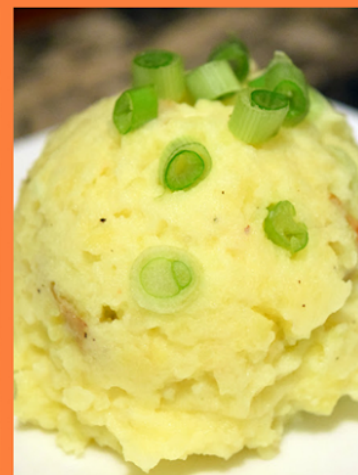


Food in the Time of Quarantine



November 2020

Table of Contents

Letter from the Editor.....page 4

Small bites & Starters

Roasted Butternut Squash w/ Burrata & Spicy Basil Oil.....page 6

Azlin Bloor

Easy Edamame Dip.....page 9

Balvinder Ubi

Garlic Chili Pull Apart Bread.....page 11

Mayuri Patel

Cauliflower salad with Moroccan Vinaigrette.....page 14

Helen Chin

Potato Basket Chaat.....page 15

Indrani Sen

Sides

Rosemary Roasted Carrots.....page 18

Lisa Watson

Sage Roasted Cauliflower.....page 21

Angela Amberden

From Scratch Green Bean Casserole.....page 23

Joy Stewart Gordon

Cranberry Sauce with Apricots.....page 26

Giangi Townsend

Molasses Sweet Rolls.....page 28

Angela Amberden

Candied Yams.....page 30

Lisa Watson

Bread & Bacon Stuffing.....page 33

Jasmina Brozovic

Sour Cream Mashed Potatoes.....page 35

Joy Stewart Gordon

Homemade Ketchup, Mustard & Mayonnaise.....page 36

Wendy Sigmund

Millet Salad with Kale, Lentil & Roasted Sweet Potatoes.....page 40

Mains

Chestnut stuffed Turkey.....page 43

Giangi Townsend

Pumpkin Curry.....page 45

Maria Nasir

Cranberry Turkey Enchilada.....page 48

Jodi Kaplan

Savory Pumpkin Pie.....page 50

Indrani Sen

Hunza Pie.....page 53

Maria Nasir

Desserts

Eggless Pumpkin Cheesecake.....page 56

Azlin Bloor

Apple Crisp.....page 57

Mayuri Patel

Marble Cake.....page 61

Jasmina Brozovic

Easy Chocolate Mousse.....page 63

Jodi Kaplan

Pumpkin & Fruit Bread w/ Cheesecake Swirl.....page 65

Helen Chin

FitToQ Contributor Bios.....pages 67-72

Letter from the Editor

Dear Reader,

For so many reasons I'm excited about this issue! For one, we will have double the recipes, in honor of my country's biggest cooking holiday: Thanksgiving. Wondering how to prepare the turkey? What sides to serve? If there are any easy yet elegant desserts and fabulous salads you can bring to the table? We've got you covered, in spades. Jodi Kaplan's easy chocolate mousse and Azlin Blooor's easy eggless pumpkin cheesecake will have dessert sorted for you in no time! Helen Chin's delightful moroccan cauliflower salad and Balvinder Ubi's delicious edamame dip will have you and your loved ones feeling fancy for starters. Lisa Watson's deeply flavorful slow cooked carrots will be fabulous alongside Giang Townsend's marvelous chestnut stuffed turkey. And for a stuffing I highly suggest Jasmina Broizovic's bacon and bread stuffing. If you enjoy fresh baked bread with your Thanksgiving meal, Angela Amberden's molasses rolls will become your new Thanksgiving tradition!

The second reason I'm so pleased to be bringing you this month's issue is that we have a lot to be thankful for. In the United States we are celebrating the end of an era of misinformation, attempted facism and deep divisiveness. Not to mention the first woman (and a woman of color!) to reach the executive branch of our legislature!!! This holiday, this term, this year and next: let's use all these positives to be more understanding of each other. Let's use the message of this holiday to try to come together. For love of each other and love of our respective countries.

We still have a lot of work to do for equality and justice. Let's work together and hand a beautiful world off to our children.

From our families to yours,

All the best!

A handwritten signature in cursive script that reads "Joy Stewart Gordon".

Joy Stewart Gordon & the FitToQ Team



This Fabulously Elegant & Easy Squash Starter is Sure to be a Hit with Family

By Azlin Bloor

This Roasted Butternut Squash with Burrata and spicy Basil Oil is a plate of beautifully contrasting flavours and textures: sweet, spicy, tangy and creamy. Perfect as a Thanksgiving side, next to your carrots and sprouts.

I just love the sweet nature of butternut squash, and my favourite way with it is when it's roasted. Any crispy edges just add a further caramelised flavour.

To this sweet flavour from the butternut, we add creamy in the form of burrata and spicy from the chilli, basil and olive oil.

I'm using a robust, peppery olive oil here, so we're already off to a good start, before we even add the basil and chilli.

What is Burrata?

Burrata is a cheese pouch, to put it simply! It hails from Puglia (in Italy) and has been around since the early 20th century.

Burrata, which means buttery, is a pouch made of stretchy cheese much like mozzarella. This pouch holds a combination of fresh cream (panna in Italian) and leftover cheese scraps from making mozzarella. These cheese scraps are called stracciatella, meaning small rags. If you can't get burrata, or if it's too costly, either leave it out, or have some melted cheese in a bowl for dipping. Just melt some cheddar, mix with a little milk, season with salt pepper, that's it.

Let's get our aprons on!

Roasted Butternut Squash with Burrata & Spicy Basil Oil

Ingredients

1 large butternut squash
1 burrata
Spicy Basil Oil
5 sprigs basil leaves
1 clove garlic
1-2 red chillies
1/4 tsp salt
5 Tbsp EV olive oil
1 Tbsp balsamic vinegar to be added after roasting

To Finish

some basil leaves torn
2 Tbsp toasted pine nuts

Instructions

The Spicy Basil Oil

Using a pestle and mortar (or the back of a spoon), crush the garlic, chilli and basil leaves, along with the salt to aid the crushing.

Pour in the olive oil and stir thoroughly. Set aside.

Roasting the Butternut Squash

Preheat the oven to 220°C (425°F).

Halve the squash, leaving the skin on.

Slice the squash into wedges, about an inch (2.5cm) thick and place in a roasting pan.

Drizzle with 3 Tbsp of the spicy basil oil and coat the wedges thoroughly with the oil.

Roast in the oven for 35-40 minutes, by which time, your squash will be very soft with slight crispy edges. You could flip them over halfway, if you can be bothered

to brown evenly, but be careful, they will be soft and may fall apart if handled roughly.

To Serve

The “Octopus Look”

Add the balsamic vinegar to the spicy basil oil and stir to mix well.

Place the burrata in the middle of your serving plate and arrange the squash wedges all around.

Drizzle the oil all over the burrata and wedges, being generous on the cheese.

Finish with the torn basil leaves and pine nuts with lots of fresh bread.

The Rustic Look

Leave the wedges in the baking tin.

Tear up the burrata into pieces and scatter all over the wedges.

Drizzle the spicy oil all over your cheese and squash.

Finish with the basil leaves and pine nuts with lots of fresh bread.



This Delightful, Healthy Dip is a Perfect Start to a Feast

By Balvinder Ubi

Most children love dips and sauces. Having healthy dips and sauces, in small containers with crackers, pretzels, pita

chips, and, especially veggies, can make lunches more fun! And, when you make your own, instead of buying the pre-packaged, processed ones from the store, you get to control the ingredients!

This tasty and creamy edamame dip is easy, healthy, and refreshing! It is not only perfect for the kids' lunchboxes but also great for the whole family. Since it is very spreadable, it is an excellent topping for crostini and sandwiches. The best thing about this recipe is there is no dairy or nuts, just pure veggie goodness.

Easy Edamame Dip for School lunches

Ingredients:

1 cup frozen edamame beans
1/4 cup Asian sesame dressing
2 tbsp water
1/2 tbsp minced ginger root
1 tbsp lemon juice
1/2 tsp wasabi paste
1 clove garlic (optional)
1 green onion (optional)
colorful peppers, cut into thin strips

Method:

Cook edamame in a saucepan of boiling water until crisp and tender, 3-4 minutes. Drain, rinse with cold water.

Place cooked edamame with all the remaining ingredients except peppers in a food processor or blender.

Process until smooth add a tsp of water if it seems thick.

Transfer to a bowl and serve with anything from raw veggies to rice crackers.



