

Global Gourmet Magazine



April 2023

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Letter from the Editor

April 2023

Dear Readers,

It seems as though 2023 is speeding by. As though Valentine's Day was just last week, when in fact it is already April and Easter is practically upon us. Whether it be fun recipes for entertaining, or creative homemade sweets, we've got what you're looking for this month in our Easter issue. Are you hosting or going to a get together? Consider serving Swati Malik's bright, delectable Mango, Avocado and Black Bean Salsa (pg. 5). Maybe you'd like to bring a fun egg dish to an Easter party, in which case my vibrant Picked Beet Devilled Eggs (cover & pg. 18) would be a perfect choice. And then there are sweets that could be served equally to guests and family alike as a special holiday treat. Azlin Bloor's marvelous crisp, airy, eggless Chocolate Butter Cookies (pg. 8) are a perfect example. As are Priya Vijaykrishnan's Carrot Kheer (pudding, pg. 13) and Helen Chin's Aperol Chocolate Easter Cake with Berries (pg. 15). For a wonderful option for Easter brunch, do try Archana Potdar's Cheesy Blintzes (pg. 10), which are a delightful mix of sweet and savory. However you end up celebrating the spring holidays, we hope we have put together a collection of recipes that you find helpful and delicious.

All the best,



Joy Gordon Stewart, Ed. in Chief & the Global Gourmet Magazine Family



Avocado Mango Bean Salsa is a Vibrant, Filling & Delicious Dip with Sweet, Spicy and Tangy Notes

By Swati Malik

This salsa makes a delicious afternoon light meal on it's own or as filling in crunchy tacos and a great snack with nachos or chips!

About the Recipe

Avocado Mango Bean Salsa is a highly nutritious, vegan and gluten-free salad. It has the goodness of fresh seasonal mangoes, creamy avocado and protein rich black beans, with lots of cilantro and lime juice. I make it as kids friendly recipe as my kids love it.

Mango and avocado along with beans and other veggies here add up to a super healthy dish. This is a

Zero oil, No Cook recipe which will require of you only 10-15 mins from start to finish.

Ingredients for Avocado Mango Bean Salsa and Substitutes

This quick and easy salsa recipe is so adaptable that you can increase or decrease the ingredients used and swap other ingredients if the ones mentioned here are not available.

Mango- Make this salsa when fresh mangoes are available, as this is the star ingredient here, at least for us!! I have used ripe, sweet and firm mangoes(local variety) that are available here. You can use any mango variety available at your place. Do not use soft, pulpy and fibrous mangoes.

Avocado- Choose semi-ripe or ripe avocado. Add avocado just before adding seasoning to salsa. Do not cut and leave it in the open, it will turn black. It adds creaminess and is a source of good fats. We will need half avocado in the recipe. If you are making for a bigger batch or like to add full avocado then go ahead! You can also skip it as in many places(like in India) it is not easily available and is highly priced.

Black Beans- These make the salad protein rich and filling. You can also use beans like Red Kidney beans, Garbanzo beans/Chickpeas, Cannellini beans, Black Eyed beans/lobia or even sprouts. I have used canned beans, drain and rinse the beans before using in the recipe.

Vegetables- I have used tomatoes(local variety), red bell pepper, onions. You can use mixed colored bell peppers.

Herbs- Fresh Coriander/Cilantro adds so much flavour, along with lemon juice. These two ingredients are a must for me. It makes this Mango Bean Salad look more vibrant. Cilantro can be replaced with

parsley or basil leaves. Mint leaves also add zing and make it more refreshing. Add jalapenos or green chillies for a spicy kick. Since I made it for my 10 yr old also, I did not add any chillies here. My daughter and I topped it with a lot of chilli flakes.

Seasoning- I have used very simple seasoning with minimum spices. Lime juice along with Mexican seasoning(store bought) with salt and a bit of sugar. This is a no oil salsa/salad recipe so I have not used any oil but you can always add 1 tbsp EVOO(Extra Virgin Olive Oil).

