

# Global GOURMET

*Magazine*

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## **Letter from the Editor**

*August, 2023*

Dear Readers,

Is it summer where you are? It's summer for us (here in California) and wow, is it a scorcher. Across the globe we are feeling the effects of climate change, with last month being the hottest July in recorded history. Some ways we can make a difference are to eat locally and in season. For this issue we have chosen the theme of sensational salads. If you're in a summery place right now, chances are many of the ingredients in these salads are in season where you are. If not, use what is in season. It will decrease the demand for shipping in out of season produce, and as a delightful bonus it will be the best tasting option.

Speaking of best tasting, in this issue we have many wonderful options for a lovely cold meal, starter or snack. Maybe you want a more filling salad for lunch or dinner, in which case Azlin Bloor's fabulous Halloumi, Peach and Couscous Salad with Harissa Dressing (pg. 7) is a must try. Other hearty salads include Giang Townsend's delightful Lentil Salad with Sundried Tomatoes, Onions & Fresh Herbs (pg. 15) is another marvelous option. As well as Helen Chin's two grain summer-y and delicious Barley, Blueberry & Couscous Salad (pg. 11). Swati Malik's Rice Vermicelli Salad with Peanut Sauce (pg. 17) is another perfect, filling meal and delightfully versatile.

If a light meal is what you're in search of, try out our two refreshing options: my fresh and zingy Pickled Smacked Cucumber Salad (pg. 4) or Mayuri Patel's amazing, versatile Mango Strawberry Salad (cover & pg. 10).

In this heat it is soothing to skip the stove and jump straight to a nice cold, refreshing meal. This month we wanted to offer you some choices.

All the Best,

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



## **This Fun, Zesty Salad is Perfect for a Light Meal**

*By Joy Gordon Stewart*

**I** usually write about what inspired the dish I'm sharing. In the case of this glorious salad it was nothing more complicated than happening upon the

video for a very similar dish from Yotam Ottolenghi's test kitchen. I was instantly impressed by the quick pickles, the way the chef broke up the cucumber (hence the word smacked in the title) and the clever

use of salt to draw the excess moisture from the cucumbers...to then use that moisture to season part of the dish. The techniques were remarkable, the flavors fabulous, and I knew I had to try it for myself.

Pickled smacked cucumber salad with couscous is a play on the glorious recipe from Ottolenghi's test kitchen. It was tart, it was fresh and so lovely from the herbs and lightly pickled vegetables. I'm very thankful for this great idea!

### **Pickled Smacked Cucumber Salad**

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

#### *Ingredients*

1 large cucumber  
1/4 cup filtered water  
1/4 cup vinegar (any kind)  
1/2 Tablespoon kosher salt  
1 Tablespoon sugar  
1 dried chili pepper (any type; I have dried cayennes)  
1/2 Tablespoon pickling seasoning (which I highly recommend as a pantry staple, and which consists of mustard seed, coriander seed, lightly crushed bay leaves, peppercorns, spice clove and crushed red pepper flakes)  
One peeled garlic clove, lightly crushed  
2 green onions, whites and greens, sliced on the bias  
1 shallot, thinly sliced  
Pinch salt  
2 ish Tablespoons olive oil  
1 Tablespoon chopped or torn mint leaves  
1/2 Tablespoon dill fronds  
1/2 cup cooked couscous

#### *Method*

Smack the cucumbers well with something thin and dense (think the handle of a rolling pin or of a wooden

spoon), then tear into bite sized pieces. In a bowl, cover the cucumber pieces with salt and allow to sit for 10-20 minutes (to extract water and also to add extra, concentrated cucumber flavor to the salad). Meanwhile, make the brine: over medium heat combine the water, vinegar, salt, sugar, garlic, dried chili pepper and pickling spice (if using). Cook until the salt and sugar have dissolved and take off the heat. Set aside to cool. Now slice the shallots thinly and tear or chop your herbs up. When the pickling liquid has cooled, strain it. Add the shallots to the cucumbers and pour the water/vinegar (brine) mix over them and allow to sit for 5 - 20 minutes (however much time you have patience for). Add in couscous, herbs and scallions. Drizzle with olive oil and mix to combine. Serve with yogurt or feta.



