



THE CHOCOLATE ISSUE

Global GOURMET

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Cookie Dough Brownie Bars



Mole Enchiladas



Custard Magic Cake



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Letter from the Editor

Dear Reader,

Love is in the air. And the rich smell of chocolate. In fact, this issue is devoted to all things *chocolate*. And this issue is jam packed with mouthwatering treats. From the savory, like my chicken mole (cover & pg 5) and Helen Chin's imaginative Chocolate Risotto (pg. 14) to the sweet, this month is all about cocoa. Speaking of imaginative, Archana Potdar's Chocolate Dessert Hummus (pg. 8) is a fabulous treat for the chocolate lovers in your life. If you'd like to serve cake to your Valentine, Jasmina Brozovic's melt-in-your-mouth Chocolate Magic Custard Cake (cover & pg. 12) and Jodi Kaplan's Marvelous Greek Yogurt Chocolate Cake (pg. 19) are both wonderful options. Perhaps you're looking for something to fill those lovely heart shaped boxes, in which case you're going to adore Seema Doraiswamy's delicious Chocolate Sunflower Clusters (pg. 21) and Mayuri Patel's amazing and unique Namkeen Chocolate Bark (pg. 10) are both going to delight the gift receiver. Finally, if you're looking for a super tasty twist on a classic (actually, *two* classics), Angela Amberden's delectable Cookie Dough Brownie Bars (pg. 17) are perfect, especially for your little ones on Valentine's Day.

We've compiled this month's recipes to help spread the love. We hope you have a lovely month and enjoy lots of good food, especially some decadent *chocolate*.

From our family to yours,

A handwritten signature in black ink that reads "Joy Gordon Stewart". The signature is written in a cursive, flowing style. The first name "Joy" is written in a larger, more prominent script, followed by "Gordon" and "Stewart" in a slightly smaller, more compact script. The signature is set against a light gray rectangular background.

Joy Gordon Stewart, Ed. in Chief Global Gourmet & The GG Team



Rich, Delicious Mole Enchiladas Will Win You Over to Savory Chocolate Dishes

By Joy Gordon Stewart

What is chicken mole? Well, the thing to understand about mole is that the word is something of a catch-all word for sauce. However in the U.S. it is commonly understood that it very often refers to a type of sauce featuring chocolate and spices called mole sauce, or mole poblano. The dish originates in Mexico, although there is some debate as to whether it comes from the state of Puebla, Oaxaca or

Tlaxcala. In restaurants it is served over chicken enchiladas: shredded roasted chicken and soft mild cheese rolled in soft corn tortillas. They are served with a generous amount of mole sauce and a drizzle of mild, loose Mexican sour cream called crema, as well as sprinkled with [record scratch] Wait a minute, I can hear my dear readers thinking in their heads. Did she just say chicken and chocolate? I sure did. You're probably wondering how

they go together. Well, the amazing thing about mole poblano is the depth of flavor imparted by its many ingredients. Smoky adobo, redolent with spice and personality is a subtle compliment to the rich, bittersweet chocolate. The chocolate flavor pairs incredibly well with mild corn tortilla and the richness of the sauce, enhanced by a nut paste, goes surprisingly well with chicken and chicken fat. It's got a lot of ingredients, but don't be intimidated. It's easier than you'd think and so worth it.

Mole Enchiladas

via joyouskitchen.blogspot.com

1/4 cup roasted peanuts
1/4 cup blanched almonds
2 Tablespoons sesame seeds
1 clove star anise
1 cinnamon stick
4 ounces bittersweet chocolate, chopped
1 disk Mexican chocolate
2 roasted habanero, seeds and ribs removed
2 Tablespoons adobo paste
5 spice cloves, heads only
2 Tablespoons powdered baking chocolate
[Up to] 4 cups chicken stock
1 onion, roughly chopped
[Up to] 1/4 cup coconut oil or lard
4 tomatillos, roasted
Salt, to taste
4 cloves roasted garlic

Toppings & Garnishes:
Crema

Queso Blanco
Minced Cilantro

For enchilada assembly:

2 lbs shredded chicken
8 ounces fresh mozzarella, chopped into small bits
1 package soft corn tortillas

Method

Add oil or lard to cover the bottom of a medium sized saucepan over medium heat. Add onions and salt to taste and cook without stirring for up to 4 minutes. Stir and then leave for another four minutes. When they are just browned, remove from heat and set aside.

