

# GlobalGourmet

Magazine

*Summer Birthdays*

ISSUE NO 13    AUGUST 2022

## Global Gourmet Magazine Table of Contents

<b>Letter from the Editor</b> .....	pg. 2
<b>Berry Ricotta Cake</b> ..... <i>By Angela Amberden</i>	pg. 4
<b>Vanilla Fruit Custard</b> ..... <i>By Swati Malik</i>	pg. 6
<b>Mushroom Finger Rolls</b> ..... <i>By Seema Doraiswamy Sriram</i>	pg. 8
<b>Strawberry Vanilla Cake</b> ..... <i>By Jasmina Brozović</i>	pg. 10
<b>Gourmet Cucumber Roll-Ups</b> ..... <i>By Archana Potdar</i>	pg. 12
<b>Cardamom Chocolate Fudge</b> ..... <i>By Mayuri Patel</i>	pg. 14
<b>Grilled Caesar Salad with Anticuchos Camarones</b> ..... <i>By Joy Gordon Stewart</i>	pg. 15
<b>Fancy Blueberry Birthday Cake</b> ..... <i>By Helen Chin</i>	pg. 18
<b>Global Gourmet Magazine Contributors</b> .....	pg.s 20-22

## **Letter from the Editor**

Dear Reader,

There are two August birthdays in my family (mine and my sister's). And Helen Chin, a long time contributor to this magazine, is celebrated in September. Between my family and friends there are a lot of summer birthdays. In their honor we dedicate this issue to Summer birthdays. Do you celebrate your birthday with cake? Many do and this month we are featuring not one, or two, but three summer-y birthday cakes. If you enjoy beautiful chocolate toppings you'll love Helen Chin's Fancy Blueberry Cake (pg. 18). For a moist, decadent cake you must give Angela Amberden's fabulous Berry Ricotta Cake a try (pg. 4). Jasmina Brozovic's rich and fragrant Strawberry Vanilla Cake (pg. 10) is bursting with summer flavors.

Throwing a birthday party? You will find some elegant party food in this issue. Archana Potdar's fabulous, versatile Cucumber Roll Ups (pg. 12) are a fresh and delicious party snack. For delightful hot hors-d'oeuvres, Seema Doraiswamy Sriram's Mushroom Finger Rolls (pg. 8) are a great dish to serve. Swati Malik's marvelous Vanilla Fruit Custard (pg. 6) is a perfect alternative to cake.

Perhaps you want to serve a special meal to your birthday celebrant. My Grilled Caesar Salad with Anticuchos Camarones (pg. 15) is a shrimp dish with a Peruvian twist; it's an elegant starter and a fun play on the "surf" half of the concept. If your birthday party person is a fan of chocolate then they will be delighted by Mayuri Patel's delicious, playful Cardamom Chocolate Fudge (pg. 14).

For those of you who have summer birthdays, or those who want to celebrate the end of summer, we hope you will enjoy this issue especially. May you all make the most out of the last of Summer.

All the Best,

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



## **This Fabulous, Moist Berry Cake is Perfect for Summer Birthdays**

*By Angela Amberden*

**T**he bounty of delicious fruit during the summer months inspires me! Finding a cake that utilizes the fragrant and ripe fruit, but also is light enough to combat the heat inducing lethargy is a fine line to

walk. For birthdays during the summer, I have found a cake that captures the warmth and brightness of the weather, but doesn't bog you down with a heavy dessert. Try this recipe for and of your favorite summer occasions.

## **Berry Ricotta Cake**

### *Ingredients:*

1 ½ cup all purpose flour

1 cup granulated sugar

2 1/2 tsp baking powder

1 tsp salt

3 large eggs

1 1/2 cups ricotta (drained)

1 tsp vanilla extract

1 stick/ 1/2 cup melted butter, cooled slightly

1/2 to 1 tsp lemon zest

1/2 to 3/4 cup of mixed berries

### *Instructions:*

Preheat your oven to 350 and prepare a 9 in round cake pan.

Combine dry ingredients together in a large bowl.

In a smaller bowl, blend all remaining ingredients, save for the berries.

Incorporate the wet and dry ingredients, do not overmix.

Fold in berries gently, try not to break them up too much.

Bake for 45-55 minutes or until the center is set. Cool and serve with fresh whipped cream, homemade ice cream or just on its own!