**This Versatile  
Salad with  
Fresh  
Summer  
Ingredients &  
a Dynamite  
Dressing is  
Pure  
Perfection**

*By Azlin Bloor*

**W**hen stone fruits are in season, I go a little crazy with them. I love them fresh, as they are, grilled in savoury dishes, grilled or baked in sweet recipes, in salads and most certainly in cocktails! Did I miss anything?

So this Halloumi, Peach, Harissa and Couscous Salad is deliciously pretty and super versatile! You can dress it up in so many different ways. But what I especially

love about this salad is the harissa dressing, it is simply to die for! I love making an extra amount so that I can drizzle it indiscriminately and dip bread in it!

This salad is part of a series of salad based meal plans that I'm designing for some clients, and one of the things I love about it is its versatility. Let's deconstruct our Halloumi, Peach, Harissa and Couscous Salad and see how you can play around with it, shall we?

### *Halloumi*

I love halloumi, for its texture and flavour. And the fact that it will hold its shape when cooked. You can read more about halloumi here.

In this salad, the halloumi lends a meaty dimension to the light salad. Its savoury flavour adds depth and fills you up. To make for easier cooking, cut the halloumi slabs up into big enough slices. This is so that you can flip them without spending too much time on tiny pieces, maybe 3 long rectangles, or leave them as they are, as I've done here.

If you don't want to use halloumi, or can't get it, you can substitute it with any cheese you like, the sort you cook, or keep your cheese fresh. So you could use:

Paneer – Indian cheese, and like halloumi, will hold its shape when cooked. [Click here to read more.](#) Easily made at home.

Feta – Greek cheese, and will also cook well, but won't hold its shape as much.

Any other cheese of your choice: parmesan, cheddar, gruyere, a smoked variety, and even blue cheese.

### *Peaches*

I just love grilled peaches. The slight caramelisation adds a wonderful sweetness to the fruit. You can substitute with nectarines and apricots.

### *Harissa*

I fell in love with Harissa the first time I found myself in North Africa in the 90s. If you've been following me a while, you know that I love my chillies, and therefore, chilli sauces, pastes and concoctions. And always homemade.

You can read [more about harissa here](#), and find out how to make it to your taste. Naturally, use shop bought harissa, if you prefer.

The heat level of your harissa will determine the heat level of your dressing. If your harissa is spicy, and you don't want an overly spicy dressing, use less of it than indicated in the recipe here.

Substitute harissa with any kind of chilli sauce or blend you like, even a green variety. [Chipotle](#) is always good. In fact, on LinsFood, there are so many [chilli pastes](#) you can use in this salad.

### *Couscous*

As mentioned, couscous makes a great base for a carb salad. But you can use any other carbs and even pulses that you like:

rice – brown, white, wild or red

quinoa

freekeh

bulgur

millet

Barley

even lentils and beans

See what I mean? A delightful salad, and incredibly versatile. Be sure to make extra of that dressing!

Have fun with it!

### **Halloumi, Peach, Harissa and Couscous Salad**

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

Prep Time: 15minutes minutesCook Time: 7minutes minutes

Servings: 4

#### ***Ingredients***

250 g (1 1/3) cup couscous

330 ml (1 2/5 cup) chicken or vegetable stock, simmering

½ tsp salt

4 peaches

16 green beans

12 cherry tomatoes

225 g (8 oz) halloumi

small handful parsley

1 Tbsp EV olive oil

freshly ground black pepper

#### ***Dressing***

5 Tbsp EV olive oil

zest and juice of 1 lemon

2 Tbsp harissa more or less, to taste

generous pinch of salt

a small handful of pine nuts

#### ***Instructions***

##### ***Dressing***

Mix all the ingredients together and taste. Add more salt, if you think it's necessary. Set aside.