Meanwhile, add oil or lard to cover the bottom of a small saucepan heated to low-medium and toast nuts, sesame, cinnamon stick, cloves and star anise for 1.5 to 2 minutes. Remove from heat and allow to cool.

Set cinnamon stick aside and pulse nuts, sesame and spices in the blender, 3 pulses about 5 seconds each.

Add tomatillos, habaneros, adobo paste, 2 cups chicken stock, onions, garlic. Pulse in your blender a few.

Strain contents of blender through a sieve and reintroduce to a larger saucepan. Add cinnamon stick back in and bring to a lazy simmer. Thin with remaining chicken stock until sauce reaches the desired consistency.

While sauce simmers over the lowest heat setting, preheat the oven to 325 degrees and in a baking dish assemble chicken enchiladas: pile a generous amount of chicken and chopped mozzarella in a line down the center of a corn tortilla in a 3:1 ratio (chicken to cheese); roll tortilla up and place in baking dish. Continue rolling tortillas up with chicken and cheese and placing into the baking dish until the dish is filled with rolled up tortillas, fitting snugly inside. Bake until the cheese is melted (about 7 to 10 minutes).

Remove sauce from heat, discard cinnamon stick and add chocolate in all forms, stirring to melt and incorporate.

Remove enchiladas from the oven and pour desired amount of sauce over them.

Serve enchiladas drizzled with crema and sprinkled with cilantro and crumbled queso blanco.



Chocolate Dessert Hummus is the Most Wonderful Snack for Chocolate Lovers

By Archana Potdar

Smooth, delicious and chocolatey!

Guilt-free indulgence is how I will describe this Chocolate Hummus.

This Chocolate Dessert Hummus is also called Brownie Batter Hummus and is mass-produced now. You will get different flavours now Peanut Butter Hummus is one of them.

Chocolate Dessert Hummus

via themadscientistskitchen.com

Prep Time: 15 minutes

Cook Time: 0 minutes

Serving: 1 cup

Ingredients:

1 ½ cups chickpeas

¼ cup tahini

4 tablespoon honey

5 tablespoon unsweetened cocoa powder

½ teaspoon vanilla extract

salt to taste

Instructions:

Add all the ingredients in a jar of your chosen blender.

Pulse the ingredient once or twice then process until smooth.

Add more oil or even tahini as per your choice to thin it out to your liking. (see notes).

Serve immediately.

Notes:

I made my own tahini by just roasting the sesame seeds then blending it with oil. You can buy from the store if you have access to it and do not mind paying tooth and nail for it. (it is available in gourmet stores in India).

To thin out the Hummus use oil, olive oil is my preferred oil. But you can use coconut

oil too only if you live in hot places like mine.

You can always use thick coconut milk too but like I said use tablespoon full at a time.

If you are going to sweeten the Hummus with honey or maple syrup then hold back on the oil till sweet enough for your taste.

Remember these are liquids. Also use 1 tablespoon at a time you can always add more to sweeten the Hummus.

The Brownie Hummus best used in 24 hours of preparation. If you need to make ahead then pop it in the freezer in an airtight container. Thaw on the counter and use.



Spicy with a Hint of Salt, This Fabulous Chocolate Bark Makes a Great Gift

By Mayuri Patel

Bombay Mix/ Namkeen Chocolate Bark is tasty, unique & different . Get the slightly

salty, chili, sweet & crunchy taste all rolled into one. The namkeen or Bombay mix adds a bit of the saltiness and spiciness to

the sweetness of the chocolate. So go on, try something totally different to nibble on. It goes down well at gatherings or parties. What is Namkeen/ Bombay Mix? is fast becoming a popular snack option world over, especially with some beer. You can buy a variety of Namkeen or Bombay Mix at any Indian Grocery Store. There are so many different varieties that are available. Namkeen or Bombay Mix is the generic name given to Indian snacks which tend to be a mixture of lentils, potato chips, nuts, chickpea noodles(sev), etc. So how do you know which one to use? Well, I would suggest that you buy the smallest packet available and try it out. Use the one you like. Personally, I like the Haldiram Brand of Khatta Meetha, Navratan Mix, or the Cornflakes Chivda. All are mildly spiced. I believe that these are also easily available online.