Other spices that you can use are roasted cumin powder, red chilli powder, garlic powder. Italian seasoning or zaatar will also work fine adding the mediterranean flavours to the salad.

Nutritional Benefits

Mangoes are a great source of Vit. A along with antioxidants and other nutrients. It benefits eyes, skin, and hair and promotes digestive health.

Avocados have numerous health benefits. These are source of good monounsaturated natural fats. These are also known to be rich in potassium. It also helps to keep the blood pressure normal, aids in reducing the inflammation and promotes fat loss.

Beans are a great source of protein and add lot of fibre. These give a feeling of fullness so we do not feel hungry for a long time. So, these aid in weight loss too.

Red Bell Pepper, tomato and onions are also good for your health and provide nutrients and minerals to keep the body healthy and disease free.

Lemon is rich in Vit.C, antioxidants which help in increasing immunity along with other health benefits.

How to Make Avocado, Mango Black Bean Salsa

Once the ingredients are chopped, this is a quick 5 minute mix all recipe. The only time it takes is to chop your veggies. Chop all the veggies and the seasoning ready.

When using canned beans, drain the beans and rinse nicely in water.

When using the fresh beans boiled at home, do not use the liquid, drain all the liquid before adding to the salad. Any extra liquid makes the veggies soggy and the salsa will lose its crunch.

Prepare seasoning by mixing all the ingredients under seasoning. Mix the veggies, beans. Add seasoning, keep in the refrigerator for about 10-15 mins, so that the juices mix nicely. Serve chilled.

Variations

Instead of mango you can add pineapple(fresh or grilled), peach, apricot, green apples or any other seasonal fruit. Kiwi fruit is also a great addition to this salsa which adds a citrus punch.

Serving Suggestions

Avocado Mango Bean Salsa is good to have on its own but serving with nachos or crackers makes it a great filling snack. You can also serve it as topping on tostadas(crunchy roasted tortillas or tortilla bowls) or use as filling in burritos. It is great with Mexican Style Rice or with Taco Bell style Mexican Tortilla Pizza or any meat based dishes!!

Can We Freeze Mango Bean Salsa?

I don't recommend freezing this salsa as salads taste best when served fresh. You can refrigerate it for a couple of hours before serving but do not add any seasoning as the veggies may become soggy and lose the crunch.

It is best to add the seasoning 30 mins before serving. Finish the prepared salsa on the day it is prepared. Refrigerate the leftovers in an airtight box and finish it by next day.

Avocado Mango Black Bean Salsa

via foodtrails25.com

Prep Time 10 mins

Serves 2

Ingredients

1 Firm Ripe Mango diced/chopped
½ Avocado
½ Red Bell Pepper
1 Firm Tomato not very juicy
½ Red Onion finely chopped
¼ Cup Cilantro/Coriander Leaves finely chopped
1-2 Jalapeños or Green Chillies as required
½ Cup Black Beans or use any other beans

Seasoning

1-2 Lemon use as required
1 tsp Mexican Seasoning optional
Salt as per taste
Chilli Flakes as required

Instructions

Drain and rinse the canned beans. When using fresh beans, drain the liquid completely.
½ Cup Black Beans
Chop or dice the mangoes, avocado. Finely chop other veggies.
1 Firm Ripe Mango, ½ Red Bell Pepper, 1 Firm Tomato, ½ Red Onion

Add finely chopped cilantro, give the veggies a light toss.

¼ Cup Cilantro/Coriander Leaves

When adding jalapeños or green chilies, add as per your heat tolerance. You can deseed it and then add.

1-2 Jalapeños or Green Chillies

Make seasoning. Add lime juice, mexican seasoning. Add chilli flakes if required.

1-2 Lemon, 1 tsp Mexican Seasoning, Chilli Flakes, Salt

Add the seasoning to the salad, mix nicely and chilli for at least 15-20 mins.

Serve with nachos or the way you like it!