**These Delicious Zesty Mini Breads are
Sure to be a Hit at**

Thanksgiving

By Mayuri Patel

I'm confident your family is going to love these easy to make from scratch mini garlic and chilli pull apart breads. This savoury buttery, garlicky and chilli bread makes a perfect addition to any party, gathering or meal. Serve this warm and slightly spicy bread for your Thanksgiving dinner.

Mini Garlic & Chili Pull Apart Bread

Ingredients

For the Dough:

2 cups whole wheat flour
1 cup plain flour(all purpose flour)
2 tsp instant dry active yeast
1 tsp salt
½ tsp sugar
1- ¼ cup warm milk
2 tbsp soft butter

For the Dipping Mixture:

100 g butter, salted
4-6 cloves garlic peeled and minced
1-2 green chillis minced
½ tsp dried parsley
½ tsp dried oregano

For Sprinkling on Top:

A little sea salt

Extra:

Four for dusting
oil or butter for greasing

Instructions

Preparation of the Dough:

Mix the flours, yeast, salt and sugar in a big bowl.

Add butter and rub into the flour.

Add milk and form a dough which is not too stiff or sticky.

Dust the worktop with some flour.

Knead the dough on the worktop till its smooth and elastic. This will take about 10-15 minutes by hand and 7-10 minutes by machine.

Grease the bowl lightly with oil or butter
Roll the dough into a ball shape.

Put in it the greased bowl. Cover it with a tea towel or cling film.

Let the dough rise till its double the size.
This will take about 1-1½ hours.

Preparation of the Dipping Mixture

Melt the butter

Add the other ingredients and mix well.

Keep it on the side till required

Shaping the Mimi Pull Apart Bread

Keep a muffin tray ready, greased with butter or oil.

Deflate the risen dough gently.

Dust the worktop lightly with flour.

Remove the dough out onto the worktop.

Shape the dough into a rough log.

Cut the dough into 12 equal parts.

Roll each part into a ball and flatten slightly.

Cut it into five rough pieces.

Dip each piece in the dipping mixture and stack it the cup of the muffin tray.

Repeat steps 7 to 9 with the remaining dough.

Pour the remaining dipping mixture over the stacked pieces equally.

Sprinkle the top sparingly with sea salt.

Let the dough rise for 45 minutes to an hour.

Sprinkle the baked bread with parmesan cheese or red chilli flakes before serving.

Baking

Preheat the oven to 180°C.

Bake the bread in the oven for 15-20 minutes or till the tops are light golden brown in colour.

Remove the muffin tray from the oven.

Carefully remove the mini bread from the tray and place it on a wire rack to cool a bit.

Serve warm Mini Garlic and Chilli Pull Apart bread with a curry, soup or stew.

Tips:

Can mix half butter and olive oil for the dipping.

Use herbs of your choice.



This Light, Vibrant Warm Salad will Knock Your Socks off

By Helen Chin

The holidays bring so many heavy, decadent meals. I find myself craving vegetables. In my pantry I see some Moroccan spice powder and I know just what I will make: a warm salad with seasonal vegetables. I have some delightful baby spinach to use up as well. Perfect! Let's cook!

Warm Cauliflower Salad with Moroccan Vinaigrette

Ingredients

1 medium whole cauliflower, florets
1 punnet cherries tomatoes, cut into half
12 medium size button mushrooms, cut into bite size
1 cucumber, cut into bite size
1 yellow capsicum cut into bite size
1 medium Spanish onion, thinly sliced
1 big packet of Spinach, washed and dried
1 small packet snow peas, prepped (cut both end and pull out the stems)
water for boiling snow peas, add a pinch of salt
8-12 dashes of Moroccan powder
3 Tbs balsamic vinegar
2 Tbs honey
2 Tbs Apple cider vinegar
2 Tbs orange juice (bought)
2 Tsp garlic powder
1 1/2 Tsp paprika
1 Tsp cayenne

1 Tsp salt, extra for baking vegetables
1/2 Tsp black pepper, extra baking vegetables
1/4 c olive oil, extra for drizzles vegetables to baked

Method

Preheat oven 180 degrees C. Put cauliflower, cherries, mushrooms and onions in a single layer on a foil lined baking tray with high sides. Drizzle with oil and season with salt and black pepper. Bake for 15-25 minutes until soft, cooked through. Bring water with salt to boiling add snow peas and cook. Strain and set aside with spinach, cucumber and capsicum. Now mix Moroccan vinaigrette in a bottle and shake well. Once vegetables are baked, add snow peas, spinach cucumber and capsicum. Toss around to mix well. Then pour Moroccan Vinaigrette dressing and toss again. Set aside with foil cover until needed.



These Crispy Potato Baskets will Charm Your Family at Thanksgiving

By Indrani Sen

These crispy fried potato basket chaats are ready-made canapes. They can be stuffed with anything: veggies, such as corn, cheese, chicken or even fruit.

I decided to bake it in a muffin cup and then deep fry because I wanted the basket to be crispy. You can deep fry the baskets

too. Baking them in the tins makes it easier to form the shape and ensures that with less frying time the baskets will absorb less oil.

Potato Basket Chaat (Aloo Tokri Chaat)

Makes 6 baskets

Ingredients

Potatoes(big 4 to 5)
Bunch of coriander leaves.
Garlic 4 to 5 cloves
Green chillies (2)
Tamarind (1/2 cup with seed or seedless)
soaked in water
Sugar (4 to 5 tbsps.)
Mixed sprouts(1/2 cup)
Potatoes (2) boiled and mashed
Beetroot,carrot grated (1/4th cup)
Mint leaves (6 to 7)

Preparations

Making the basket

Grate the potatoes through a fine grater.
Sprinkle some salt and mix it with the
grated potatoes.
Take two strainers , a small and other little
bigger .
4.Arrange the grated potatoes in the inside
of the strainer like a bow shaped and press
it with another strainer to squeeze the
juices.
5.take the bowl shaped raw grated potato
,give it a final shape with your palms and
deep fry in the hot oil till crispy.
6.Alternatively,you can butter the muffin
cups and line the muffin cups with grated
potatoes and bake for 15 to 20 minutes in a
preheated oven at 180 degrees.
7.deep fry the baked baskets.

Making the filling

1.add 1 tbsp of rock salt, dry mango powder
or readymade chat masala to the mashed
potato mixture.

2. Add sprouts and mix.
3. Add chopped green chillies.

Making chutney

We need one spicy green chutney and a
sweet and sour tamarind chutney.
Grind a bunch of coriander leaves with salt,
one green chilli and garlic into a paste for
green chutney.
Boil the soaked tamarind in 1 cup of water
and then strain it.
Add 1/2 cup of sugar in the tamarind pulp
and reboil it till it has the perfect sweet and
sour taste.

Plating the dish

Arrange the baskets in a plate.
Fill the basket with the above filling
Add a tbsp of coriander chutney
Add a tbsp of tamarind chutney
Add beaten sweetened curd
Garnish with grated carrots and mint
leaves.

Serve immediately



This Family Recipe for Slow Cooked Carrots is Sublime

By Lisa Watson

Bianca is my mother-in-law, who I've mentioned quite a few times before in various posts. Every so often she makes these wonderful carrots as a side dish.....I have to admit that it doesn't happen that often as they take a long time to make and a lot of patience, but they are SO good made

like this, that you forget all that work immediately and vow you're going to make them every week! I haven't eaten carrots made exactly like this anywhere else, which is why I've titled the recipe Carote di Bianca!

Get ready to do a lot of slicing

The daunting part of the recipe is the slicing of the carrots. As the final product loses about half its weight, you start off with a huge amount of raw material and end up with.....well, not so much! When I made this, I used 1 kg (2.2 lb) of carrots and got just over 500 g (1.1 lb) worth when they had finished cooking. I imagine that this is because the carrots lose a large amount of water as they're being cooked. If not.....(WATCH OUT!! NERD ALERT!!!! Skip to the next paragraph if you don't want to be sucked into the physics vortex!).....this could be one to make the first scientist to demonstrate the Law of Conservation of Mass, Antoine Lavoisier, turn over in his grave.

Hints for making slow-cooked carrots

Now, unlike me (hands up anyone who wants to buy me a present), if you have a nice chopping machine, or a mandolin (no, not the instrument) that gives you good thick slices of carrots, the time used for slicing them, and the pain in your hand, can be lessened considerably. the carrots should be about 1 cm thick. If they are cut too thin, then will turn to mush as they cook. After that, the recipe is easy! The long cooking time concentrates the sweetness of the carrots, and the final browning caramelizes them a little, so don't skimp on the time needed. They make a fabulous side for any type of meat. One very important note: Make WAY more than you think you'll need as they will be eaten faster than you can say, "Can you

pass the carrots please", and then you won't get any, and that wouldn't be a good thing now, would it?

