



# GLOBAL GOURMET

THE SPROUTS ISSUE

ISSUE NO 08 • MARCH 2022

**Global Gourmet Table of Contents**

**Letter from the Editor.....pg. 3**

**Phyllo Cups Salad with Bean Sprouts.....pg. 4**  
*Mayuri Patel*

**Brussels Sprouts Tau Yu Bak.....pg. 7**  
*By Helen Chin*

**Sprout Cutlets.....pg. 10**  
*By Archana Potdar*

**Sauteed Shrimp & Bean Sprouts.....pg. 12**  
*By J̄oy Gordon Stewart*

**Maple Roasted Brussels Sprouts.....pg. 14**  
*By Seema Doraiswamy*

**Global Gourmet Magazine Contributors.....pg.s 15-17**

## Letter from the Editor

March, 2022

Dear Readers,

This month my children and I eagerly watched little seedlings poke their pale green shoots out of the dark, rich soil. We are witnessing the beginning of our vegetable garden for the year. Seeds sprout, which turn into mature plants which produce edible leaves and fruits. It's all quite magical. And because I love this moment of beginning, of purpose and transformation, so much, I have decided to make it the theme of this month's issue. Sprouts. And transformation. A clay pot and some delightful, deeply flavorful sauces transform brussels sprouts and pork belly into something divine (see Helen Chin's *Brussels Sprouts Tāu Yu Bak*, pg. 7). Grinding sprouted legumes with other ingredients likewise transforms them into tender, mouthwatering patties the rival of any falafel or veggie burger (see Archana Potdar's *Sprout Cutlets*, pg. 10). Sweet, brackish shrimp and shrimp stock compliment bean sprouts so well as to be almost a transformation (my *Sauteed Bean Sprouts with Shrimp* are on pg. 12). An inventive way to change up a light, delightful bean sprout based salad has them served in individual phyllo cups, as in Mayuri Patel's playful and delicious *Phyllo Cup Salad* (pg. 4). For so many, brussels sprouts are a contentious food, with many complaining about that classic brassica funk, but it is dampened in Seema Doraiswamy's delectable *Maple Roasted Brussels Sprouts* (cover image & pg. 14).

Here's to a mild and fruitful spring and lots of healthy food for you and yours!

All the Best,

A handwritten signature in black ink that reads "Joy Gordon Stewart". The script is cursive and elegant, with the first letters of each name being capitalized and prominent.

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





# These Fun Phyllo Cup Salads will Delight Your Dinner Guests

*By Mayuri Patel*

**P**hyllo Cup Salad is a fun and innovative way of serving an appetizer or starter. While one can choose any filling of their choice, I have used mung bean sprouts, enoki mushrooms, spring onion and carrots as a salad filling. As a dressing I used homemade Peanut Sauce. One can easily add cooked tofu, meat, seafood or other vegetables to make this delicious and fun salad.

## **Phyllo Cup Salad With Mung Sprouts**

via [mayuris-jikoni.com](http://mayuris-jikoni.com)

### *Ingredients*

#### *For the Cups:*

½ box phyllo pastry or 5 sheets  
some oil for greasing

*For the Salad:*

1 cup mung sprouts moong sprouts  
¼ cup chopped spring onion  
handful enoki mushrooms  
1 medium carrot shredded

*For the Peanut Sauce:*

¼ cup crunchy peanut butter  
2 tbsp lime juice  
½ tsp ginger paste  
½ tsp garlic paste  
1 tbsp soy sauce  
¼ tsp salt  
1 tbsp Sriracha sauce  
1 tbsp sesame oil  
1 tbsp maple syrup/honey

*Instructions*

*Baking the Phyllo Pastry Cups:*

Preheat the oven to 180°C.  
Grease a muffin tray lightly with some oil.  
Cut the phyllo pastry into squares (5 layers together) about 4"x4".  
Place each square into the muffin cups, and fold and adjust them so they fit well in each cup.  
Bake for 15 minutes or till the cups begin to turn light brown.  
Take the phyllo cups out of the muffin tray gently and let them cool on a wire rack.

*Preparation of the Peanut Sauce:*

Mix all the ingredients in a bowl or jar.  
Adjust the taste according to your liking.

*Preparation of the Salad:*

Mix the bean sprouts, enoki mushrooms, spring onion and shredded carrot in a bowl.

*Final Preparation:*

Very gently fill the cups with the salad. Be careful not to break the cups.  
Top it with the sauce and serve.

*Notes:*

I used ready made bean sprouts but you may use home sprouted beans. Steam them slightly or leave them raw.  
Add vegetables, meat, seafood of your choice to make the salad.  
I leave the sauce a bit thick so that the cups don't become soggy.  
Use ready made phyllo cups if you get them. Can also use ready made thin tart shells.