Bombay Mix/ Namkeen Chocolate Bark

via mayuris-jikoni.com

Ingredients

150 g chocolate of your choice dark or milk
¼ cup Namkeen or Bombay Mix
¼ cup nuts roasted and chopped
¼ cup raisins

Instructions

Line a small tray with parchment or greaseproof paper.

Chop the chocolate into small pieces and place it in a bowl.

Melt the chocolate either in the microwave oven for 30 seconds or use the double boiler method.

Using a silicone spatula, spread the melted chocolate over the parchment or greaseproof paper. Don't make it too thin or too thick. About ¼" thickness is the best. Immediately sprinkle the toppings over the melted chocolate.

Using a clean spatula or fork, gently press down the topping so that it sticks to the chocolate.

Let the chocolate set at room temperature till it becomes hard. This will depend on the weather.

Break the bark into pieces.

Store in an airtight container in a cool place.

Notes

Make sure the chocolate has melted properly, otherwise it may not harden.

Use good quality chocolate. Usually chocolate drops are not such a good idea unless they are of good quality.

Do not add any shortening, butter, oil, milk to the melted chocolate as these ingredients will prevent it from setting.

Make sure everything is ready before you melt and spread the chocolate.



This Melt-in-Your-Mouth Chocolate Custard Cake is Absolute Magic

By Jasmina Brozovic

This is one of those magical chocolate desserts that melt in your mouth! The

name fits perfectly, it is very moist and it tastes almost like chocolate mousse!

Try it out and dig into the chocolate heaven. It pairs excellently with berries and citrus, so of course I chose strawberries.

Chocolate Magic Custard Cake

via zyonimirfras.com/food

Ingredients

4 eggs, room temperature
1 tsp vanilla extract
250 g (1 ¼ cup) granulated sugar
110 g (½ cup) unsalted butter
65 g (½ cup) all purpose flour
40 g (⅓ cup) cocoa powder
500 ml (2 cup) milk, lukewarm
2 tbsp powdered sugar for dusting

Preparation

Preheat oven to 160 °C (320 °F).
Cover the baking sheet with parchment paper.
Separate egg whites and yolks in two separate large bowls.
Beat egg whites with a pinch of salt until stiff and set aside.
Melt the butter in the microwave.
Whisk egg yolks, vanilla extract and sugar until creamy.
Add melted butter and mix for half a minute.
Add the flour and unsweetened cocoa powder. Mix with a spatula until incorporated well.
Pour the milk gradually and continue beating.

Add in the egg whites, one third at a time and gently fold in with spatula.

Pour this liquid batter into the baking pan and bake for 60 minutes.

Let it cool and when it comes to room temperature chill for an hour.

Slice it in the size you like and dust with powdered sugar right before serving.

Keep it in the refrigerator until you finish it all.



This Rich, Fun Risotto is Perfect for a Special Meal

By Helen Chin

As I slept last night, all kinds of chocolate recipes danced in my mind. Likely because I have been seeing lots of chocolate

advertisements for Valentine's Day. Once daylight appeared, I jumped out of bed and headed to my pantry looking for chocolate.

Found half an open packet of melting chocolate chips. Also, I have some double cream left which will expire soon. Since it's going to be Valentine's Day, I am craving chocolate. I put my mad scientist hat on. Uh huh! Remembered that I had made blueberry risotto, and tomato risotto. So, why not chocolate risotto.

Fortunately, I had just enough arborio rice. Let's finish it off and get a new packet. My stomach kept saying *yes, yes, yes*. This is a great meal for your loved one on Valentine's Day; expressing your love using chocolate in the main meal. Adding chocolate to the main course is something that I have never tried. Gotta be brave and adventurous.

This risotto is rich and indulgent, flavoured with Italian seasoning. Decorate it with strawberries for Chinese New Year as well. Red symbolizes prosperity, good health, finance, and happiness. Green is for abundant food. As a savoury meal, chocolate satisfies my craving and it's also perfect for Valentine's Day. Let's cook!