Notes

This recipe is adaptable as per your preferences for the ingredients and the servings.

Instead of black beans you can also use beans like Red Kidney beans, Garbanzo beans/Chickpeas, Cannellini beans or even sprouts.

Cilantro can be replaced with parsley or basil leaves.

Mint leaves also add zing and make it more refreshing.

I have not used any oil but you can always add 1 tbsp EVOO(Extra Virgin Olive Oil).

Other spices that you can use are roasted cumin powder, red chilli powder, garlic powder. Italian seasoning or zaatar will also work fine adding the mediterranean flavours to the salad.

Instead of mango you can add pineapple(fresh or grilled), peach, apricot, green apples or any other seasonal fruit. Kiwi fruit is also a great addition to this salsa which adds a citrus punch.



With a Perfect Hit of Chocolate in These Light, Delicious, Cookies, You Won't Be Able to Stop Eating Them

By Azlin Bloor

I went to and fro in coming up with a name for this easy cookie recipe. The recipe itself is just a twist on

our eggless butter cookies that we make all the time, and was originally, my granny's recipe, see below.

My 16-year old, Sahara, is in charge of all the cookies these days. She loves baking every weekend, and because she and her older sister, Sapphire, have an egg allergy, the butter cookies and our eggless brownies feature frequently.

So one day, I suggested she add a little cocoa powder to the mix and we were all bowled over by the result. I'm not even a massive chocolate fan, so that's saying something.

Sahara went a step further and chopped up some white chocolate and threw them in. The white chocolate added a caramelised, slightly burnt flavour to these eggless chocolate butter cookies, making them even better.

So because they started out life as butter cookies, I wanted to keep that identity. In the end, we settled for Eggless Chocolate Butter Cookies, covering all bases!

Eggless Chocolate Butter Cookies

via linsfood.com

Ingredients (makes about 20 cookies)

180 g (6.3 oz) all purpose flour
30 g (1 oz) cornflour (cornstarch in the US)
15 g (½ oz) unsweetened cocoa powder
180 g (6.3 oz) salted butter at room temperature
50 g (1.7 oz) icing sugar (powdered sugar)
½ tsp vanilla extract
50 g (1.7 oz) white chocolate or chocolate chips

Instructions

1. Sift the flours and cocoa powder together. Set aside.
2. Tip the butter into the bowl and whisk with a wooden spoon for a minute to lighten.
3. Add the sugar and vanilla and whisk for another minute.

4. Tip in the flour mix and work with the wooden spoon, then your fingers to form a dough.

5. Lightly mix in the chocolate chips, if using. Don't knead the dough, use a light touch, and just your fingers, not the palm of your hand.

6. Roll the dough out into logs, wrap in clingfilm and chill for 15 minutes in the fridge.

Preheat the oven to 160°C/310°F.

7. Take 1 log out of the fridge, and using a sharp knife, slice little discs about ½ an inch thick (just over 1 cm). Work quickly, as the dough warms up, it'll soften.

8. Arrange the sliced dough on a baking sheet and bake for 15 minutes.

Repeat with the other dough. Or, you can slice the other log, fill another baking tray and bake 2 baking trays at the same time. The

tray on the lower shelf may need 2 minutes longer.

Cool completely and store in an airtight container for up to a week.



Cheesy Blintzes Recipe

@themascientistskitchen.com

Somewhere Between a Crepe & a Cheese Danish are These Perfect Cheesy Blintzes

By Archana Potdar

Festive cheesy blintzes are delicious! Served at the Jewish holiday of Shavuot, these crepe-like pancakes are traditional and are easy to mKE. Serve them for breakfast, brunch, or even dessert! You can customise them for your family.

This Blintz was something I had made as a part of the BM Mega Marathon in 19-Sep-2014.

When I made these we had a lot of guests and so the pictures and flavours we could not enjoy to our heart's content. So I made them yet again as a dessert. But

you can serve them for breakfast, after-school snacks or late-night snacks.