Go on and make them. I promise it'll be worth it!

Slow-cooked carrots

This Italian recipe for slow-cooked carrots makes them wonderfully sweet. It's a side you'll make over and over again!

Prep Time

15 mins

Cook Time

1 hr 30 mins

Total Time

1 hr 45 mins

Servings: 4 people

Ingredients

1 kg 2.2 lbs Carrots

2 sprigs Rosemary

1 clove Garlic

8 Tbsp Olive oil

Water

Instructions

Chop the carrots into rounds that are no more about 1 cm (1/3 inch) thick..... not too thick and not too thin (now, don't you feel like Goldilocks!). If you have a mandolin or food processor that does this for you, use it! Heat the oil in a large frying pan.

Add the whole clove of garlic and the whole rosemary sprigs. Cook for 1-2 minutes.

Add the carrots. Sauté them on medium-high heat for 5 minutes, stirring often.

Add water to cover the carrots. Wait until it is simmering, and then turn the heat down to medium.

Continue to cook the carrots for approximately 1 hour, gently stirring occasionally. If the water boils off too quickly, add more. You should be left with a bit of water in the bottom of the pan at the end of the hour.

Turn the heat up to medium-high again and cook for 20 -25 minutes, until the water has boiled off and the carrots are becoming browned. Stir often, otherwise the carrots will burn, but stir gently, otherwise they will break apart.



A Wonderful Veggie Side Dish for Your Thanksgiving Table

By Angela Amberden

Every year I host an enormous amount of people at my Thanksgiving table and while I love the classic side dishes and desserts that people have come to know and love, I always have to try something new. Two years ago a friend brought this dish to our Friendsgiving and I have added it to our Thanksgiving menu every year since.

Sage Roasted Cauliflower

Ingredients:

2 heads of cauliflower, broken into florets
2 heads of garlic, peeled and cleaned
1 head yellow onion, halved and sliced
1 package fresh sage leaves, hand torn
¼ - ½ cup good olive oil
salt and pepper

Directions:

In a large bowl, toss all ingredients well, making sure oil is evenly coating everything.
Spread on a foil lined baking sheet and roast at 400 degrees for 20-30 minutes, turning once during cooking.
Serve hot, beautifully caramelized veggies and wait for recipe requests.



After You Try this Scratch Made Version, You'll Never Look Back

By Joy Stewart Gordon

Whether you've been assigned this one dish or you're cooking an entire Thanksgiving feast there's one thing we can all agree on: we eat to excess on Thanksgiving. If that weren't enough, we

eat many dishes loaded with fat, salt and other unhealthy things. In other words: flavor.

Green Bean Casserole, which is a must have at any Thanksgiving dinner, is loaded with all of that tasty stuff and more. This is

because it is almost always made entirely out of cans and boxes. While this saves on time it also saves on taste. And nutritional value. But most importantly, taste. If you want to bring the most delicious, most talked about version of this dish to your thanksgiving, cook along with me and make it from scratch.

The green beans and mushroom/onion/shallot mix can both be made up to one day ahead of time. You'll simply need to cook the casserole longer (say 10 minutes) to account for the cold ingredients.

If, like me, you're cooking the entire meal, you'll still have time to make this if you prep properly. Believe it or not, it's not that much harder than the out of a can version. The most labor intensive part was chopping the green beans into little pieces. If you have the luxury of a kitchen minion or two, I'd suggest putting them on green bean chopping duty.

If this is the only dish you've signed up to bring, why not make it the best possible version?

Green Bean Casserole

Makes one 9" x 13" baking dish

32 ounces green beans, trimmed and chopped into 1" pieces
6 ounces fried onions
16 ounces sliced mushrooms

1/2 yellow onion, minced
1 large shallot, roughly chopped (about 2 Tablespoons)
32 ounces low sodium chicken stock
3 cups whole milk
4 Tablespoons butter, separated
2 Tablespoons mirin
3 Tablespoons all purpose flour
1 small pinch cayenne
1 teaspoon olive oil
1/2 teaspoon dried thyme
Salt, to taste
Pepper, to taste

Method:

In a large pot combine green beans and stock. Add pepper if desired. Bring to a full boil, then reduce to an active simmer. Simmer until green beans are very soft (about 20 minutes). Drain beans and set aside.

In a large heavy-bottomed saucepan melt 1 tablespoon of the butter along with 1 teaspoon olive oil. Saute the minced onion and chopped shallots with a pinch of salt over medium heat until caramelized (about 10 minutes). Stir infrequently. In the last minute add thyme. When onions and shallots are browned deglaze the pan with 1 tablespoon Mirin or Sherry.

Preheat the oven to 350 degrees. Add mushrooms another pinch of salt and a pinch of pepper. Saute until mushrooms are cooked through. Deglaze with remaining Mirin/Sherry.

Set mushrooms onions and shallot mix aside. Spray or grease a large baking dish.

Lay green beans in a single layer. mix in $\frac{2}{3}$ cup by volume fried onions.

Melt remaining butter in the same large saucepan over low-medium heat. Add flour & cayenne and cook, stirring constantly, until the mix has turned golden. Whisk in milk, roughly $\frac{1}{3}$ cup at a time.

Allow to thicken, stirring frequently.

Reintroduce mushroom, onion and shallot mix. Pour milk mixture (gravy) over beans in baking dish. Bake until bubbling (about 15 minutes). Cover entire casserole with fried onions and bake for 5 additional minutes.

Makes a great side for your Thanksgiving meal.



So

Much Better Homemade: A Delectable Twist on a Classic

By Giangi Townsend

Cranberry sauce with apricots, raisins and orange is our staple during the holiday season. Perfect with all poultry and meats as well as spread on a sandwich. Can you taste now??

Easy to prepare will preserve in the refrigerator up to a month. Deliciously healthy and tasty. Only use fresh cranberries. The flavor will burst into your mouth. Cut the apricots in small chunks, easier for the little one to enjoy.

You will never make another cranberry sauce again.

Cranberry Sauce with Apricots, Raisins & Orange

Ingredients

4 cups cranberry (about 1 1/3 12-ounce package)
2 cups sugar
1 cup chopped dried apricots
1 cup golden raisins
1 cup water
1 cup orange juice
1 tablespoon grated orange peel

Method

Combine all ingredients in heavy large saucepan. Stir over medium heat until sugar dissolves. Increase heat, cover and boil until cranberry pop, stirring occasionally, about 8 minutes. Transfer

mixture to bowl. Cover and refrigerate until cold (mixture will thicken as it cools). Can be made 4 days ahead. Keep chilled.

Makes about 4 1/2 cups.



These Marvelous Sweet Rolls will Quickly Become a Family Tradition

By Angela Amberden

Growing up, freshly made rolls only appeared on Thanksgiving. Helping Nana roll out sweet smelling yeast rolls is a treasured memory! She made a double batch as there were few sins greater than running out of rolls on Thanksgiving. I suggest you double, (or triple), this recipe as eaters of all ages flock to their sweet smell and flavorful fluffiness.

Molasses Sweet Rolls

Ingredients:

1 cup warm water
1 tablespoon active dry yeast
1 tablespoon sugar
1 and $\frac{3}{4}$ cups whole wheat flour
1 egg
2 tbl room temp butter
2 tbl molasses
 $\frac{1}{4}$ cup honey
1 $\frac{1}{2}$ - 2 cups bread flour
1 tbl baking cocoa
1 tsp salt
1 tbl brown food coloring gel (optional)

Directions

Mix water, yeast and sugar in a small bowl and wait 10 mins til frothy. In a stand mixer, (or by hand), blend the whole wheat flour, butter, molasses, honey, cocoa, salt and food coloring, (if using) until combined. Slowly add in yeast mixture and then add bread flour $\frac{1}{2}$ cup at a time. Stop adding flour when dough pulls away from the sides

of the bowl. Mix with dough hook or hand knead for 10 mins. Cover and let rest for 1-2 hrs, (until doubled in size). Punch down and roll into dinner roll size pieces and place in a well-greased casserole dish. Cover and let rise again. Brush tops with egg wash or butter if preferred. Bake at 350 for 20-25 mins.



These Delicious Yams are a Classic Must Have at Thanksgiving

By Lisa Watson

A recipe on how to make candied yams is not something that I ever thought I would post, to tell you the truth. Marshmallows

on a savoury dish seemed like one of those foods of American lore, like deep-fried Twinkies, that were better off left to characters in books to eat. Every year I

help an American friend make Thanksgiving dinner, and this year we decided that it had to be as traditional as we could make it as there were a heap of Italians, who had never tried even a bite of a Thanksgiving feast, coming over to visit her. So, there it started: it was time to dip my toe into the unknown, and slightly threatening depths of this sugary side.