## These Sumptuous Pork Belly Sprouts Will Quickly Become a Family Favorite

*By Helen Chin*

**I** found pork belly on sale and thought of making roast pork, but at the last minute changed my mind. I decided instead to make Tau Yu Bak: braised pork belly in dark flavourful sauce. It is one of the many

dishes that my grandma used to make which I have missed so much. The meat was always tender and juicy. As usual, grandma doesn't use measurements. Therefore, I am doing it through trial and error till I get it right.

Grandma always cooks her Tau Yu Bak with hard boiled eggs, shiitake mushroom and tofu pok (fried tofu puffs). As I didn't have eggs, shiitake mushrooms or tofu pok, I added Brussel sprouts.

In addition to it I have made Hainanese chicken rice from Tean's Gourmet Hainanese Chicken Rice Paste, 200g packet. Follow the instructions on the back. I admitted that it's not as flavourful as my mother's Hainanese chicken rice. I am pleased that the tau yu bak turned out delicious, comforting and creative. Let's cook!

### **Brussels Sprouts Tau Yu Bak**

via [helenscchin.com](http://helenscchin.com)

#### *Ingredients*

500 g pork belly, cut into bite size  
6-8 Brussel sprouts, cut into half, stem removed  
4 whole garlic pods with skin on, smash lightly with chopper  
1 star anise  
1 cinnamon stick  
4 cloves (OPT)  
1 Tbsp dark soy sauce  
2 tbsp light soy sauce  
1 tbsp dark brown sugar  
2 Tbsp shao Xing wine  
1/2 Tbs kicap manis (caramel dark soy) water  
oil  
salt  
pepper

#### *Marinade*

1 Tbs light soy sauce  
1/4 Tsp Chinese five spice powder  
1 Tbs oyster sauce  
1/2 Tsp dark soy sauce  
1/2 Tsp pepper  
1/2 Tsp salt  
2 Tbs dark brown sugar  
3 Tbs chopped finely ginger

#### *Method*

Blanch them in boiling water for a few mins until the scum floats to the top. Remove pork belly and rinse under running water to remove any excess scum and stop the cooking process. Marinade pork for 1-2 hours, put in the fridge cover with cling wrap.

Heat a clay pot on medium heat with 2 Tbs oil. Add star anise and cinnamon stick in a hot frying pan and fry lightly until fragrant. Then add marinated pork and cook, turning frequently, until browned all over about 5 minutes. Add in garlic pods, and cloves and cook until garlic is fragrant about 2 minutes.

Add 750ml water followed by pepper, dark soy sauce, soy sauce, kicap manis, Shao Xing wine and sugar, mix well. Bring to the boil then reduce heat to low and simmer, stirring occasionally, until tender and cooked for about 1- 1 1/2 hours till pork belly is tender. Add a little extra water during cooking if needed.

Meanwhile, cook the Hainanese rice according to the instructions on the rice cooker. Put Brussel sprout in a microwave safe bowl, microwave for about 5-7 minutes. Drain and add into the claypot. When the pork belly becomes tender, and the braising liquid has been reduced by half, cook for another 3-4 minutes to thicken the gravy. Switch off the flame and let it rest for about 35 minutes for the flavour to infuse into the Brussel sprouts.

I removed the star anise, garlic pods and cinnamon stick before serving Brussel sprouts tau yu bak with Hainanese chicken rice and garnished it with garlic chili sauce leftover from the Hainanese chicken rice. Enjoy!

**Editor's Note:**

This can be made in any heavy bottomed pot, although the flavour will be best in a clay pot.





## These Healthy & Delicious Sprout Cutlets Make a Great Weeknight Meal

*By Archana Potdar*

**I** was forced by necessity to make these sprout cutlets.

I do not know what happened but I picked up a packet of what the shopkeeper called mixed cereals but was actually mixed legumes.

Now when life gives you lemons, make lemonade. I decided to first make the

regular usal (shocked that this recipe is not there), or the Goan Usali or Missal Pav. All of it met the same fate that my cooking meets these days ... Groans!!!

Around this time my husband was given a pack of Sanjeev Kapoor's Cookbooks! As I was leafing through it I saw these Sprouts cutlets.

Like a drowning man, I decided to make these cutlets and was very happy with the result and loved the way the Sprouts Cutlets disappeared.

These sprouts cutlets can be made for breakfast, a snack, or tiffin box. Make them like long cigars and wrap them in chapatis to make Franky.