##### ***Couscous***

Place the couscous in a roomy bowl and stir in the 1/2 tsp salt.

Pour the boiling stock over and cover with a plate. Set your timer on for 5 minutes. Get on with the other ingredients in the meantime.

When the 5 minutes are up, fluff up the couscous with a fork.



Wipe the covering plate dry, then half cover the couscous, to keep warm, while you continue with the other ingredients. Covering it fully will result in a slightly stodgy couscous; couscous should always be dry and grainy.

### *The Other Salad Ingredients*

Stone and slice the peaches. You can quarter them, or slice them into wedges. Just bear in mind that the more slices you have, the more flipping you'll be doing when cooking. Leave them as halves, if you don't want all that turning over! Set aside.

Halve the beans and cherry tomatoes.

Slice the halloumi into long, rectangular slices, if you like. Or leave them in large squares.

Finely chop the parsley.

### *Cooking the Salad Ingredients*

Using a pastry brush or something similar, brush your griddle with a little olive oil, and char the peaches on medium heat. Do both sides, it shouldn't take more than 1 minute each side. Remove them to a plate.

Char the beans, brushing more oil, if you think you need it. You can just roll the beans on the griddle, to colour all over. 2 minutes is all you need.

Finally, let's do the halloumi. Wipe the griddle clean with a kitchen paper. Brush some oil on, and fry the halloumi slices on medium heat. Flip over after about a minute, to do the other side, once one side is a nice golden brown. Remove to a plate.

### *Assembling the Salad*

Tip the chopped parsley into the couscous bowl, along with a few twists of freshly ground black pepper. Mix well.

Divide the couscous onto 4 salad plates or bowls.

Top each plate with the charred peaches, green beans and halloumi.

Drizzle the dressing all over and finish off with some pine nuts.



## **Mango Strawberry Salad is a Refreshing, Delicious & Colorful Summer Time Salad**

*By Mayuri's Jikoni*

**E**asy to make, this salad can be served as a side dish or as a light meal. We enjoy this salad as a light lunch option as I add mozzarella which makes it filling. As for the dressing, add any of your choice.

Natural sweetness from the fruits, bite from the roasted almond, refreshing flavour from the mint and protein rich with those grassy slightly tangy mozzarella balls. I prefer to use a vinaigrette. I'm actually quite gullible when it comes to salads with fruits, and can eat a huge bowlful of it. No wonder most of my salads feature some sort of fruit.

## Mango Strawberry Salad

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

*Serves 2*

### *Ingredients*

1 medium mango ripe but firm  
8-10 strawberries  
1-2 cups salad leaves  
8-10 mint leaves  
8-10 almonds  
6-8 small mozzarella balls  
Salad Dressing of your choice

### *Instructions*

Roast the almonds in a wide pan over low heat for 3-4 minutes. Make sure you stir them all the time to avoid burning them.

Alternately, roast them in the microwave oven for 1-2 minutes.

Allow the almonds to cool before you chop them into halves.

Peel and chop the mango into bite size pieces. Add them to a mixing bowl.

Hull the strawberries and cut them into quarters or thick slices. Add to the chopped mango.

Add the salad leaves and mint too.

Cut the mozzarella balls into halves or quarters and add to the salad.

Add the almonds. Toss the salad.

Chill it in the fridge till required.

Add the salad dressing just before serving or serve the dressing on the side.

### *Notes*

Add any salad dressing of your choice.

Lemon Poppy Seed Salad Dressing

Za'atar Yogurt Dressing

Lemon Vinaigrette

Orange Dressing

Replace mozzarella with feta cheese, tastes equally good.

Replace mint with basil leaves.

Use a mango that has no or very little fibre.