I have adapted this recipe to suit my requirements from Spruce Eats Cheese Blintzes Recipe, Tory Avey's Sikasa Blintzes and Taste of Home's How to Make Blintzes That Are Absolutely Perfect.

Cheesy Blintzes Recipe

via themadscientistkitchen.com

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 30 minutes

Yield: 25 pancakes

Ingredients

For The Blintzes:

2 cup maida/ all purpose flour

2 cup milk

2 tablespoon sugar

1 teaspoon salt

2 tablespoon oil

2 tablespoon baking powder

Ingredients for the Filling:

1 cup ricotta cheese crumbled

1 cup cream cream

¼ cup sugar

1 egg yolk optional

2 teaspoon fresh lemon juice

1 teaspoon vanilla

Pinch of salt

For Frying:

¼ cup oil

Instructions

For the Blintz:

Blend all of the blintz ingredients together using a blender or electric hand mixer or a fork the batter should be lumpfree.

Grease the tava/skillet generously with cooking oil.

Heat up a non-stick tava/skillet until hot.

Pour the pancake batter using a ¼ cup into the pan.

Coat the base of the pan for this lift the pan off the flame. Tilt the pan in a circular motion quickly. Till the entire bottom of the pan is covered with teh batter.

Let the pancake cook. Will need about 1 minute. Once the edges of the blintz done flip the pancake and cook for 30 seconds.

Remove the pancake with a spatula and place it on a tea towel to cool.

Once cool you can stack them up on a plate.

Similarly, cook all the blintzes.

Now make the filling:

Put all of the filling ingredients into a chutney bowl of the blender and pulse it. The filling should be well blended.

Let's assemble the blintzes:

About 1 inch from the edge of the blintz add 1 tablespoon of filling.

Now fold the lower edge of the blintz covering up the filling, say about till the centre.

Now fold the sides of the blintz inward and make a long envelope.

Roll the blintz like you will roll up a burrito. Take care to fold the edges well.

Finish making all the rolls.

Fry:

Heat about ¼ cup of oil in a non-stick pan over medium until hot.

Fry the blintzes in batches. Take care and keep enough space to turn them easily in the pan. Gently lay the flapside down in the oil (take care the oil is hot).

The oil will sizzle after 1 ½ to 2 minutes flip carefully the blintzes. They will be brown and crispy.

Fry the flipped side again for a 1 ½ – 2 minutes till they are browned evenly.

Serve blintzes warm topped with fruit compote or whipped cream.



This Creamy Carrot Pudding is a Perfect Sweet for the Easter Bunny

By Priya Vijaykrishnan

Kheer / Payasam needs no special introduction

.Almost every Indian meal, be it South Indian or North Indian has a kheer or payasam in the menu . The list is endless when we consider the varieties of Kheer or Payasams that are dished out in our country . We are experts in making kheer/pudding with all possible ingredients that blend with regular milk or coconut milk and sugar or jaggery.

Carrot payasam, is a very healthy variant of payasam/kheer/pudding made using fresh carrots.

This payasam uses very little sugar as the carrots are naturally sweet and just a teaspoon of ghee for garnish which is also optional .

I generally make this gajar kheer when the spread is very heavy and this balances the dessert segment without much added sweetener or ghee.

This payasam can be made for any get togethers,,festivals or even as Prasad during Navratri,Gokulashtami etc

You can either use the orange ooty carrots or the Delhi Laal Gajar for making this payasam . Just before you cook the carrots ensure that the carrots are washed well and peeled thoroughly.

Carrot Kheer (Pudding)

via sweetspicytasty.com

Preparation Time: 5-10 mins

Cooking Time: 20-25 mins

Serves: 3-4

Ingredients

3-4 medium sized carrots - peeled and cut into halves

4-5 cashews/kaju/mindhiri paruppu (optional)

2 cups of milk (350-400 ml approx)

2-3 tablespoon sugar (adjust depending upon sweetness of carrot)

pistachios finely chopped

1 tsp elaichi powder

2-3 tsp fresh grated coconut.