I had a look at a whole lot of recipes full of things like cream, maple syrup, cups of sugar, and corn syrup. Just reading about all that sugar started melting the enamel on my teeth, so I decided to go my own way. I apologize to all American readers for this, as I'm sure the recipe I ended up making is somehow sacrilegious. I hope it's not too far from what it's supposed to be! In the end, the candied yams were actually pretty good, so now I can understand why they are a traditional part of Thanksgiving dinner. They go wonderfully with the tartness of the cranberry sauce! If nothing else, they were a talking point of the meal for all the Italian guests who had never heard of such an exotic dish!

My son's history teacher who is American declared that the only kind of marshmallows you should use are the mini ones. I didn't have any of those, so I cut the big ones I had into smaller pieces. I would be really interested to hear from other Americans out there if this is a personal taste thing, or if that's really how the candied yams usually come. I think if I had used the big ones, they would have formed

a softer, thicker crunchy-topped layer on the sweet potatoes. It could have made for an interesting texture difference. I baked the yams in the oven before using them as I figured that that would make the taste of them more concentrated. I did use butter, but no cream, and I only used half a cup of sugar as I couldn't bring myself to add more.

So, I'm curious: how do you make your candied yams? I'm sure I have a lot to learn about this dish!

Candied Yams

Prep Time 40 mins

Cook Time 1 hr 30 mins

Total Time 2 hrs 10 mins

Servings: 8 - 10 people

Ingredients

Yams (sweet potatoes)

40 g Pecans 1/3 cup / 4 oz

20 large Marshmallows

75 g Butter 1/3 cup / 2.6 oz

200 g Dark Brown Sugar 7 oz / 1 2 cup

packed

1 tsp Vanilla Essence

1 1/2 tsp Salt

Instructions

Heat the oven to 200°C (400°F).

Prick the yams with a fork 4 times in different places, then place them on a cookie tray in the oven.

Check them after 40 minutes by pushing on them with a fork. If they are ready to take out, they will squash easily. Depending on the size of the yams, this could take longer. Keep testing them every 15 minutes until they are cooked through and soft.

Once the yams are cooked, take them out of the oven. Put the pecan halves on another cookie tray and bake them for 10 minutes. Keep an eye on them as they burn quickly. When the yams have cooled enough to touch, peel the skin off with your fingers and leave them to drain in a colander for 30 minutes.

Put the yams in a bowl and stir in melted butter, sugar and vanilla essence.

Grease a baking dish with butter and spread the yam mixture in the dish.

Crumble the pecans with your hands and sprinkle them evenly over the yams.

Put the marshmallows on top.

Bake in the oven for 25 minutes.



Bacon Stuffing will Become Your Family's New Favorite Side

By Jasmina Brozovic

Have some old bread that you don't know what to do with but don't want to throw away?
We'll teach you how to spice it up with some bacon and other stuff to make a delicious stuffing for a bird roast.

Traditionally, this stuffing is served with turkey on Christmas as a part of Croatian culinary heritage. Great thing is that you can use this stuffing with any bird of your choice: chicken, turkey, duck... Just add sauce or gravy of your choice with a vegetable salad on the side and your family will be very grateful.

Bread and Bacon Stuffing

Ingredients

3 Tbsp olive oil
1 small onion
4 cloves garlic
6 slices pancetta/bacon
3 slices of soft white bread
1 Tbsp milk
2 eggs
finely chopped fresh parsley
salt and pepper
1/2 tsp dried oregano

Preparation

Tear the bread into rough cubes and place in a shallow bowl.

Drizzle the cold milk on and let them soak while you prepare the rest of the ingredients.

Finely chop the onion, garlic, pancetta and parsley.

Whisk the eggs with a fork in a separate bowl.

Heat the olive oil in a frying pan on medium high heat and fry the onion, garlic and pancetta until golden brown, about 2-3 minutes and set aside.

Squeeze the bread to get rid of the milk and place in a bowl.

Tip the fried ingredients into the bowl with the bread.

Add whisked eggs, parsley, salt and pepper to taste. Mix well until combined.

Stuff your chosen bird with it and cook according to the relevant recipe.



A Fun Flavorful Twist on a Thanksgiving Mainstay

By Joy Stewart Gordon

Put your diet resolutions on hold for just one more meal! This side dish is inspired by one of the most popular flavors of potato chips in America: Sour Cream & Onion. I'll confess it was born out of my desire to use up the last of my sour cream and my green onions before they went off. However, once I tried these potatoes, I was hooked! Starchy-sweet potatoes make a perfect base for crunchy, earthy and slightly spicy green onions and tart, rich sour cream.

*slice the paler parts closer to the root and use the darker green tops as garnish

Sour Cream & Onion Mashed Potatoes

Ingredients

2 1/2 lbs. potatoes, cut into large cubes
1/2 cup sour cream
1/4 cup milk
3 T butter
7 green onions, sliced*

Method

Add potatoes to a heavy bottomed pot, then water to cover. Bring to a boil and cook, covered, until potatoes are fork tender. Meanwhile cut the butter into 1/2 T pieces. Drain nearly all of the water out. Sprinkle the butter pieces across the potatoes equally. Mash the potatoes, starting all around the outer edge of the pot and working your way into the center in a spiral. Halfway through add milk & sour cream. Add salt & pepper to taste and fold in green onions.

These Homemade Condiments will Add an Extra Bit of Love to Your Table

By Wendy Sigmund

It is almost impossible to buy condiments that are not in a plastic bottle. I cringe when I think of the plastic leaching into our food. I am on a personal campaign to not use plastic whenever possible. So here is an alternative: Make your own condiments and keep them in glass Mason jars.

There is, of course, another reason to make your condiments at home. It is why we mountain mamas make all we can at home so we know exactly what goes into the food that is fed to our kids. And let's not forget to factor in the cost. Making anything at home takes time but usually also saves money. That's the trade-off. Some simply don't have the time or prefer the convenience. No one can judge; sometimes we all succumb to convenience. For me, I strive for the ideal but don't give myself a hard time when I just can't make it. Trying is actually the goal. Sometimes you have to get that squeeze bottle of ketchup, mayo, or mustard from the grocery store. But if you can, this is fun.

Homemade Mayonnaise

Ingredients

4 egg yolks at room temperature
1 Tbsp lemon juice or apple cider vinegar
1 Tsp regular or Dijon mustard (or ½ tsp dried mustard)
Salt and pepper
⅔ cup olive oil
⅔ cup coconut oil (warm) or other healthy oil (macadamia works well)

Instructions

Put egg yolks into a blender or bowl and whisk/blend until smooth, add lemon juice or vinegar, mustard and spices and blend until mixed SLOWLY add oil while blending or whisking at low speed, starting with olive oil. Start with a drop at a time until it starts to emulsify and then keep adding slowly until all oil is incorporated. Store in the fridge up to 1 week.

Homemade Ketchup

Ingredients

5 lbs fresh tomatoes (the better tasting the tomato, the better tasting the ketchup)
¼ tsp cayenne pepper
¼ cup apple cider vinegar
1 tsp salt
2 Tbsp molasses
2 Tbsp honey
¼ tsp ground clove
¼ tsp ground cinnamon
1 Tbsp brown or Dijon mustard
½ tsp Worcestershire sauce
¼ tsp ground pepper
¼ large onion diced
½ clove garlic

Instructions

Depending on the size, halve or quarter tomatoes so that they're approximately 1 - 1½" pieces. Place in a large stock pot. Using a wooden spoon or a potato masher, gently mash the tomatoes to release their juices. Cook the tomatoes on a low simmer for 30 minutes. Using an immersion blender or a regular blender, puree the tomatoes until they are mostly smooth. Pour tomato puree into a slow cooker. Add remaining ingredients and cook on low overnight, or 8-12 hours.

Using an immersion blender or a regular blender, puree the mixture again until it is mostly smooth. Using chopsticks or dull knives, prop open the lid of the slow cooker on opposite sides so that the lid does not touch the slow cooker. Cook the mixture on

medium/high setting until the mixture has cooked down to the desired thickness, checking every hour or so. This takes approximately 3 hours. Taste ketchup and add additional seasoning or sweetness as desired. Using an immersion blender or a regular blender, puree the mixture one final time. Ladle or scoop into glass jars for storage. Alternatively, you can re-use old ketchup bottles for your new, homemade ketchup.

Homemade Mustard

This is a simple coarse mustard that's perfect for your brats. Play around with the type of beer. Add extra brown sugar for a spicy-sweet mustard.