## **This Delicious, Exceptionally Versatile Salad Truly is What You Make of it**

*By Helen Chin*

**A**ll of the ingredients in this salad are bright and colourful; not only is this stunning, it's also a healthy salad, delicious and it can be a plate you are proud to bring to family and friends' home. My family and I are pleased with the flavourful herbs and sweet and tangy

vinegar dressing. Crunch and munch texture from barley, blueberry, couscous, lentil, and mixed tomatoes. Let's delight in healthy food!

**Barley blueberry couscous salad**

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

## *Ingredients*

210 g lentil, rinsed and drained  
200 g mixed cherries tomatoes, 4 cut into wedges the others chopped  
125 g blueberries, extra to garnish about 25 g  
110 g barley  
110 g three colour couscous  
1/2 bunch coriander, chopped  
1/2 bunch mint leaves, chopped  
1/2 packet rocket or arugula, washed and dried  
1/2 packet spinach, washed drained  
salt  
pepper  
olive oil  
oil from leftover sundried capsicums (OPT)  
Dressing  
80 ml olive oil  
30 ml red wine vinegar  
1 Tbs dark brown sugar  
2 Tsp chili flakes (OPT)  
1 Tsp lime juice  
1 Tsp garlic powder  
1 Tsp coriander powder  
1/2 Tsp cumin powder

## *Method*

Bring a pot of salted water to boil. Add barley and cook for 20 minutes. In another pot on medium heat, heat 2 Tbsp olive oil. Add couscous and cook, stirring occasionally, for about 3 to 4 minutes or until fragrant and lightly toasted. Remove from the pot onto a bowl and set aside.

Then turn down the barley pot heat, add couscous, cook for a further 10 minutes or until both barley and couscous are tender. Turn off heat and allow to sit for 3 minutes.

Drain and rinse under cold running water. Mix with a fork to separate barley and couscous. Transfer to a

bowl. Next microwave lentils for 1 minute and stir in barley mixture to combine.

Meanwhile, make the dressing: beat together oil, lime juice, red wine vinegar, sugar, chili flakes, coriander, garlic and cumin in a jug. Season well with salt and pepper.

Add chopped tomatoes, rocket, spinach, herbs and dressing to the barley mixture. Mix well. Taste it to determine if the seasoning is ok. If necessary, Transfer to a serving platter. Drizzle with some oil from leftover sun dried capsicums and place the tomato wedges and extra blueberries on top and around it. Serve it as a main meal with a glass of white wine, or try it with other dishes. Enjoy my vegan salad!

## *Notes*

You can use any legumes, grains and/or nuts as mentioned above in the introduction. If you prefer a slightly sweeter dressing, you could try a drizzle of balsamic vinegar syrup or miso, or to cut the acid with a rich flavor, tahini.



## **Lentil Salad with Sun-dried Tomatoes is a Savory Salad that Everyone Will Enjoy**

*By Giangi Townsend*

**I** love lentils and often cook with Le Puy Lentils from France.

They do not disintegrate while cooking. While making a salad with your lentils, that is what you are looking for in a lentil.

Do not worry about the red onion overpowering this wonderful recipe.

By letting the onion sit with the vinegar, the onions soften, and the strong onion flavor is tamed. Therefore the raw onion's sweet taste comes out.

Use delicious sun-dried tomatoes.

Do not purchase oil-packed sun-dried tomatoes. I purchased regular sun-dried tomatoes, with no oil added. I let mine soak in olive oil and balsamic vinegar.

Start them first so they will marinate well. Do not buy sun-dried tomatoes packed in oil.

The oil will have removed all the natural flavor, and the balsamic vinegar will not soak into the tomato's membranes.

If time is on your side, how to make sun-dried tomatoes at home

If time is on your side and you want to give your hand, you can make the sun-dried tomatoes in the oven.

Preheat the oven to 275F. Use fresh Roma tomatoes that you will quarter.

Place the quarters of tomatoes skin-side down on a baking sheet lined with parchment paper.

