

Bangladesh is a small country located in south Asia with a population of roughly 174 million. The country has a diverse geography with regions of coastal terrain, flat plains with rivers, or hills. Majority of the country practices the state religion, Islam, which greatly influences the local culture, traditions, and law.

Overview of Common Foods

- **Staples:** Rice, fish, chilis, garlic, onion, and ginger,
- **Produce:** Chilis, rice, cucumber, eggplant, spinach, okra, tomatoes, and lentils.
- **Animal products:** Fish, shellfish, yogurt, ghee, chicken, mutton, eggs, and honey.
- **Herbs/spices/flavorings:** Turmeric, red chili, coriander, and cumin.



Agricultural Products of Country/Region

- Rice, wheat, jute, potatoes, tea leaf, lentils, sugarcane, tobacco, pineapples, and bananas.
- Chickens, ducks, cattle, goats, sheep, and buffaloes.

Suggested Substitutions for Cultural Foods

- Canola oil for mustard oil
- Zucchini for gourd
- Tilapia or catfish for Ilish

Other Useful Information about this culture

- It is standard to have 3 meals/day, with lunch being the main meal eaten with family.
- A monsoon/rainy season (named Borsha) persists from June to October and accounts for a large majority of the annual rainfall.
- The model for healthcare in Bangladesh is pluralistic, with a government-funded public sector and a more expensive private sector.

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Photos accessed from <https://unsplash.com> April 19, 2026

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Chicken Kofta Curry

Prep Time: 25 minutes Total Time: 25 minutes



Ingredients

- 1 lb ground chicken
- 1 can tomatoes, diced
- $\frac{1}{4}$ cup ginger root, diced
- 2 tbsp plain greek yogurt
- 2 tbsp garlic, diced
- 3 chili peppers
- $\frac{1}{2}$ cup cilantro, diced
- 1 cinnamon stick
- 2-3 cloves
- $\frac{1}{2}$ tsp ground cardamom
- 2 tsp ground cumin
- 1 tsp turmeric powder
- 1 tsp chili powder
- 1 tsp ground coriander
- 2 tsp garam masala
- $\frac{1}{2}$ tsp ground nutmeg
- 3 tbsp canola oil
- $\frac{3}{4}$ cup basmati rice



Directions

1. Add ground chicken, half of the chopped garlic and ginger, chopped chilis, diced cilantro, and garam masala to a large bowl and stir until combined. Roll ground chicken mixture into golfball sized meatballs
2. On the stove, heat the canola oil, cinnamon, cardamom, cloves, and bay leaves; after 2 min add the remaining chopped garlic and ginger. After 5 min, add the tomatoes, turmeric powder, coriander powder, cumin powder and chili powder; mix well
3. Add the greek yogurt and 1 cup of water and let curry come to a simmer
4. Drop in meatballs gently and let them cook covered for 20-25 min, stirring every 10 min

(Recipe adapted from:
<https://kitchenmai.com/mutton-lamb-kofta-curry/>)

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Nutrition Facts

servings per container	
Serving size	(305g)
Amount per serving	
Calories	520
	% Daily Value*
Total Fat 23g	29%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 650mg	28%
Total Carbohydrate 53g	19%
Dietary Fiber 11g	39%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 36g	
Vitamin D 0.2mcg	2%
Calcium 210mg	15%
Iron 3.7mg	20%
Potassium 730mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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