

# GLOBAL GOURMET

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*Quick & easy crowd pleasers*



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## **Letter from the Editor**

April, 2022

Dear Reader,

If your family is like mine, you spend the dark winter months looking forward, not only to the warmer days, but to the extra hours of daylight in the afternoon and evening. Hours in which outdoor adventures can be embarked on. Or puzzles completed. Family game night commenced. More fun is always to be had and so you find yourself wanting to stay out of the kitchen as much as possible. Meals, snacks, and yes, even desserts, that come together quickly are what's needed for these long, warm days. That's why I decided on quick and easy crowd pleasing recipes as the theme for this issue. Perhaps you want a quick and easy snack while you're playing a board game; Seema Doraiswamy's Corn & Cheese Dip (pg. 4) is a perfect quick and delicious snack. As to meals, Indrani Sen's sweet and spicy Korean Fried Chicken (pg. 11) is a definite crowd pleaser; Jasmina Brozovic's delightful (and endlessly customizable) Cheese & Spinach Quiche (cover & pg. 7) is a fantastic hands off meal; my decadent Sausage Primavera (pg. 14) provides a flexible twist on a much loved classic; and for a light meal or a meatless Monday, Mayuri Patel's Turkish Bulgur Pilaf (pg. 9) is a fabulous, healthy one pot meal. And then there is dessert. Perhaps dessert isn't a necessity (although in homes with children it can be a delightfully motivating inducement to eat one's vegetables), but if you are a fan or do tend to offer it as incentive, Helen Chin's quick, elegant Black Sesame & Black Rice Panna Cotta (pg. 16) is a perfect recipe to enjoy more family fun outside of the kitchen.

We hope you enjoy these extra hours and can make the most of your time with your loved ones.

From our families to yours,

Cheers,

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 Magazine Team





# This Creamy Dip is So Easy You'll Want to Make it for Family Game Night or Anytime

*By Seema Doraiswamy*

**O**ne of the easiest recipes that you can fix-up under 5 minutes is perfect as a crowd-pleaser is creamy corn and cheese dip. Here is the recipe for corn and cheese dip that is perfect for a movie night, a group of teens in the house, a camp night or a barbecue. So grab the biggest bag of crisps or crackers and be ready to be adored.

## **Corn and Cheese Dip**

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

### Ingredients

2 cups frozen corn

1 tbsp mayonnaise (use eggless version if preferred)

1/2 cup Mozzarella ( shredded)

1/4 tsp crushed black pepper

1/2 tsp mixed herbs dry, crushed.

### *Method*

Give a quick rinse to the frozen corn and place it in a microwave-safe bowl.

Zapp for about 30 seconds on high power.

Drain the water that has come out and place the corn kernels back in the bowl.

Mix in the mayo and the mozzarella to the corn kernels

Cover and zapp for 1 minute on high or till the cheese melt.

The dip is now ready to be scooped with the chip.



## This Delicious Classic Can Be Made with Whatever Veggies You Have at Hand

*By Jasmina Brozovic*

**T**his is not a typical quiche dough, but it's absolutely delicious. It is soft and it goes

perfectly with the flavors of spinach and cheese.

Cheese and spinach quiche is great for spring Sunday brunch or picnic!

## **Cheese and Spinach Quiche**

via [zyonimirfras.com/food](http://zyonimirfras.com/food)

### **Ingredients**

#### **For the dough**

200 g (1 1/2 cup) all purpose flour

5 g (1/2 tbsp) baking powder

1 egg

1 tsp salt

120 g (1/2 cup) butter, cold

130 g (1/2 cup) Greek plain yogurt

#### **For the filling**

3 eggs

130 g (1/2 cup) Greek plain yogurt

245 g (1 cup) ricotta cheese

500 g (3 cups) cleaned blanched or frozen spinach

salt to taste

black pepper to taste

1 tsp ground ginger

2 tsp minced garlic

1 tsp Italian seasoning

130 g (1 cup) shredded mozzarella for topping

### **Preparation**

In a large bowl mix flour with baking powder and salt.

In a separate bowl, mix yogurt with the egg.

Add flour mixture to the egg and yogurt, add the crumbled butter and mix until combined.

Wrap the dough in a cling wrap and refrigerate it for 1/2 hour.

In the meanwhile, prepare the filling.

Preheat the oven to 180 °C (355 °F).

Simmer the spinach lightly for 5 minutes.

Season with minced garlic and a pinch of salt. Set aside.

In a large bowl whisk the eggs with yogurt, cheese and spices.

Roll the dough and place it in a round ceramic pan or a pie pan, leaving the dough on the sides.

Bake for 10 minutes until the dough gets a light crust and then remove it from the oven.

On a lightly baked pastry first lay simmered spinach, then the mixture with eggs.

Top with grated mozzarella.

Bake until golden for another 20-25 min.