Drizzle with a couple of tablespoons of olive oil and two tablespoons of balsamic vinegar. Sprinkle generously with salt.

Roast for about 1 to 1 1/2 hours or until semi-dry.

Set aside and allow to cool down before using them with the lentils.

This dish is exceptionally rich in nutrients and substantial that can be served as a main entree with steamed rice or roasted vegetables to go all vegan.

### *Helpful tips for the ingredients needed*

*Le Puy Lentils:* Smaller than your usual lentils, grey-green in color, and grown in the Puy region of France. No need to soak them before cooking

*Sun-Dried Tomatoes:* Best if purchased and packed under a vacuum pack. Buy them whole or sliced. That is up to you.

*Balsamic Vinegar:* It gives this salad that sweet flavor and reduces the red onion's acidity.

*Red Wine Vinegar:* stronger in flavor and perfect with lentils.

*Red Onion:* Beautiful dark purple skin with no bruises. Peel and remove one of the rings before slicing it.

*Maldon Sea Salt:* Salt flakes that are artisanally made. You can replace it with the Fleur de Sel if you wish. Do not substitute the Maldon salt with regular salt or Kosher salt. Not the same crystallization.

*Fresh Herbs:* Parsley, chives, and dill: A must as they give an intense savory taste to this dish. Do not replace with dry, as it will not be the same flavor.

*Garlic:* crushed will release all the natural oils giving this salad a wonderful flavor. Mixed with the balsamic, it is even more diffused.

*Olive oil:* Use a light olive oil that does not have a heavy flavor. You want your lentil salad to be light and enjoy all the flavors.

Your lentil salad is made in two parts: one – to cook the lentils. Two – dressing the ingredients so they will infuse themselves with lots of flavors.

Start by slicing the sun-dried tomatoes into large chunks and mixing them well with the balsamic, salt,

and olive oil. This step will soften the tomatoes while enriching it with flavor.

Slice the red onion with the help of a mandoline very thinly. Add the vinegar and salt and let it rest together.

You will notice your red onions going softer on you.

The pickling process while marinating creates that.

Prepare the lentils by cooking them for 20 minutes in boiling water. Drain and add the onions, garlic, pepper, and olive oil while still hot.

While the lentils are cooking, chop all the herbs.

Mix well and serve.

### ***Storage instructions:***

It stores well in the refrigerator, and you can enjoy it the day after.

Bring back to room temperature before serving.

### ***What to do with the remaining fresh herbs?***

If you have no other recipes to use your fresh herbs and cannot use them all at once in your cooking, I recommend washing them well and letting them dry on your counter with a paper towel.

Once dry, save them in a closed jar and use them whenever you need herbs.

Mix them with salt and pepper, and they make the best rubs.

### **Lentils with Sun-Dried Tomatoes, Onion and Fresh Herbs**

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

*Prep Time:* 10 minutes

*Cook Time:* 25 minutes

*Cooling:* 10 minutes

*Total Time:* 45 minutes

*Servings:* 4 people

### ***Ingredients***

10 sun-dried tomatoes, pieces

2 tablespoons olive oil

2 tablespoons balsamic vinegar,  
salt, a generous pinch

1 red onion, very thinly sliced

1 tablespoon red wine vinegar

1 teaspoon Maldon salt,

1 $\frac{1}{3}$  cup Puy lentils,

4 tablespoons olive oil

1 garlic, crushed

2 tablespoons fresh parsley, chopped

2 tablespoons fresh chives, chopped

2 tablespoons fresh dill, chopped

### ***Instructions***

In a small bowl combine the sun-dried tomatoes, olive oil, balsamic vinegar, and salt. Mix well until the tomatoes are covered with balsamic and olive oil. Set aside.

In a large bowl place the very thinly sliced red onion, pour over the red wine vinegar, and sprinkle with the Maldon salt. Stir and set aside.

