount (6)
5 Vigour, energy (3)
8 Against (4)
9 "Return of the Jedi" creature (4)
10 Uproar (6)
11 Gujarat city (9)
13 Coup d'- ___ : change of Govt. (4)
15 Greek letter (3)
16 Mineral used as a gem (5)
17 Firefighter Red (5)
20 Bashful (3)
22 First three alphabets (3)
23 Final authority (3-2)
24 Follower of major Indian religion (5)
26 A can (3)
27 Fret and fume (4)
28 Bride and groom, you'll agree ? (9)
31 Swelling of big toe (6)
32 Midday (4)
33 Foretell, predict (4)
34 Intestine (3)
35 Be dazed; not fully conscious (6)

**DOWN**

1 Tizzy (6)
2 Compassion (8)
3 Festive occasion (4)
4 Spellbind (7)
5 "V" in VCR (5)
6 Big, as prefix (4)
7 Wandering (7)
12 Frequency unit (3)
14 Playthings (4)
18 Fathers (4)
19 Bordering on ? (8)
20 Seasoned pork sausage (7)
21 Pretentious talker (7)
24 Hasten (3)
25 Stylish (6)
26 Surprise ending (5)
29 Extended (4)
30 One who prefers charges (4)

Solution to February 24

## SUDOKU

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Solution to February 24