1 tsp ghee

Method

Pressure cook the carrots and cashews in 1/2 cup milk and cool for a while.

In a blender ,add the cooked carrots with milk,sugar,grated coconut and blend finely until it's smooth and creamy.

You may add a little milk in case you find it difficult to blend.

Transfer the carrot mixture into a big vessel,add the remaining milk and mix well and simmer it on low flame until the mild raw flavor of the carrots are totally lost and you get a nice aroma.

Add the cardamom powder at this stage ,mix well and turn off.

Roast the pistachios in ghee and add it to the payasam.

You may serve this warm or chilled. I personally like it chilled as it's very flavourful.

Note : You may substitute jaggery for sugar . Adjust the quantity of jaggery depending on jaggery 's sweetness.



This Festive Cake is Perfect for a Chocolate Centered Holiday

By Helen Chin

How do you celebrate Easter?

Easter is around the corner, whether you're celebrating at home with family, a picnic with friends, or perhaps going away on a long weekend holiday to

your favourite camping place or to a seaside holiday spot.

If you are as much of a dessert fan as I am, then here's a simple hack for a decadent dessert, fabulously topped with a variety of chocolate shapes and Easter

eggs. You can use your imagination to come up with clever, quick, easy and fun colourful decorations. Many children love hunting Easter eggs. Adults too like to eat Easter eggs, especially me. Let's impress your family, and friends with a wine-based cocktail chocolate fun, colourful and creative decoration cake that your family and friends would never say no even though they are too full to have dessert. They will always want to make room for this cake!

This dessert combines Aperol bitters with Chocolate and it is moist, with chili flavoured chocolate, bitter orange from the Aperol with sweet and homemade tempered white chocolate. It is sure to connect you and your family or friends as it has something for everyone. Let's hop into Easter with this fun loving and creative cake!

Aperol Easter Chili Chocolate Cake with Strawberries and Chocolate Eggs

via helenscchin.com

Ingredients

380 g brown sugar
250 g unsalted butter
325 g plain flour
100 g dark chocolate chili flavoured (70 % cocoa)
200 ml sour cream
1 1/2 c Aperol
1 c cocoa powder
2 large eggs
2 1/2 Tbs baking soda
1 Tbs vanilla extract
3/4 Tsp salt
Tempering white chocolate in advance
170 g white chocolate chips
1 Tbs butter (OPT)
3 Tbs thickened cream
Green shredded coconut nest
15-20 g shredded coconut
1 tiny drop of green colouring
Decorations
3 strawberries, stem removed

4 ovals tempered white chocolate
1 Easter bunny, bought
6 Easter mini eggs chocolate, bought
green shredded coconut

Method

Tempering white chocolate

Put a pot with water about 4 inches on medium heat, bring to boil. Then put white chocolate chips in a metal bowl that sit tightly on the pot, no steam can escape. Melt chocolate, stirring regularly with spatula from middle into outer of chocolate for about 1-2 minutes.

White chocolate is prone to overheating, so it's a good idea to stop heating before all chocolate chips are melted. Bring out bowl and place on top a towel, add thickened cream and butter stirring until melted and well mixed. Let it cool and spoon onto oval shapes moulds. Put in freezer to harden overnight.

The next day bake cake

Greased a 9" round cake pan with 3" deep with butter and line the bottom with baking paper brushed with some more oil. Melt butter in a saucepan over medium heat. Then add Aperol and bring to a simmer. Remove from heat and whisk in the cocoa. Set aside to cool for at least 12 minutes.

Beat eggs, sour cream, and vanilla in a large bowl to combine. Next add aperol-cocoa mixture to the egg mixture and beat until smooth. Now add flour, brown sugar, baking soda, and salt. Beat until combined well. Spoon the batter onto the prepared pan. Bake for 1 hour and 15 minutes, or until a skewer inserted in the center comes out clean. Switch off oven and leave cake in with door close for 30 minutes. Then remove cake from the oven and cool on the wire rack for 30 minutes to 1 hour.