## Turkish Bulgur Pilaf is a Quick, Healthy and Delicious Vegan 1 Pot Meal

*By Mayuri Patel*

**T**his dish is especially popular as a side dish or as a main meal; the main flavours are from the herbs, onion and tomato.

As a matter of fact, Bulgur Pilaf is a common Middle Eastern side dish served with kebab, grilled meat. However, many families enjoy it on its own with some plain yogurt or tzatziki.



## Turkish Bulgur Pilaf

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

*Serves 2 (as a meal)*

### *Ingredients:*

1 cup bulgur wheat coarse or extra coarse  
1½ cups chickpeas cooked  
1 medium red onion peeled and diced  
1 medium bell pepper diced  
1 tbsp garlic minced  
2 tbsp olive oil  
2 tbsp tomato paste  
2 large tomatoes diced  
2 cups stock or water  
1 tsp salt  
½ tsp cinnamon powder  
1 tsp cumin powder  
¼ tsp pepper powder  
¼ tsp chilli flakes  
2 tbsp mint chopped  
¼ cup parsley chopped

### *Preparation:*

Heat oil in a pan over medium heat.  
Add onion and stir fry for a few seconds.  
Add garlic and chopped bell pepper. Stir fry and allow it to cook for 2-3 minutes.  
Add chopped tomatoes, mix well. Cover the pan and allow the mixture to cook for 1-2 minutes.  
Add tomato paste, salt, cinnamon, cumin and pepper powders and mix well.  
Add bulgur wheat, chickpeas and stock or water. Mix well.  
Cover the pan and allow the mixture to cook for 15 minutes.

Check if the bulgur wheat is cooked. If not, add a little more water and cook. Mine was done in 15 minutes.

Add chilli flakes, parsley and mint. Mix well. Switch off the heat.

Cover the pan and allow the bulgur pilaf to rest for 5 minutes.

Serve hot Turkish Bulgur Pilaf with some yogurt or with grilled meat, kebabs.

### *Tips:*

Please note that the tomato paste is that really thick paste of tomato.

The general rule to follow is for every cup of extra coarse bulgur you need 2 cups of liquid.

Add vegetables or meat of your choice.

Serve with feta cheese and olives.

Adjust spices according to your taste.

Don't omit adding tomato paste as that adds a tangy or umami flavour to the pilaf.



## **This Sweet & Spicy Twice-Fried Chicken is a Delicious Crowd Pleaser**

*By Indrani Sen*

**I** am fascinated by Korean cuisine and the inspiration is my daughter's love for K-pop followed by Korean Drama, Korean language and Korean food. It's an established story that children are the

decision makers in the family and she made me fall in love with Korean food and Korean fried chicken is one of them. Authentically prepared with Gochujang paste which is a spicy paste prepared with Korean chilies

Gochugaru which is made from sun dried Korean peppers without seeds.

In the absence of Gochujang paste I prepared a paste of local chilies by boiling them in water, deseeding them and making a paste.

### *What is different about Korean fried chicken?*

Korean fried chicken is extra crispy as it is fried twice and the batter contains a mixture of rice and refined flour which makes the coating super crunchy.

### *Why do you soak chicken in milk before frying?*

Chicken can be soaked with milk or buttermilk overnight to make it tender. The milk contains lactase and the buttermilk contains casein which tenderizes the meat.

### *What do you eat Korean fried chicken with?*

You can serve with fresh salads, pickled vegetables and fried rice.

### *Ingredients*

400 gm chicken (wings or curry cut)

#### *Marinade & Batter*

Salt to taste

1 cup refined flour

Batter

1 cup milk

2 cups rice flour

3 eggs

Sauce

1/2 cup of honey

1 tbsp. of rice vinegar

1 cup of red chili paste or Gochujang paste

1 to 2 tbsp. of chopped garlic

1 tbsp. of ginger grated

1/2 tsp of soy sauce

green chilies chopped

#### *Garnish*

1/2 cup of green spring onions chopped

1 tbsp. roasted sesame seeds

### *Preparation*

#### *Fry chicken*

Marinate the chicken overnight with milk and salt or at least for half an hour.

mix rice flour and refined flour

Add 3 eggs

Add milk if dry.

Add salt to taste

It should be a thick flowy batter

Add the chicken pieces coated in this batter.

Heat oil and deep fry the chicken pieces in batches in medium heat.

Fry the chicken pieces again till the crust is crunchy.

#### *Making the sauce*

Heat 2 tbsp. of oil.

Fry chopped garlic.

Fry grated ginger.

Add vinegar and saute.

Add Honey and sauté.

Add the red chili paste.

When the sauce thickens, add the fried chicken pieces, and toss to coat them in sweet and spicy sauce.

Garnish with spring onions & sprinkle with roasted sesame seeds.