Place the lentils in a pan of boiling water and cook for 20 to 30 minutes or until tender. Drain in a sieve and make sure all the water is removed. Add to the onions while still warm. Add the 4-tablespoon olive oil, garlic, and black pepper. Stir to mix and let it cool down.

Once cool add all the fresh herbs, sun-dried tomatoes with the balsamic and gently mix.





## **Delicious Vermicelli Cold Noodle Salad is Perfect for Your Barbeques, Picnics and Get-Togethers**

*By Swati Malik*

**A** filling and refreshing summer salad packed with crunchy vegetables, rice noodles and in a garlicky peanut butter dressing. This Thai style Vermicelli

Salad makes a super delicious meal option during hot summer days.

It is Vegan and Gluten-free friendly and is a great side option not only for summers but also, for your festive meal menus like for Thanksgiving and Christmas.

We love Thai food and this salad is one of my favourite meals to have on a hot summer day. Thin Rice noodles tossed with a spicy peanut butter dressing with crunch of vegetables and roasted peanuts is one delicious meal that even my kids enjoy once in a while.

This Thai Noodle salad is served cold and so, it makes a wonderful summer meal for your picnics and barbeque parties. The recipe is quite adaptable as per the availability of vegetables.

### ***Why We Love this Vermicelli Noodle Salad***

This cold noodle salad is not only a delight to tastebuds but also to eyes, with crunchy colorful vegetables and garlicky peanut sauce dressing.

It is easy and so quick ready within 10 mins. if you have the vegetables chopped and ready.

It is gluten-free( when you use Tamari Sauce instead of Soy sauce) and Vegan Friendly.

You can make it ahead of your parties and carry to picnics. Also, the leftover salad can be stored for about 2-3 days.

The leftover peanut butter dressing can be used as dip with chips, spring rolls, veggie sticks like cucumber and carrots or even apples.

Adjust the spice level to make it kids friendly too. My kids just love this!

### ***Ingredients for Cold Vermicelli Noodle Salad***

*Vermicelli Rice Noodles*- This is one salad that I love with thinrice noodles, but can also be made with thick(flat) rice noodles. You can use other Gluten-free noodles also like Soba, Millets.

*Dressing*- Garlicky Thai Peanut Sauce. Check the recipe card for the ingredients or, click here for the detailed recipe.

*Vegetables*- Add color to your salad, use crunchy vegetables like bell peppers, red onion, spring onion, purple cabbage and cucumber.You can even add julienned or grated raw papaya.

*Herbs*- Fresh Basil and Spring onion greens add flavour punch. You can also add fresh cilantro or parsley.

*Roasted Peanuts* for garnish to garnish. Add cashew nuts if allergic to peanuts.

*Protein*- You may also add grilled tofu or bean sprouts to add the protein factor. Other options include Mushrooms, Paneer(Indian Cottage cheese).

### ***How Long Will Vermicelli Salad Stay Fresh and Good to Consume***

You can gather the ingredients (vegetables and noodles) and keep it in the refrigerator. Add peanut sauce and herbs(fresh basil/mint/cilantro) 30 mins before serving so that the vegetables and noodles are nicely coated and absorb the flavours.

Leftover salad can be refrigerated for about 2 days.

But, the taste won't be like the fresh salad. If the salad dries up add some more dressing before serving.

Leftover peanut sauce/dressing stays good for a week when refrigerated in an airtight jar/container.

Preferably store it in a glass jar/bottle.