Classic Whole Grain Mustard

1/2 cup mustard seeds, a combination of brown and yellow about a 50/50 ratio
1/2 cup white vinegar
1/4 cup beer (you can play around with the type of beer. The better the beer the better the taste)
A pinch of kosher salt
1 tbsp brown sugar

Instructions

In a small bowl, combine the mustard seeds, vinegar, beer and salt. Stir to combine. Cover and let the mustard seeds soak for about 24 hours.

Add the brown sugar to the mixture, and blend in a food processor or blender until combined. Store in a glass mason jar in the fridge; flavors will meld after a day.



**This Healthy, Hearty Warm Salad is a
Perfect Compliment to a Heavy Meal**

By Balvinder Ubi

This gluten free, dairy free and vegan millet salad is a fun change from the usual rice, couscous and pasta salad. For those who may not have met “millet” yet, it’s worth getting to know since it has the same qualities (low in fat and high in dietary fiber) just like quinoa. It is mildly sweet, somewhat nutty and extremely versatile.

In this salad, I combined incredibly nourishing ingredients that work together to boost your health, yet at the same time each spoonful is so flavorsome and satisfying with chunks of roasted sweet potato and earthy flavors of kale and lentils. It isn’t just for dinner, it’s also great for work and school lunches!

Millet Salad with Kale, Lentil and Roasted Sweet Potatoes

Ingredients

1/2 cup gluten free whole grain (pearl) millet
1 1/2 cup vegetable broth
2 cups chopped kale (or any greens)
1/4 cup chopped onion
1 tsp minced ginger
1 tomato, chopped
1 hot green chili pepper, chopped
2 sweet potato, peeled and cut into bite sized pieces
1 cup cooked lentil (any that you prefer)
4 tbsp olive oil

salt to taste
freshly ground black pepper
3/4 tsp roasted cumin powder
lime juice as required

Instructions

Preheat the oven to 400°F. Place sweet potato to a parchment-paper lined baking sheet and drizzle 2 tbsp of olive oil. Sprinkle salt and black pepper and toss to coat.

Arrange them in a single layer. Roast for 30-45 minutes, stirring occasionally, until the potatoes are tender.

While the potatoes are roasting, heat a pan over medium heat. When it is heated, add millet and toast, stirring frequently, until aromatic about 5 minutes (they will make a popping noise).

Remove from heat and carefully add the broth (it will splatter a bit). Return to the heat and bring it to boil.

Cover, reduce heat to low, and simmer until millet is tender, about 18-20 minutes. Turn off the heat and let sit for 5 minutes with the lid on before fluffing with a fork.

Meanwhile in another saucepan, heat the remaining oil, add in the chopped onion. Sauté.

Add ginger, tomato and kale, cook until wilted and soft (just few minutes). Stir in lentils and the cooked millet and chili

pepper. Season with salt, cumin powder,
lime juice and freshly ground black pepper.

Serve warm or at room temperature.

Just before serving toss in the roasted
sweet potato.



This is Quickly Going to Become your Favorite Roast Turkey Recipe

Byangi Townsend

As I reflect on Thanksgiving, there are so many wonderful people, great successes and amazing things that have happened in my life and that I am grateful and thankful for. Would love to list them all, but there is

not enough space on this page to write them all down.

With that said, I do however want to send my love and gratitude to my family, my friends. Your love and support is wonderful and fills my heart everyday with strength. Thank you and I love you.

To all of you my readers and followers a huge thank you for making this journey fun

and exciting. I greatly appreciate your support, comments and encouragement.

But most of all to my sweet boy. You are growing so fast and so beautifully. I love the boy you are becoming. I love your pure heart, I love your laughter. Everyday I am thankful to be your mom. I love you.

To all: have a wonderful Thanksgiving with your special loved one.

Chestnut stuffed turkey

Ingredients

2 onions, peeled and chopped
2 tablespoons unsalted butter
6 oz. of bacon slices, cut in thin strips
8 oz. sausage meat
1 breakfast sausage, casing removed
1 apple, peeled, cored and roughly chopped
Equal pinch of: cinnamon, dry mustard, pepper, gloves)
24 Steamed chestnuts
1 turkey, cleaned and patted dry
Thick bacon slices
Olive oil
Salt and pepper

Method

Preheat the oven at 375°.
In a large skillet heat the butter and add the onions and the bacon strips. Add the sausage meat and the sausage. Continue cooking and separating the pork meats with a spatula.

Add the apple to the meat. Season with salt and pepper. Add the spices and mix well. Remove from the heat and add the steamed chestnuts. Work the stuffing lightly to well incorporate the meat and chestnuts, but not mashed them.

Stuffed the turkey's neck with the above stuffing. Close the opening. Place in a large cooking pan over a roast rack. Slightly oil the turkey with olive oil, salt and pepper. Cover the turkey's breast with the thick bacon slices. Cover slight with aluminum foil. Cook approximately 20 minutes per pound.

Poke with a fork once in a while to let the juices run form the breast and tight area. Baste with white wine and any juices from the bottom of the pan.

When done remove from the heat and let rest for 10 minutes or so.

Serve alongside apple slices sautéed with butter and warm steamed chestnuts.



Pumpkin Curry is the Perfect Way to Spice up Your Holiday Meal

By Maria Nasir

This easy Curry Pumpkin or Kadu ki Sabzi is another super simple, one pot recipe from the Punjabi cuisine that makes a hearty, healthy family meal served with rice or roti. Add a few condiments, like pickles and chutneys, and some raita to change this humble curry pumpkin into an absolute treat. Why easy? Because most Punjabi dry or semi-dry curries use very basic kitchen staple spices and ingredients. In this curry pumpkin too we make a quick base with onion, garlic, tomatoes, salt, red chillies, turmeric, coriander and cumin.

I used to avoid cooking anything with Halwa Kadu, petha or hard skinned pumpkin simply because cutting and peeling it always took so much effort and time. Most times, I ended up cutting my hand pretty bad with it or I had to wait for my husband to help me with this laborious task. But no more! Thankfully, I found this easy tip somewhere on the Internet a few years back to Roast Whole Pumpkin before cutting or peeling it. All you have to do is wash the whole big thing from outside. Simply wrap it in a foil sheet and roast in the oven till done. Cut it into two halves if it's too big for your oven.

The baking time can vary according to the size of pumpkin and your oven temperature. If you want the pieces slightly firm for salads, you can bake it just enough to make the skin tender enough to slip off easily. Moreover if you want to add it to soups, pies, curries or make puree, cook it

all the way till the flesh is buttery and creamy. You can test for doneness every five minutes after the first 30 minutes. Just poke with a knife or fork to check how tender the skin is. I buy a 2-3 kg pumpkin, roast it whole for 90 minutes to 2 hours. Then chop some into cubes and purée the rest. It saves me the trouble of going through the process again and again, and I am ready to use pumpkin for whatever sweet and savoury recipes I need it for in the freezer.

If you don't have an oven, you can do the same procedure in the microwave. Simply place the pumpkin half in a microwave safe dish with little water in it. Now turn the cut side down and microwave for 20 minutes or till the skin is tender. Don't waste the seeds either. You can plant them in the garden or dry them to add to breads, soups and salads for extra nourishment. Pumpkin seeds are full of nutrients and delicious. You can wash them in a colander to remove the pith attached. Dry them with kitchen towel. Spread in a tray, cover with a muslin cloth and leave under the Sun to dry for 2-3 hours for a couple of days. Then you can roast them in a preheated oven at 180 degrees C for a 10 minutes. They can easily be roasted in a skillet on stove top too.

Delicious and Easy Kadu Ki Sabzi/Curry Pumpkin

Serves 4

Ingredients:

1/2 kg pumpkin flesh

1 medium onion, diced

2 ripe tomatoes, diced

2 tablespoons tomato paste

4 cloves garlic, finely chopped

1 inch piece ginger, finely chopped

2 teaspoon red chilli powder

1/4 teaspoon turmeric

1 teaspoon cumin powder

1 teaspoon coriander powder

salt to taste

Juice of 1 lemon

2 tablespoons olive or ghee (clarified butter)

Fresh coriander and green chillies for garnish

This Is What You Do:

Wash and cut pumpkin into two halves if too big. Remove the seeds and pith with a knife or scoop out with tablespoon.

Wrap the halves of pumpkin in foil sheet. Place in a preheated oven for 90 minutes to 2 hours (depending on how tough the skin is) at 200 degrees C.

Remove from oven and easily scoop out the very soft and buttery flesh. Now take 4 cups of precooked pumpkin for this curry and store the remaining in fridge or freezer to use later in soups or desserts.

