



LALBAGH Bangladeshi & Indian Diner

The absolute best of traditional Bangladeshi and Indian cuisine, in sleepy Bourn!



Bourn is one of the prettier villages in Cambridgeshire, which seems to have escaped the rush of modern life. Not only would I recommend a peaceful stroll through the village but also a visit to the 'Lalbagh' Bangladeshi and Indian Restaurant. If you enjoy Indian food then, without doubt, you will experience the absolute best in traditional Bangladeshi and Indian cuisine at Lalbagh - and you will want to return time and time again.

It is the first time I have had the opportunity to review Indian food for the readers of Cambridgeshire County Life Magazine and although dining out at similar establishments, in the county is not a new experience for me, like so many others who enjoy the culinary experience that eating Indian food brings, I thought I had tasted the best until my visit to the Lalbagh Bangladeshi and Indian Restaurant at Bourn.

Unlike the majority of similar venues the Lalbagh Bangladeshi and Indian Restaurant does not have an overwhelming selection of dishes to choose from - or perhaps I should say to confuse. The menu is carefully constructed categorised and includes many traditional dishes, including recipes handed down through family generations providing an opportunity to experience authentic meals such as the Lamb Cutlet appetizer, with Rice Bread and the most smooth mint sauce I have ever enjoyed. Rice bread, created from rice flour, is a traditional Bangali snack cooked to bridge the gap between main meals and is just one small example of the uniqueness of Lalbagh! There are a few new additions to the existing menu including Seabass. A fish I always rate heavily and a dish I could easily be critical about if not perfect - but fried and complemented with an authentic Bangali Fish Broth beats any other interpretation. It came superbly presented - a fillet which had been tempered with a mustard seed, with the fish broth drizzled over the Seabass - this is a dish you really must experience affording a unique opportunity to sample a real 'family' recipe - even the two baby tomatoes on the plate were sweetness with an infusion of flavour, not to mention their exuberant colour! My partner's Prawn on Puree was present-

ed in a wrap, unlike we have ever seen before. It was outstanding, smooth to the palate and rich in natural colour, which comes with the correct cooking of prawns! Her main meal, Aurangabad Chicken, cooked in pistachio with a zest of sprinkled nutmeg, was chosen for its mild yet rich flavour. As you might expect a full selection of rice and bread is available together with vegetable side dishes.

The menu at Lalbagh Bangladeshi and Indian Restaurant is interesting and varied and the new dishes are the personal creation of Mr. Miftaur Choudhury, an outstanding chef in his own right, who takes great pride in his menu the ingredients, presentation and authentic methods of cooking, which includes the use of spices to achieve colour and taste. These days, though, he prefers to take exceptional care of the front house service - which he does without fault together with his brother Mumitaur. I have to say the service was first class and efficient - we were made to feel most welcome, as were the other guests that evening.

It is just over 18 months since the 'Lalbagh' Bangladeshi and Indian Restaurant opened. First impressions speak volume. Our welcome was warm. The door held open as we were invited to relax in the small yet comfortable lounge area. The interior decor is stunning, immaculately clean and comfortable - faultless would sum up. Lighting is creative and relaxing, wall coverings and art also help create the atmosphere.

It was early mid-week but within an hour all tables were occupied. The popularity of this fine restaurant is best understood if I tell that to book a table at the weekend you will have to call by mid-week in advance. If you do miss the boat you'll have to settle for their take-away service. I would happily consider an hour drive acceptable to enjoy fine dining and others seem to share my views as the 'Lalbagh' Bangladeshi and Indian Restaurant attract regular custom from Newmarket, Ely and Royston.

'Lalbagh' Bangladeshi and Indian Restaurant comes highly recommended and if you haven't yet enjoyed the experience then you most definitely must do soon!

Lalbagh BOURN



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