Make the green shredded coconut nest

Put shredded coconut into a bowl and add a tiny drop of green colouring and mix well with a spoon. Set aside in the fridge. When the cake is completely cool, transfer to the cake container base. Decorate with Bunny chocolate near the top of the cake, strawberries, ovals tempered white chocolate, green shredded coconut in the middle of the cake. Place

three Easter eggs in the middle of green and another 3 Easter eggs outside below the green shredded coconut.

Note: Oven temperatures may vary. You might need more or less time. You do need to check the consistency of the batter, if too runny add more flour. If too dry add 100ml more sour cream. You can use any dark chocolate of your choice. You might want to frost your cake. I like it just with decorations of chocolates, strawberries and shredded coconut.

Extra chocolate keeps in freezer or make a different shape mould or you can serve it on its own. If you have extra green shredded coconut, keep it in an airtight container in the fridge and use it for another cake decoration.



These Beet Devilled Eggs Are Going to Add Some Pizzazz to Your Entertaining

By Joy Gordon Stewart

Spring has sprung and Easter is around the corner. The season for beautifully dyed eggs. You may think

there is no unique way to serve dyed eggs. After all, Easter egg salad is fairly ubiquitous now. I'm here to tell you there is yet one more way to add some pizzazz

to your egg dishes this holiday: pickled beet devilled eggs. Using the bright fuschia brine to dye the outside of your boiled eggs will lend them only a hint of sweetness, which the sprinkle of minced pickled beets will complement well. Mainly we will use the brine for aesthetic purposes. But in the end you'll not only have gorgeous and unique devilled eggs, you'll also have a couple of jars of fabulous pickled beets. In their brine in covered jars they will keep for up to 4 months. They are great with lightly bitter greens, such as arugula or radicchio. Fabulous with tangy or salty cheese. Really great as an accompaniment to any stuffed pita or Mediterranean dish. For more culinary uses for pickled beets, see notes.

Pickled Beets

via joyouskitchen.blogspot.com

Ingredients

2 lbs beets, washed, peeled, & cut into bite sized chunks (see notes)
1 cup filtered water
1 cup granulated sugar
1 cup white vinegar
1 Tablespoon kosher salt
1 teaspoon whole cloves
2 bay leaves
1 teaspoon gently crushed black peppercorns
2 peeled whole cloves of garlic
2 - 3 large sprigs dill

Method

Have sterilized jars at the ready, complete with lids. Fill jars with the aromatics, evenly divided, and chopped, boiled beets. Bring water, sugar, vinegar, and salt to a boil, then reduce to a simmer. Cook until the sugar and salt have dissolved, then pour over beets in jars. Allow jars to steep at least one hour before using the brine to marinate your boiled eggs.

Pickled Beet Devilled Eggs

Ingredients

6 hard boiled eggs, peeled
Pickled beet brine to cover (see notes)
2 Tablespoons pickled beets, minced
2 Tablespoons mayonnaise
1/2 Tablespoon dijon mustard
A tiny pinch paprika
Salt, to taste
Pepper, to taste

Method

Marinate whole peeled eggs in brine for a minimum of 30 minutes and a maximum of 24 hours (the longer they marinate the thinner the white will become, so the best length of time for marination shouldn't exceed 8 hours). Remove eggs and pat dry. Slice in half lengthwise and remove yolks. In a bowl mix yolks, mayonnaise, mustard, cayenne, salt and pepper, until it forms a smooth paste. Set egg whites on your serving platter, cut side up. Over the mouth of a tall glass, put a pastry bag or ziploc bag, open. Aim one of the corners of the bag at the bottom of the glass. Fill the bag with yolk mixture, cut off the corner, and pipe into the cavity of the egg whites. If you have piping tips you can use them on the bag (place in the corner before the bag is filled and the corner is cut); they will make the yolks look a bit prettier. If you don't have piping tips it will still look gorgeous. When you have used up the yolk mixture/filled all the egg whites, sprinkle the finished dish with minced pickled beets and serve. Best served fresh. Anything with mayonnaise should not sit around in warm temperatures.