## Rich & Creamy Fruit Custard is a Popular Indian Dish for Celebrations

*By Swati Malik*

**F**ruit Custard is a delicious quick and easy Indian dessert served chilled with lots of fruits. It is basically made with custard sauce prepared from commercially available Custard Powder. This custard sauce is Eggless Gelatin-free version of the traditional custard

or pudding recipes in American, British and many other European cuisines.

It is one of the famous, popular and one of the favourite puddings for most of the Indians who grow up relishing this dessert . It is served at parties, special

occasions or relished just like that with weekend meals.

## **Vanilla Fruit Custard**

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

### *Ingredients*

2¼+¼ Cup Milk

3 tbsp Custard powder check notes

¼ Cup Sugar or as required

Mixed fresh fruits check notes

### *Instructions*

#### *Prepare fruits*

Chop fruits and refrigerate. Cover with cling film or a lid if preparing 2-3 hrs ahead of serving time.

Mixed fresh fruits

#### *Prepare Custard*

Keep 500ml / 2½ cup milk for boiling in any heavy bottomed pan. Let it come to boil. Keep ¼ Cup to make Custard powder slurry.

2¼+¼ Cup Milk

Take ¼ cup milk in a bowl and add 3-4 Tbsp of custard powder to it and mix, make a lump free slurry.

Add 3 tbsp custard powder to the boiling milk and stir it. Milk will start to thicken and this is your base custard. Take care that no lumps are formed.

Lower flame and cook.

When custard coats the back of the ladle then it is ready. It will take about 5 mins.

Add sugar(about ¼ cup or as required) to it and stir nicely. Keep on stirring, take care not to burn the milk at bottom.

¼ Cup Sugar

Once the custard thickens to desired consistency, this will take another 2 minutes. Take off the pan from flame and transfer to a serving bowl to cool.

To avoid skin getting formed on it, let the custard cool a bit and then cover the bowl with a lid or cling film.

Refrigerate to chill for a couple of hours before serving.

### *Assemble Custard and Fruits*

Chop fruits cover and refrigerate. For serving, in individual serving bowls, put a few spoonfuls of fruits and top it with chilled custard.

### *Notes*

My favourite fruits to add in custard are banana, apple, grapes, mango, strawberries, pomegranate and orange. Check the main post for the tips to add fruits to custard.

Do not add chopped fruits to custard and keep for hours. Custard becomes watery and taste is also affected.

When making for parties, chop the fruits separately, refrigerate and then add to custard before serving.

Keep the chopped fruits covered.

Add banana slices just before serving. Do not peel and slice banana before serving time.

Completely cool the custard and then refrigerate till the time of serving.

When custard is cooling, cover it with cling film or with a lid. Cooling it without covering leads to a thick creamy layer formation on top which spoils the texture of the pudding if mixed.

You can sprinkle a tsp of sugar on fruits or mix 1-2 tsp of Orange Marmalade.



## These Elegant Apps are Perfect for Any Party

*By Seema Doraiswamy Sriram*

**M**ushrooms have an intense earthiness about them. They are rich in minerals. Here is one mushroom recipe to highlight them during your entertaining evenings. It's a perfect simple one bite wonder, exploding in flavour from the spices and the underlying tomato flavour.

These finger rolls are one of the best bite-sized bites to put out when you have a birthday gathering. The flaky puff pastry and the soft centre filling delightfully take to all ages. Add these low effort mushroom finger rolls to your brunch menu, tea gathering or just as a savory side for those who are not so fond of cake.



## Mushroom Finger Rolls

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

### *Ingredients*

Puff pastry sheets  
1 large red onion  
2 tubs of button mushrooms  
1 tbsp tomato paste  
2 tbsp tomato ketchup  
salt to taste  
0.5 tsp black pepper powder  
0.5 tsp dry oregano  
10 italian basil  
1 tsp olive oil

### *Instructions*

Thaw the frozen puff pastry sheets

### *To prepare the filling*

Clean and thinly slice the onion.

Wipe the mushrooms with a wet cloth and slice them thin too.

Heat a tsp of oil in a pan, add in the sliced onions, sprinkle salt and allow them to sweat.

Add in the mushrooms a little at a time allowing them to firm a crisper texture than steaming all together.

Adding a little at a time is important because we are adding only very little oil and the mushrooms love to soak up a lot of oil.

Once a semi-dry texture is attained, add the tomato puree, and ketchup. Saute well. Sprinkle on a bit of water and cover and cook for a few minutes.

Sprinkle pepper, salt and oregano. Mix well. Cook for two to three minutes.

Take off the heat, add chopped basil leaves and set aside to cool

### *To Assemble*

Preheat the oven to 160c degrees for 10 minutes  
Make one-and-a-half-inch wide strips of the puff pastry sheet.