To prepare the curry, heat oil in a deep frying pan. Next add sliced onions, sauté for two minutes or till just change colour (do not brown).

Next add tomatoes, ginger, garlic and all the spices and salt. Add 1/2 cup water. Cover the pan and allow the masala to simmer on medium low heat till the tomatoes are soft and begin to dilute in the curry to make a sauce.

Add the pumpkin, mix well. Next add 1/4 cup more water and cover the pan again for another 5-6 minutes to allow the flavours of curry blend nicely with the pumpkin.

Turn off heat. Squeeze a lemon over the curry.

Garnish with fresh coriander and chopped green chillies. Season with a little garam masala or a blend of ground cumin, cinnamon and black pepper.

Serve hot with plain rice or roti. Raita and pickles go great on the side.



This Enchilada is a Super Fun Thanksgiving Leftovers Recipe

By Jodi Kaplan

Cranberry Chipotle Turkey Enchilada

Thanksgiving is great, but finding new and different ways to use up the leftovers can be a bit of a challenge. However, it's also an opportunity to be creative. I had an idea for a turkey cranberry chipotle turkey enchilada and went looking for cranberry chipotle salsa or even some cranberry relish in the supermarket. The store had both, but I eventually decided I didn't want to buy a whole jar (and end up with more leftovers to use up). So I created my own instead.

I took some of the leftover turkey, a few raisins (dried sweetened cranberries), and added chipotle salsa which I already had (and could use for other recipes like chili or meatloaf). I combined them together to make cranberry chipotle turkey enchiladas.

If you already have cranberry relish or cranberry salsa from your own dinner that would work beautifully too. Just add some canned chipotles in adobo.

It's pretty easy. Just warm up the turkey, heat the tortilla in some oil, add the rest of the ingredients, and roll it up into an enchilada.

Cranberry Turkey Chipotle Enchilada

Prep time: 5 minutes

Cook time: 10 minutes

Ingredients

3-4 raisins (sweetened, dried cranberries),
chopped, or about 1/2 tsp cranberry relish
1T chipotle salsa
2 T cooking oil
1-2 slices of turkey, shredded
1 tortilla
1/4 C shredded mild cheese
1 cabbage leaf (chiffonade, cut into strips)

Instructions

Mix the raisins (or the relish) and salsa together in a small bowl.
Heat oil in pan and reheat the turkey. Once it's hot, remove the turkey and set aside.
Put the tortilla in the pan, and cook 30 seconds or so per side, flipping with kitchen tongs.
Return the turkey to the pan and top with the shredded cheese.
Cook a minute or two to melt the cheese.
Remove the tortilla from the pan, add the cabbage, and top with the cranberry /salsa mixture.
Roll it up to make an enchilada.



Savory pumpkin pie

A Delightful, Imaginative Twist on a Classic

By Indrani Sen

This is a savoury pumpkin pie I prepared for my Halloween celebrations and was spicy and delicious. I prepared the pumpkin filling inspired from a traditional Indian pumpkin side dish which pairs well with bread and it tasted delicious as a Pie too .There were no leftovers.

Savory Pumpkin Pie

Prep Time 45 minutes

Cook Time 45 minutes

Cooling time 30 minutes

Total Time 2 hours

Servings 4 person

Ingredients

Pie crust

2 cups all-purpose flour

1/4 tsp. salt

2 tsp. granulated sugar

10 to 12 tbsp. cold unsalted butter cut into small pieces

6 tbsp. ice water

Filling

200 gm of pumpkin

4 to 5 curry leaves

1 tsp mustard seeds

1 tsp cumin seeds

2 medium garlic cloves crushed

1 whole dried red chili

1/2 tsp red chili powder

Salt to taste

1 green chili chopped

1/2 cup cream

2 tbsp of ghee or oil

1 egg

Instructions

Instructions

Dough

Mix all the ingredients into a crumbly texture

Bring all together with hands

Add ice cold water and form a dough

Divide the dough into two balls

Blind baking

Grease the tart mold with butter

Dust the mold with flour

roll the dough into a thin round circle

Layer the mold with the flour disk.

Place some weight like dried beans on it and blind bake for 20 minutes minutes at 180 degrees

Filling

Roast the pumpkin in the oven for 30 minutes till mushy

Heat the oil in a pan

Add a tempering with mustard seeds

,followed by cumin seeds and curry leaves and red chili

Add crushed garlic and fry.

Add the roasted pumpkin mash into this

Add red chili powder and mix

Add salt

Pour cream into the mixture.

Add chopped green chili

Puree the mixture in a blender

let the mixture cool

Add a beaten egg and mix

Assembling the pie

Roll the top layer of the pie and cut a Jack o lantern face

Fill the baked pie crust with the filling

Cover with the top layer.

Seal the edges with a fork

Bake at 180 degrees for 30 minutes.

Cool , unmould and serve



This Versatile Savory Pie Makes a Perfect Holiday Main Dish

By Maria Nasir

We were introduced to this delicious dish two years ago in the beautiful Hunza Valley. Chap Shoro (also popularly known as Hunza pie) is a rustic, hearty and yummy dish with a melodious name and irresistible aroma. It's a simple and straightforward preparation of cooked minced meat stuffed and sealed between two whole wheat flatbreads, and then cooked over a skillet.

What makes this simple pie so special is the fact that it is an easy-to-please-all sort of recipe, filling and quite handy to eat if you are travelling. You can take it to potlucks and make it delicious main dish for some special occasion, surrounded by fresh salad. The interesting thing is that you will find it in different price range at different places – from 50 Pakistani rupees on

roadside stalls to 1200 Pakistani rupees at high end cafes and restaurants.

At roadside eateries you'll still find it in its original form – made with a mix of cornmeal and whole wheat flours, stuffed with beef or mince and cooked in animal fat. In local homes even yak meat mince is also stuffed in Chap Shoro and the cooked pie is brushed with apricot oil or apricot oil is served on the side as a dip.

In more posh eateries, you will find Chap Shoro made with chicken mince or even vegetarian version with just tomatoes and onions or spinach and yogurt cheese to cater to the tastes of tourists visiting the valley.

We fell so much in love with this hearty pie that we tried it from different places during our stay. The wonderful ladies running the Khabasi Cafe at Altit fort were so gracious that on my request they gave me the recipe for Chap Shoro. In fact, they made sure I understood the entire procedure properly.

Of course on coming back home this was one of the first things I tried making in my own kitchen. Here I'm sharing the recipe just as it was told to me by my lovely hostess.

Chap Shoro

Serves 4-8 (depending if it's main or side dish).

Ingredients:

2 cups whole wheat flour + more for dusting worktop
A pinch salt
Water to knead the dough
1/2 kg chicken, lamb or beef mince
1 small onion (half cup chopped)
2 medium tomatoes (3/4 cup chopped)
2 cloves garlic, crushed or finely chopped
1/2 cup coriander leaves (optional)
Salt to taste
1 teaspoon ground red chilli pepper

This Is What You Do:

Mix flour and salt in a big bowl. Make a well in the centre. Add water gradually and keep mixing with flour.

When all the flour comes together, start kneading the dough. Knead for 5-7 minutes or till the dough is firm. Cover and set aside while you cook the minced meat.

Add oil to a deep pan. Add onions and saute over medium heat till the onions are golden.

Add chopped garlic and diced tomatoes. Add the dry spices and salt. Fry the ingredients together for a couple of minutes.

Add minced meat. Keep frying another couple of minutes. Add 1/4 cup water for chicken, 1/2 to 3/4 cup for mutton and beef. Cover the pan, reduce heat to medium low.

Cook till the minced meat is cooked and liquid completely evaporated. The cooked mince should be quite dry. We don't want any liquids making the pie soggy or dripping when you bite into it.

Let the mince cool a little while you roll out the dough for the pie.

Divide the dough into equal sized four balls. Lightly flour a work top, roll out each dough ball into a 6-7 inch round.

Wet the edges of each round. Divide mince into two portions. Spread mince over two dough rounds, leaving 1/2 inch of edges uncovered.

Place the other two dough rounds over mince covered rounds. Press with your fingers or fork to seal the edges together or if you are more confident handling the dough, fold the edge inwards to make a nice pie like edge.

Heat a skillet over medium heat. Lightly grease it with apricot or olive oil or butter. Place one pie over it gently. Cover with a lid. Cook for 3-4 minutes or till the bottom side is cooked.

Flip, cover and cook another 3-4 minutes. Repeat the same process with the other pie.

Serve warm sliced or whole with apricot or olive oil or yogurt dip on the side.