## **This Creamy, Decadent Pasta Dish is a Surprising Twist on a Classic**

*By Jory Gordon Stewart*

**C**onfession: I love Food Network. I was so excited when my carrier added it. Needless to say, I watch a fair few shows on there (how could I resist?) and have been taking

inspiration from it. Watching Beat Bobby Flay I was surprised to see the contestant add butter poached lobster to his pasta primavera. I had always thought of it as a strictly vegetarian dish, but why not add

seafood, or even meat? Sausage is a much more practical choice for my family. My toddler loves it, it is much more budget friendly and the fat would add a ton of luscious flavor to the sauce. This dish is a combination of my sausage and broccolini pasta (although with different veggies) and Jamie Oliver's excellent sausage zucchini carbonara. Next time I make it I plan on trying to find some fresh marjoram and using it in place of the dried herbs (see notes). With an extra bit of prepwork this dish comes together pretty quickly, so it's a nice spring and summertime meal. Think of this dish as a starting point and use whatever veggies you have in the fridge and whatever kind of pasta your family enjoys. Just be sure to adjust cooking times as needed for each new vegetable you use.

### **Sausage Primavera**

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

*Serves 6*

1 lb sweet Italian pork sausage, casing removed  
1 lb whole wheat penne  
1 small yellow onion  
8 ounces mushrooms  
1 large zucchini  
1 large summer squash  
8 ounces grape tomatoes, whole  
1/2 cup dry white wine  
2/3 cup heavy cream  
2 Tablespoons olive oil  
1/2 teaspoon dried oregano\*  
1/2 teaspoon dried basil\*  
1/4 teaspoon crushed red pepper flakes  
Salt, to taste

Fresh pepper, to taste

### *Method:*

Preheat the oven to 450. Rub the tomatoes with a bit of olive oil or spray oil, season with salt and pepper and lay on a baking sheet in a single layer. Chop all vegetables (except tomatoes) into roughly similar bite sized pieces. Roast tomatoes in the oven for 12 minutes, or until they brown slightly on the bottom. Set aside. In a large heavy bottomed pan over medium heat, add olive oil, then sausage meat. Break up the sausage roughly. Cook sausage until it has no traces of pink. Scoop meat out of the pan, leaving fat. Boil pasta in a large pot of salted boiling water, according to package directions. Meanwhile, in the pan with the sausage fat saute onions, mushrooms and squash in the fat. Season to taste with salt and pepper. Add dried herbs and crushed red pepper. Deglaze the pan with the wine and cook until vegetables are all cooked through. Turn off heat and add cream and tomatoes. Toss with pasta and serve with grated Parmesan cheese and minced Italian parsley.



# **This Creamy Delicious Dessert is Quick, Easy & Elegant**

*By Helen Chin*

**I**n searching Google I was able to learn the three main characteristics of a panna cotta: the percentage of butterfat, the amount of gelatine and the sweetness. Talking of wobbly, gelatine is an obvious ingredient —

a perfect panna cotta should have just enough that it seems the cream is just holding together. It shakes when you touch it.

My interest in Italian cooking has led me to create a mind blowing variety of rich and

delicious dishes, and also to experiment with unfamiliar ingredients. My friend gave me some black sesame and black rice cereal packets. I tried eating them with fruit, but the taste was overpowered by the fruit. Then I decided to make it into panna cotta as I have yoghurt, sour cream and thickened cream on hand.

I am pleased that it turned out well and I was glad I could take it to my sister's house for our family dinner. My family and I enjoyed it. I love it as it can be prepared quickly, ahead of time, and is a beautiful, delicious dessert to serve on hot days. Let's cook!

### **Black Sesame & Black Rice Panna Cotta**

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

#### *Ingredients*

5 Tbs mango flavoured yoghurt  
300 g sour cream  
300 ml thickened cream  
300 ml milk  
60 ml orange juice  
150 g icing sugar  
2 gelatine sheets  
3 Tbs castor sugar  
3 Tsp gelatine powder, plus 5 Tbs water  
2 packets of black sesame and black rice instant cereal  
a squirt of molasses (Opt.l)

#### *Method*

In a bowl add water and sprinkle gelatine powder, stir to mix well and leave for 5 minutes. Soak gelatine sheets in a bowl of water for 3 minutes. Place sour cream,

yoghurt, thickened cream, icing sugar, orange juice, milk and black sesame and black rice cereal on pot on low heat. Stir to avoid lump.

Squeezed out water of gelatine sheets and add in. Stir well. Now add gelatine powder mixture, a squirt of molasses and castor sugar. Stir until sugar dissolved. Turn off heat let pot cool slightly about 5-10 minutes. Meantime, greased the jelly mould with some oil. When it has cooled spoon cooled panna cotta onto mould. Leave it overnight or at least 4 hours to set. Enjoy!



## **Global Gourmet Magazine Contributors**

### **Jasmina Brozovic**

*Contributing Editor*

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.zvonimirfras.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 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)

### **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/](http://www.indrani-will-teach.com/)

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### **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)