Risotto al cioccolato

via helenscchin.com

Ingredients

150 g arborio rice
450 ml hot boiling water
4 Tsp melted chocolate, about 60 g, mixed with 1 Tsp oil
2-3 Tbs double cream

25 ml white wine
1 Tbs oil
2 Tsp minced garlic
2-3 Tbs margarine
a few dashes of garlic salt
Dashes of Italian Seasoning

Garnish

Strawberries
2 inches scallion, cut thinly
chili flakes (OPT)

Method

Melt chocolate chips in the microwave 3 bursts of about 20 seconds each. Between bursts stir gently to make sure you don't have any lumps and the chocolate doesn't burn. Set aside. Put the kettle on.

Heat oil and 1 Tbsp margarine in a pot on medium heat. Add garlic and cook for about 1 minutes until slightly brown. Add arborio rice, stir mixed to get flavoured for about 1 minute. Add wine and let it evaporate completely.

Ladle a ladle of water in. Stir to prevent sticking at the bottom. When water is absorbed, add another ladle, let's simmer and give a stir or two. Repeat adding water to rice, cooking for about 15-20 minutes until rice is al dente; the right consistency. Got to be patient. Only Love can make risotto delicious, comforting, and enjoyable for your soul.

Add 2 Tbs double cream, Italian seasoning and stir to mix well. Add 1 Tbsp margarine, garlic salt and stir to incorporate. Almost at

the end of cooking time, check flavour then add the remaining double cream. Mix well while lowering heat. Add melted chocolate, 1 Tbsp margarine and mix well for about 2 minutes. Remove from hob. Spoon chocolate risotto onto a warm plate. Garnish with strawberries, scallion and chili flakes. Enjoy!

Notes: You may omit chili flakes. You may want to use parsley instead of scallion. You may omit double cream and use thickened cream if you don't want it to be a bit less creamy.



Your Valentine Will Love these Marvelous Cookie Dough Brownie Bars

By Angela Amberden

Why settle with one amazing dessert when you can combine two powerhouse flavors. The saltiness of the cookie dough

offsets and elevates the dark chocolate fudginess of the brownies in a way that just makes you want another bite...and another...and another. I like to use a 9x9

square pan but this recipe can be easily doubled to make a 9x13 batch.

Brownie mix

1 cup butter
1 ½ cups chocolate chips (I usually use a 3:1 ratio of semi-sweet and milk chocolate chips, but all semi-sweet also produces lovely brownies)
1 ¼ cups granulated sugar
1 cup brown sugar
1 tbl vanilla extract
1 tsp salt
3 eggs
1/3 cup dark cocoa powder
1 ¼ all purpose flour

Cookie Dough

½ cup butter softened
½ cup brown sugar
¼ cup granulated sugar
1 egg
½ tsp baking soda
½ tsp vanilla extract
1 1/8 cup all purpose flour

In a microwave safe bowl, place chocolate chips and butter. melt in microwave for 1.5 minutes. mix together.

Add remaining brownie ingredients, combine and pour into greased pan.

After combining cookie dough ingredients, place bits of dough on top of the brownie mix.

Bake at 350 for 35-42 minutes, or until a toothpick comes out clean.

Once cooled, slice and enjoy. Perfect with a class of milk or strong tea.



This Moist Double Chocolate Cake is the Perfect Way to Show Someone You Love Them

By Jodi Kaplan

This Greek Yogurt Chocolate Cake has got everything a cake needs: chocolate, chocolate chips, and a gooey chocolate center. I would have left it at that, but then

I remembered my local bakery's chocolate blackout cupcakes. Those cupcakes have chocolate cake, a chocolate icing center, and then more icing on top! Yes! If it's good

enough for cupcakes, it's definitely good enough for cake.

Since this is a small cake, you don't need to use your mixer. You can easily make the whole thing by hand in a single medium-size bowl.