Eggless Pumpkin Cheesecake, a delicious make ahead Thanksgiving dessert, with sweet, creamy and smoky flavours.

By Azlin Bloor

If you know someone who can't eat eggs, like my girls, this is going to be an amazing treat for them. A seasonal cheesecake that will take pride of place on your festive table and won't break the bank.

We shall be using canned pumpkin here, so not chopping involved. Just be sure to get a can of 100% purée, nothing added.

I'm using coffee in two ways. Firstly, we add a tiny amount of room temperature, freshly brewed coffee to the filling. You won't really taste the coffee, it just adds complexity to the smoothness of the cheese and pumpkin.

Then, just before serving, we sprinkle the top of our pumpkin cheesecake with a light layer of fresh ground coffee beans. Trust me on this, it will enhance the overall flavour. You won't notice any bitterness at all. Just a smoky, nutty hint with each bite. You can use instant coffee for the filling but NOT for the topping. This is because the instant coffee granules will start to dissolve on your cheesecake and create a mess.

Let's get our aprons on!

Easy Eggless Pumpkin Cheesecake

Ingredients

The Base

200 g ginger biscuits plain, called ginger nuts in the UK
100 g salted butter melted

1 tsp pumpkin spice mix or mixed spice

Pumpkin Cheesecake Filling

3 Tbsp cornstarch

3 Tbsp plain flour (all purpose)

750 g soft cream cheese full or low fat

200 g (7 oz) light brown soft sugar

125 ml (1/2 cup) soured cream or yoghurt (full or low fat)

1 can (about 425 g/15 oz) pumpkin purée from a can, or make your own with a blender

60 ml (1/4 cup) very strong coffee, at room temperature (made with 1 Tbsp coffee grounds)

2 Tbsp bourbon optional, skip if you don't do alcohol



A Wonderful Comforting Dessert with Fall Flavors

By Mayuri Patel

An easy, traditional dessert where apples are tossed with brown sugar and cinnamon. Topped with a crisp, it's a delightful dessert to enjoy with some ice cream, whipped cream or custard.

Apple Crisp

Serves 8

Ingredients

For the Crisp Layer:

$\frac{3}{4}$ -1 cup rolled oats or quick oats
 $\frac{1}{2}$ cup wheat flour
2 tbsp sugar
100 g butter
 $\frac{1}{2}$ tsp cinnamon powder

FOR THE FILLING:

6 medium apples
1 tbsp lemon juice
 $\frac{1}{4}$ cup water or apple juice
 $\frac{1}{2}$ cup raisins
 $\frac{1}{4}$ - $\frac{1}{3}$ cup brown sugar
 $\frac{3}{4}$ -1 tsp cinnamon powder
1 tbsp wheat flour
some butter for brushing

Instructions

Preparation of the Crisp Layer:

Mix flour, oat, cinnamon powder and sugar together.

Add butter and rub it into the mixture.

Preparation of the Filling:

Preheat the oven to 180°C.

Brush a 8" X 8" tray or 8 ovenproof bowls with butter.

You can leave the apples unpeeled if they are not waxed. Otherwise peel and core them. Slice or chop them into pieces. Immediately drizzle with lemon juice and mix so that they do not begin to turn brown.

Add apple juice or water, sugar, raisins, flour and cinnamon powder. Mix well.

For Individual Bowls:

Arrange the bowls on a baking tray.

Divide the filling equally and add to the greased bowls.

Divide the crisp layer equally.

Bake for 20 minutes or till the top layer is golden brown.

Remove the baked crisp from the oven. Let it cool slightly.

Top with vanilla ice cream, whipped cream or custard and serve.

Bake in a Tray:

Grease a 8" X 8" tray with butter.

Add the filling and spread it out into an even layer.

Sprinkle the crisp topping over the filling, evenly.

Bake for 25-30 minutes or till the top is golden brown.

Remove the tray from the oven and let it cool slightly.

Serve portions of apple crisp topped with ice cream, whipped cream or custard and serve.

Notes

Add fresh berries instead of raisins.

Adjust the amount of sugar according to your taste.

Can use coconut sugar instead of brown sugar.

Add nutmeg to the filling for a different flavour.

To serve during a dinner party, put the crisp to bake as the guests arrive. It will be ready to serve by dessert time.

Use leftover apple crisp the next day as breakfast. Top it with plain or Greek yogurt.



This Marble Cake is so Delicious You Won't Have any Leftovers

By Jasmina Brozovic

The first print references to marble cake began appearing in the last quarter of the 19th century. One popular variation of this recipe during Victorian times was “Harlequin cake”, which was baked with checker-board patterns. Early recipes use molasses and spices to achieve the dark-colored batter.

Today, we use cocoa and it tastes like a having a piece of chocolate with your sponge cake

This, easy to make, simple cake is usually served around Easter, but I usually make it on the weekends when I don't plan on baking but still crave something sweet, since all the ingredients are in my staple.

Marble Cake

Ingredients

4 eggs divided
280 g (1 1/3 cups) granulated sugar
20 g (1 1/2 tbsp) vanilla sugar
zest from one lemon
120 g (1/2 cup) softened unsalted butter
10 tbsp milk
3 tbsp oil
280 g (2 1/2 cup) all purpose flour
10 g (2 1/2 tsp) baking powder
2 tbsp cocoa
2 tbsp rum (optional)

Preparation

Preheat oven to 200 °C (390 °F).

Separate egg yolks from egg whites in two separate bowls.

Mix in self standing mixer or with electric beater egg yolks and sugar until foamy.

Add vanilla sugar, lemon zest and butter.

Mix until combined.

Add progressively milk and oil, and at the end alternately mix in flour mixed with baking powder.

Beat egg whites until stiff.

With spatula, mix in egg white mixture in the egg yolk mixture until combined.

Divide prepared batter into two parts.

In one part add cocoa and rum.

Greased pan sprinkle with bread crumbs, pour the yellow batter and then the brown batter.

Bake the cake in preheated oven at 200 °C (390 °F) for 20 min and another 30 min on 150 °C (300 °F) until golden brown.

After the cake is done, cool it off on the rack.

Before serving sprinkle with powdered sugar.



It Doesn't Get Any Better than a Creamy Chocolate Dessert that is Easy to Make

By Jodi Kaplan

EASY CHOCOLATE MOUSSE

I started making this chocolate mousse recipe when I was 14 or so. It's now (cough, ahem, mumble) years later, and I'm still doing it. The original recipe came from Seventeen magazine. It was so easy that I made it for my friends (even hosted a party) and served it to my parents.

This is still remembered today as the infamous, "Jodi, you make dinner tonight episode:" all my favorites — fettucine alfredo and chocolate mousse. [SEP:SEP]I've now learned to make much more complicated desserts (chocolate and otherwise), but this easy recipe is still a big favorite.

The recipe is so simple, a kid can make it. You don't have to separate eggs, or follow lots of complicated instructions. There are only 5 ingredients: a chocolate bar, heavy cream, water, vanilla, and an egg.

If you can boil water, you can make this chocolate mousse. The only tools you need are a blender, a measuring cup, a measuring spoon, and a spatula.

Easy Chocolate Mousse

Prep time: 5 minutes

Inactive time: 2 hours

Cook time: 15 minutes

Ingredients

7 ounces dark chocolate
1/4 C boiling water
1/2 C heavy cream
1/2 teaspoon vanilla extract
1 egg

Instructions

Break up the dark chocolate into squares or small pieces. Drop them into the blender. Add boiling water. Blend for 30 seconds. Add remaining ingredients. Blend 15 seconds. Scrape down sides. Blend until smooth. Pour into dessert dishes or small glasses and refrigerate until set.



**This Cheesecake Swirl Pumpkin Bread is
Going to be a Favorite During Pumpkin
Season**

By Helen Chin

Pumpkin time! There's nothing quite like

enjoying an exquisite and tasty dessert after a great savoury homemade meal.

I am crazy over cake. It's not a sin to indulge in cake, right? It's been a while since I have had cheesecake.

Therefore, my creativity took over and I decided to combine sweet berries, papaya, plum liqueur, and cranberry sauce leftover that had been sitting in my pantry.

Combining fruits and pumpkin with cheesecake does create a rich flavour. Thus, it's a great dessert to finish off a great feast and perfect for Thanksgiving.

The resulting cake has a delicious, moist and creamy consistency and the natural sweetness from the fruit gives it a great caramelisation.

Be bold, courageous and innovative in baking!!!! Don't forget to be grateful to God for the abundance of food to celebrate Thanksgiving.