### **Healthy Sprout Cutlets**

via [themadscientistskitchen.com](http://themadscientistskitchen.com)

Preparation time: 20 minutes

Cook time: 10 minutes

Total Time: 30 minutes

Serves: 8

#### *Ingredients:*

2 cups Sprouted moong boiled  
1 cup Mixed pulses, sprouted and boiled  
(my packet had green peas, white peas, rajma, cholay, moong, maktki)  
2 teaspoons Ginger garlic paste  
1 Onion  
2 tablespoons Dhania/ coriander leaves fresh  
1 cup Poha/beaten rice  
Salt to taste  
¾ teaspoon Red chilli powder  
½ teaspoon Chaat masala  
½ teaspoon Jeera/cumin powder  
½ teaspoon Dhania/ coriander Powder  
¼ teaspoon Garam masala (optional)  
Oil to shallow fry  
Oats for coating

#### *Method:*

I used the food processor and chopped the onions then processed the moong bean. Once the moong was pulverized I added all the other ingredients except the oats and oil and processed again. Check and adjust the seasonings. Make small balls out of the mixture and shape them. Dredge the sprouts cutlets in oats. Shallow fry in a frying pan when the bottom of the cutlet is done turn it over and cook on the other side too till golden on both sides. Serve hot with tomato ketchup or green chutney.

#### *Notes:*

You can use any kind of sprouts.



## **This Fabulous & Simple Dish is a Great Marriage of Flavors**

*By Jory Gordon Stewart*

**M**y grandparents and I used to frequent a small sushi restaurant in Manhattan. There was a dish on the menu I had never seen, seemingly simple and yet so packed with flavor as to set the idea of simple cooked bean sprouts on its head. At first I couldn't place the rich, vaguely sweet and mildly brackish flavor the chef braised the sprouts in to give them such an addicting

quality. It wasn't until one day when we asked them to make it with shrimp that I finally understood the flavors matched, more or less. The quality that gave them their amazing taste was a concentrated shrimp stock; a fume. Sweet and spicy black pepper plays up to the sweetness in the shrimp and complements it in a delightful way. Mildly onion-y and earthy

spring onions helped complete the flavor profile.

In this post I'll try to recreate this dish. Because I loved it with sauteed shrimp I've added shrimp. This will help make it more substantial.

### **Sauteed Shrimp with Bean Sprouts Braised in Shrimp & Black Pepper Fume**

via [joyouskitchen.blogspot.com](http://joyouskitchen.blogspot.com)

Makes 4 large servings

12 ounces unpeeled shrimp  
1/4 teaspoon freshly ground black pepper  
3 ounces bean sprouts  
3 spring onions  
1/4 teaspoon sesame oil  
1 Tablespoon neutral oil  
Soy sauce, to taste

Clean spring onions and chop off the dark green papery upper portions and set aside. Cut the rest into 1 inch segments.

Remove heads from shrimp and devein without removing the shells or legs (slice along back of shell to remove veins).

In a wok heated to medium high heat, add half the neutral oil, a small dash of soy sauce and a small pinch of pepper & saute shrimp in shells until just cooked through, about 3 minutes per side. Remove shrimp from heat and set aside to cool.

When shrimp are cool enough to handle, remove peels and legs. Add shrimp heads, peels, legs & green papery parts of spring onions to wok over medium heat. To this add sesame oil, 2 cups of water, more soy sauce (to taste) and remainder of pepper. Bring to a gentle simmer and reduce for approximately 30 - 45 minutes (depending upon how much time you have to devote to dinner). Strain stock into a bowl and set aside.

Add the remaining oil to the wok and saute the green onions until they begin to soften and caramelize, about 3 minutes. Flip the onions over and saute for another 3 minutes, add bean sprouts and after 1 minute, stock. Cook for another 6 or so minutes, until the sprouts are cooked through completely. Turn off the heat and then reintroduce the shrimp.

Serve alongside rice or make it an accompanying hot dish the next time you make sushi at home.





## Maple Roasted is a Heavenly Way to Enjoy these Sprouts

*By Seema Doraiswamy*

**G**et rid of the bad reputation that Brussels sprouts carry and enjoy these delicious, roasted Brussels sprouts. The slight sweetness from the maple syrup and the kick from the paprika leaves you loving the Brussels sprouts forever.

### Maple Roasted Brussels Sprouts

via [mildlyindian.com](http://mildlyindian.com)

#### *Ingredients*

*For roasting*

250 g Brussels sprouts

1 tbsp coconut oil

salt to taste (use flaky sea-salt)

*For Flavor*

1/2 tsp paprika

2 tbsp maple syrup

1 tsp lemon juice

Preheat the oven at 180 degrees for 10 minutes

Cut off the knobby ends of the Brussels sprout and remove any discolored leaves.

Wash pat dry and slice them in half

Add the sliced sprouts into a mixing bowl and add oil and salt and gently rub till the sprouts are evenly coated.

Arrange this on the baking tray.

Bake till the centre becomes a bit soft at 180 degrees ( about minutes)

Whisk together the maple syrup, lemon juice and paprika.

Brush the dressing on the roasting Brussels sprouts and bake for another 6 minutes till the glaze appears.

Remove from the oven and rest for two minutes.

The sprouts are now ready to serve.

## **Global Gourmet Magazine Contributors**

### **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 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, 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 imaginative dishes at [helenscchin.com](http://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](http://mildlyindian.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](http://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://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](http://www.joyouskitchen.blogspot.com)