Greek Yogurt Chocolate Cake

Ingredients

Cake

1/2 C white granulated sugar
1/2 tsp vanilla extract
1/4 C plain Greek yogurt
2 large eggs
1/2 C flour
5 T plain cocoa powder (unsweetened)
1/4 tsp baking soda
pinch salt
1/4 C chocolate chips or chopped chocolate

Ganache

2 oz dark chocolate
2 oz (2 T) unsalted butter

Instructions

Cake

Preheat your toaster oven to 350 degrees. Butter and flour a mini baking pan (6 inches). Add the sugar, vanilla extract, yogurt, and eggs to a medium size bowl. Whisk

thoroughly until the mixture becomes smooth. It should be a pale, lemony color. Add the flour, cocoa, baking soda, and salt. Whisk that all together thoroughly. It should now look dark, smooth, and fudgy. Fold in the chips/chopped chocolate. Pour the batter into the baking pan, scraping it out with a rubber spatula. Bake for 20-25 minutes. The usual toothpick test won't work here (it will still be gooey inside when it's done), but the top of the cake will be solid and start to pull away from the sides of the pan. Let cool a few minutes, then top with the ganache.

Ganache

While the cake is baking, melt 2 oz of chocolate and 2 oz of butter in a small saucepan. Let stand for fifteen minutes, and then spread over the cooled cake with a spatula.

Mildly Indian



Your Valentine Will Love These Divine Chocolate & Nut Clusters

By Seema Doraiswamy

Ready to be transported into chocolate heaven? Try out these healthier dark chocolate and sunflower clusters that are easy to make and make the perfect dessert bites.

Chocolate is that satisfying melt in the mouth feel that we would love to reach for when we think of dessert. Dark chocolate certainly lives up to its claims of good health. So here are the healthy sunflower seeds coated in melt in the mouth dark chocolate. Being semi-sweet this dessert

offers a combination of mouthfeel, the crunch from the seeds against the softness of chocolate. Try out these easy to make clusters and don't forget, they are great midnight snacks too!

Dark Chocolate & Sunflower Seed Clusters

via mildlyindian.com

Ingredients

1 cup cocoa powder

1/2 cup cocoa butter

1/4 cups maple syrup you can use 1/8 cup stevia as well in this recipe.

1/4 tsp strawberry gum powder (optional)

1/4 cup sunflower seeds

Instructions

In a microwave-safe bowl, add grated cocoa butter and microwave for 30 seconds.

Stir in the cocoa powder and the strawberry gum powder.

To this melted mix add the sunflower seeds, mix and set aside.

Line a tray with parchment paper and spoon out portions of the chocolate mix onto it.

Cool in the refrigerator for 20 minutes and the chocolate clusters are ready to indulge in

Global Gourmet Magazine 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.

Jasmina Brozovic

Contributing Editor

Jasmina is the author of the 'Beyond the Cake' book. With her husband Zvonimir Frascas, 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.zvonimirfrascas.com/jasmina/>

Helen Chin

Contributing Editor

I am Helen Chin, originally from Malaysia. Have been living in Australia for about 32 years now and retired. I enjoy cooking, experimenting with 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 and quick within the budgets. It can be presented with taste, colours, comfort, and hearty for everyone. I am grateful to have joined 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, I have made many friends who enjoy 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 at my table to eat and to communicate, which many people seem to have no time for. I am pleased that I grab this opportunity to pursue cooking as a hobby and it has brought my family together weekly.

See more of Helen's delicious, creative recipes at: helenscchin.com/

Seema Doraiswamy

Contributing Editor

Hi, I am Seema Sriram. Stepping into the 8 th year of food blogging as Mildlyindian, we believe in simple fuss-free food, heavily influenced by our travels. Enjoy our Indian inspired vegetarian blog and the unique ideas we try out in our family kitchen.

Enjoy more of Seema's delicious recipes at mildlyindian.com

Jodi Kaplan

Contributing Editor

One of Jodi's earliest memories is when her mom sat her down in front of the stove, with a big wooden spoon, and told her to stir the chocolate pudding. She was three years old and has been happily cooking and eating ever since.

Cooking for one doesn't have to mean food that's processed or boring. It does have to be good. Because, as Jodi's grandma used to say, "I'm a person too!"

You can find more of Jodi's recipes at <https://singleservingchef.com>

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 I 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 around the world.

See more of Mayuri's mouthwatering cuisine at: www.mayuris-jikoni.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://themascientistskitchen.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