Pumpkin Cheesecake Fruits Bread

Ingredients

200 g cream cheese spread
2 Tbs white sugar
1 Tsp baking powder
300 g self-rising flour
200 g light brown sugar
2 eggs, lightly beaten
125 g melted butter
125 thickened cream

8 strawberry, slice thinly
125 g blueberries, wash and pat dry
1 small papaya, remove skins and cut into bite sizes
2 Tbs dark brown sugar
2 Tbs cranberry sauce
1 Tbs plum liqueur or any liqueur of your choice (Optional)
1 Tsp vanilla extract
Honey, drizzle
225 g pumpkin puree with 1/4 c thickened cream

Preparation:

Preheat oven 180 degrees C.

Grease and lined the bottom of a rectangular bread pan. Cut 2 extra-long baking paper to line the side and draping over the sides.

In a medium size pan add brown sugar, liqueur, vanilla extract and drizzle honey over medium low heat. Add the fruits in and let the fruits soften a bit and mixed with sugar mixture for about 2 minutes or so until sugar dissolved. Set aside to cool until needed.

Beat cream cheese and sugar until well combined; set aside and refrigerate. In another bowl combine and mix well flour, brown sugar, and baking powder.

In another mixing bowl beat pumpkin, egg, butter and thickened cream for 2 minutes until well mixed. Add flour mixture and stir to combine.

Assembly:

Spoon half the pumpkin mixture into prepared loaf.

Now bring out the cool cream mixture, place it over the pumpkin mixture, and gently spread over it. Then followed by half fruit mixture with syrup spread on top of cream.

Spoon the remaining pumpkin mixture over it by smoothing the top. Then spoon remaining fruit mixture with a couple spoons of syrup on top; gently press fruits down. Keep some syrup for brushing the top after the cake is out of the pan on the plate for some gloss, (optional).

Once all the layers of ingredients are added give a couple of shakes to make sure no air bubbles are formed, and the ingredients are all well set.

Bake for 1 hour. Insert a skewer to make sure it comes out clean. Turn off the oven and leave it inside for 35 minutes. Remove from the oven to cool for another 10 minutes before lifting it out onto the plate. Be careful when lifting out.

I managed to get it out using a foil plate mat; then turned it on to a plate. Phew!!! it didn't break in half.

Tips & Note:

You can turn it on to cookie pan the turnover on to plate.

You may use sour cream or normal cream cheese, but you must soften it first. Instead

of thickened cream you can use creme fraiche.

Use any fruits you like.

You don't have to make syrup, you can omit it. As I have leftovers from my New Year's Trifle, so I have syrup. You can use strawberry jam or cranberry sauce. You can omit plum liqueur. Just add water instead.

Oven temperature may vary; you might need less or more time.

If it start to burn before it is cooked through, cover the bread with foil.

For the recipe:

<https://helenscchin.com/2020/01/05/pumpkin-cheesecake-fruits-bread/>

Food in the Time of Quarantine Contributors

Angela Amberden

Contributing Editor

Angela is a work from home writer who was an Executive Chef in her past life, (before kids).

She has chosen to use SIP to perfect some life-long bucket list food items such as sourdough bread,

bagels and croissants. Mastery of multicultural delicacies are also keeping her busy. These ten weeks have

been challenging as for everyone, but Angela has used baking and the subsequent gifting of baked goods

to stave off the insanity.

Azlin Bloor

Contributing Editor

I'm a former chef, culinary instructor and food blogger, with 2 decades of experience in my bag. I specialise in many cuisines, but am especially fond of South East Asian, Middle Eastern and British cooking. "I was born and raised in Singapore in a family as multicultural and multilingual as the United Nations!

You can find recipes, videos, cooking courses and more at: <https://www.linsfood.com/>

Jasmina Brozovic Jasmina is the author of the 'Beyond the Cake' book. With her husband Zvonimir

Fras, she has been writing about Croatian gastronomy and customs on social media, garnering a large audience. Here is what she tells us about herself:

I am a fun loving, cake baking, food cooking, people caring, always dancing, nature enjoying chatterbox! My goal is to get you to enjoy preparing your food

with or for the people you care about.

See more of Jasmina's fabulous food at: <https://www.zvonimirfrs.com/jasmina/>

Helen Chin

Contributing Editor

I am Helen Chin, originally from Malaysia. Have been living in Australia about 32 years now and retired. I enjoy cooking, experimenting various combinations of herbs, fruits, and spices to go with meat and vegetables as well as creating food using various techniques.

Everyone does have to eat food. Food can be creative yet simple, easy quick within the budgets. It can be presented with taste, colours, comfort, and hearty for everyone. I am grateful to have join some foodie's bloggers and have learned to cook various main meals as well as desserts.

I have mastered my culinary skill from these foodie's bloggers. Thus, have make many friends who enjoying sharing their food with me. Also, I have recreated their food with my interest in exploring and creating. It has been a mileage of food journey which I hold strongly.

To me food on the table can bring family members and friends to sit on my table to eat and to communicate which many people seems to have no time for each other's always on the go. I am pleased that I grab this opportunity to pursue cooking as a hobby and it had brought my family gathered weekly.

You can find more of Helen's fabulous, creative cooking at: <https://helenscchin.com/>

Maria Nasir

Contributing Editor

Formerly, I was an English language and literature teacher. My husband and daughters are my inspiration for cooking. They love to eat and I love to cook. To me cooking is an expression of love, generosity and warmth. My blog foodaholic.biz reflects these qualities where I have something for everyone. Besides cooking, I paint and read.

I'm a hands on mom - I've raised two happy, healthy daughters. I can handle parties for over fifty people at home single-handedly and recently started my own catering business. I'm author of three e-cookbooks.

Mayuri Patel

Contributing Editor

Hi I'm Mayuri Patel, an Indian born and brought up in Kenya. A retired teacher, I began my blog Mayuri's Jikoni in 2012. Started off as a remembrance for my mum from whom I learnt how to cook the basic Gujarati Cuisine. Initially just wanted to jot down recipes that I learnt from her, my mother in law and my aunt. However, requests and interest led to me venturing out from my comfort zone to include recipes from world over. It soon became an endeavor to make Vegetarian Food more exciting, and a way to portray that vegetarians too enjoy different cuisines from world over.

See more of Mayuri's mouthwatering recipes at: <https://mayuris-jikoni.com/>

Indrani Sen

Contributing Editor

I am a foodie, recipe developer, food blogger, food writer,
Data Scientist, corporate trainer in Data Science and Machine Learning. I am a

mother to my daughter and love cooking food for family and friends!

blog: www.indrani-will-teach.com/

Twitter: @indraniwillteach

Instagram: @indraniwillteach

Joy Stewart Gordon

Editor in Chief

I am mother to two young boys and I love to cook for my family, especially from ingredients sourced from my mountain home. I've been blogging about food at The Joyous Kitchen for almost a decade. I worked in catering for over a decade. I love to cook and write recipes and share them with everyone!

See more of my seasonal food at: <http://joyouskitchen.blogspot.com/>

Wendy Sigmund

Wendy is the publisher and founder of the [Santa Cruz Mountain Bulletin](#). She also blogs about living off the grid, gardening and cooking at her blog, [Santa Cruz Mountain Mama](#). She teaches

History at San Lorenzo Valley High. She is the mother of two wonderful sons two dogs, two cats and turtle in the Santa Cruz Mountains and grows fruits and vegetables.

Giangi Townsend

Contributing & Features Editor

Like many working moms across the world, I was caught up in the madness searching for healthy ways to feed my family and had limited time to spend in my kitchen during the work week. I was struggling to find easy, simple and fast recipes that combined gourmet creativity and healthy eating.

As a result, I started creating as well as modifying recipes to allow me to make them in less than 45 minutes.

I had no idea that so many people were in the same boat as me and wanted to create quick and easy meals for everyday cooking using simple, fresh and whole food ingredients. What started out as a personal pastime has emerged into a thriving digital platform, with so much room for growth.

See more of Giangi's delectable dishes at: <https://www.giangiskitchen.com/>

Balvinder Ubi

Contributing Editor

I'm simply someone who finds pleasure and satisfaction in cooking and creating healthy gluten free recipes that anyone can enjoy! Having grown up in India and now settled in Canada, my recipes reflect my exposure to different cultures and cuisines.

You can find more of Balvinder's delicious recipes at:

<https://www.simpleglutenfreekitchen.com/>

Lisa Watson

Contributing Editor

Lisa grew up on a sheep farm in New Zealand. As soon as she was able, she followed the gravel road with grass growing down the middle of it that started outside the gate and left to discover the world. Many adventures and countries later, she now lives in France with her Italian

husband. She writes whenever she can and travels as often as possible. Lisa has a blog called www.italiankiwi.com that she feeds with posts every so often.