### **Vermicelli Noodle Salad with Peanut Sauce**

via [foodtrails25.com](http://foodtrails25.com)

*Prep Time* 15 minutes

## *Servings 2*

### *Ingredients*

1 Cup Vermicelli Noodles (after soaking)  
Vegetables and Herbs (see notes)  
1 small Onion  
Spring Onion (green +whites) few Sprigs  
1 medium Carrot  
1 Cucumber  
½ Red Bell Pepper  
½-1 Cup Cabbage (Purple or White/Green) shredded  
handful Fresh Basil (as required) or Mint/Cilantro

### *Dressing*

¼ Cup Peanut Sauce store bought or homemade  
¼ Cup Roasted Peanuts Skinned  
For Peanut Sauce  
1 Cup Creamy Peanut Butter  
1-2 tbsp Soy Sauce Tamari Sauce(Gluten-free)  
1-2 tsp Sweetener any raw sugar  
1 tbsp Sesame seeds  
2 tsp Chilli Sauce/Sriracha or as required  
1-2 Garlic Cloves  
Small fresh Ginger piece  
1 tbsp Plant based Vinegar  
¼ Cup Lukewarm Water use as required

### *Instructions*

#### *Prepare Vermicelli Noodles*

Take vermicelli noodles in a bowl.  
1 Cup Vermicelli Noodles  
Add hot water and leave vermicelli in for 2-3 mins.  
Keep a check on the timings.  
After 2-4 mins, the noodles will be soft. Drain and  
rinse in cold water.  
Add 1 tsp sesame oil or any other oil and toss it lightly.  
Cover and keep aside till further use.

#### *Prepare Vegetables*

Use a mandolin or garter to prepare the vegetables.  
You can also cut in very thin strips using a knife. Or,  
you can also use store bought shredded or julienned  
vegetables.

1 small Onion, Spring Onion (green +whites), 1 medium  
Carrot, 1 Cucumber, ½ Red Bell Pepper, ½-1 Cup  
Cabbage (Purple or White/Green)

#### *Prepare Peanut Sauce*

You can also use store bought peanut sauce.

¼ Cup Peanut Sauce

Add all the ingredients under peanut sauce and whisk  
nicely or pulse in a blender. Add water according to  
the consistency of sauce you want.

1 Cup Creamy Peanut Butter, 1-2 tbsp Soy Sauce  
Tamari Sauce(Gluten-free), 1-2 tsp Sweetener any raw  
sugar, 1 tbsp Sesame seeds, 2 tsp Chilli Sauce/Sriracha  
or as required, 1-2 Garlic Cloves, Small fresh Ginger  
piece, 1 tbsp Plant based Vinegar, ¼ Cup Lukewarm  
Water use as required

#### *Assemble Salad*

In a bowl add noodles, prepared vegetables.

Now add the dressing (peanut sauce).

Mix it lightly and nicely, so that the sauce coats the  
noodles and vegetables. Add as required.

Add chopped basil and garnish with coarsely crushed  
peanuts.

handful Fresh Basil (as required), ¼ Cup Roasted  
Peanuts

Enjoy it right away or cover and chill in the  
refrigerator till ready to serve.

### *Notes*

To make Salad ahead of serving -You can gather the ingredients (vegetables and noodles) and keep it in the refrigerator. Add peanut sauce and herbs(fresh basil/mint/cilantro) 30 mins before serving so that the vegetables and noodles are nicely coated and absorb the flavours.

Substitutes in the Recipe-

Use any noodles of your choice. Cook as per the packet instructions.

Use vegetables of your choice. Or, use store bought bags of julienned or grated vegetables.

You can also add grilled mushrooms/ tofu/paneer.

For Peanut Allergy-

Use Almond Butter/Sunflower Butter for the dressing if you are allergic to peanuts.

Garnish with roasted Cashew nuts or skip the nuts.

Cook noodles as per package instruction.

When using vermicelli noodles, do not keep noodles in hot water for long. It may get mushy.

Cool the vermicelli completely before adding vegetables.

Use fresh herbs judiciously. I love adding fresh basil and also add mint or coriander whenever available.

But if you have picky eaters or you do not like the leafy things in bites then you may skip the fresh herbs or go light on it.

For a more spicy salad you can add chopped jalapenos or more sriracha or red chili flakes for a spicy kick.

## **Global Gourmet Magazine Contributors, August 2023**

### **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>

### **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)

### **Joy Gordon Stewart**

*Editor in Chief; Contributor*

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)