Notes

To boil beets, trim off tails and tops, place in a pot of boiling water (add 2 Tablespoons or so acid, such as lemon juice or vinegar, to prevent color bleeding) to

cover. Boil until a knife can be inserted easily into the beets, 25 minutes to 1 hour, depending on size. Remove from water. While still warm, rub the skins off with a tea towel (the skin will come off easily).

This will make 1 1/2 to 2 pint jars full of pickled beets. They are great in salads, especially salads with soft tangy cheeses. They are also great chopped into a relish, with couscous, with falafel, great in egg salad, on their own and would likely be great to replace some of the beets in a borscht. For marinating the eggs, the amount of brine needed will depend on the size of your marinating dish.

Global Gourmet Magazine April Contributors

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/>

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 technics.

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.

Find more of Helen's delightful, imaginative dishes at: <https://helenscchin.com/>

Swaty Malik

Contributing Editor

Hi Swati here!!

Someone who loves to cook, travel, explore different cultures and cuisines and read a lot.

Worked in IT industry for about 9-10 yrs. then ventured into Home Baking business and did a Diploma in patisserie to hone my skills. Like to create simple easy and wholesome meals for my family and loved ones. Right now, into food blogging and making recipe videos, where I share recipes (vegetarian and vegan) that I have learned over the years from my mom, grand moms, friends and my own experiences.

Find more recipes and my experiences with this endless world of good food @ <https://www.foodtrails25.com>

Archana Potdar

Contributing Editor

I am Archana Potdar and I am the Mad Scientist of the “Mad Scientist’s Kitchen” here. I love cooking, baking and experimenting with food. I am constantly reinventing the food we eat at home. Throwing together leftovers and unpopular ingredients into something that is loved by all. However, My blog focuses on nutritious and wholesome meals that are safe for everyone, from kids to the elderly.

My blog focuses on: Simple food that is easy to cook and healthy. Food that is tasty and quick to make. Vegetarian alternatives to non-vegetarian food. A reduced carbon footprint and a zero-waste kitchen that prefers local ingredients. A home-cooked alternative to take-out. A healthier adaptation of your favourite restaurant meals.

I live in Goa, India with my husband who is my friend more than my husband and the support. He has held my hands when I have been happy and sad. The head of our family is my FIL who lives with us. I have 2 daughters Apeksha and Akanksha both are moving to Bangalore for work and study respectively. All of them are my chief critics and support.

I incorporate the best of flavours and balance healthy with junk and reach a median point.

My blog is very versatile, as my family has a very versatile taste. Today if we enjoy pancakes tomorrow it will be idlis. You will find a mix of Indian, Fusion and World Cuisine on my blog. We are vegetarians at home and the fish and chicken dishes we eat outside are the ones I try to replicate. Like my Xec-xec here.

My favourite thing is baking as it relaxes me. You can find bread, cookies and cakes on my blog.

I take orders for bread and simple cakes. So if you want some delicious goodies do place your orders with me.

For more of Archana’s fabulous food visit: <https://themadscientistskitchen.com/>

Joy Gordon Stewart

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!

You can find more of my recipes at:

www.joyouskitchen.blogspot.com

Priya VijayKrishnan

Contributing Editor

I started blogging when I moved to the US to ward of boredom and started my experiments in the kitchen. This slowly turned into passion and I started recording some traditional vegetarian Indian recipes from the south indian cuisine. This was further explored on my return to India and I am trying to blog some forgotten healthy recipes at <https://www.sweetspicytasty.com/>.

My love for photography also helped me in clicking pictures for the blog and that is how I turned into a home maker cum food blogger from a software professional . I am now exploring my skills even in photography and am enjoying that as well.