Put one tbsp of the filling at one end of the strip and gently roll.

Brush with oil on top. Place slightly apart on the baking tray

Bake at 160, for approximately 15 minutes. Till the tops turn golden.

Remove and cool on a wire rack.

Serve with cool tzatziki or cream cheese dip.



## **This Delightful Strawberry Cake is Perfect for this Season's Celebrations**

*By Jasmina Brozovic*

**S**trawberry season is one of my favorite seasons. Since I was born during this season, most of my childhood birthday memories have strawberries in

them. Not only in my birthday cakes but also picking them in my grandma's garden and eating them until I couldn't breathe any more

This creamy cake is light and fresh, and it will be a perfect addition to your family BBQ dinners or for any other occasion!

*Note:* You can try different fruits for a wider variety of cakes!

## Strawberry Vanilla Cake

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

### Ingredients

#### For the cake

100 g ( $\frac{3}{4}$  cup) cake flour  
100 g ( $\frac{1}{2}$  cup) cold butter  
100 g ( $\frac{3}{4}$  cup) powdered sugar  
10 g (1 tbsp + 1 tsp) baking powder  
3 tbsp cold water

#### For the cream

120 g (1 cup) vanilla pudding powder (3 bags)  
1 l ( $4\frac{1}{4}$  cups) milk  
5 tbsp sugar  
540 g ( $4\frac{1}{4}$  cups) sour cream

#### For the top

450 g strawberries  
1 gelatin sheet

### Preparation

Preheat the oven to 180 °C (355 °F).

Mix all cake ingredients. Add a bit more flour if sticky.

Grease and flour a 26 cm wide round cake mold or cover with parchment paper.

Place the cake batter in the mold and flatten with hands

Store in the fridge until the cream is done.

Cook vanilla pudding with sugar (according to the packaging) in 1 l of milk.

Cool and gently mix in sour cream.

Pour the cream on the cake.

Bake for about 40 minutes.

Cool down before arranging the strawberries.

Prepare the gelatin according to the packaging.

Arrange strawberries on top and pour the gelatin on top.

Cool in the fridge before serving.



## Gourmet Appetizers-Cucumber Roll-ups Recipe

# These Delish Light, Fresh Appetizers will Have Your Guests Feeling Ready to Party

*By Archana Potdar*

**W**ho can refuse these yum Hors-d'oeuvre platters of fresh and delicious veggies rolled up in cucumber slices?

Slather the cucumber slices with tartar sauce, add veggies, roll and dish away. Absolutely quick, easy and no cooking needed. These delicious cucumber roll-ups are perfect for your party table and both kids and adults will love them. You will not need fancy



equipment to make this yum snack just follow my instructions.

Make some for a bridal shower, baby shower or even a birthday party.

### **Easy and Healthy snack Cucumber Roll-ups Recipe**

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

#### *Ingredients*

1 cucumber medium-sized  
2 tablespoon tartar sauce  
1/4 bell peppers julienne yellow and red  
1/2 carrot julienne  
1/4 teaspoon dill  
1/4 teaspoon parsley  
Coriander leaves optional

#### *Instructions*

Wash and rinse the cucumber. Use the peeler to peel the slices off the cucumber lengthwise.

These thin slices of cucumber are moist; arrange them on a paper towel so that they dry.

Cut bell pepper, carrots in julienne. I used both colours of bell pepper. You can use one of them.

Take your cucumber slices and lay them flat. Slather a generous layer of tartar sauce.

Now place the carrots and capsicum, coriander leaf on one side.

Sprinkle some of the parsley and dill.

Now roll up... like so... the sauce is the binder.

Pop the rolls in the fridge and cool them.

Serve when your guests arrive.



## **This Decadent Fudge Makes the Perfect Birthday Gift for the Foodie in Your Life**

*By Mayuri Patel*

**C**ardamom Chocolate Fudge is an easy to make, flavorful, melt in the mouth kind of homemade chocolate. I've made this recipe on several occasions and it never fails to please my guests. From parties to

engagement gifts, the best part is that you can decorate or roll these chocolatey balls in nuts, sprinkles, coconut, cocoa powder, etc. Dip them in melted chocolate too.

Soon I will be making this easy recipe for Rakha Bandhan which is an Indian Festival which falls on 11th Aug this year. Raksha Bandhan is a day when sisters celebrate their brothers by tying a sacred thread 'round their wrists.

## **Cardamom Chocolate Fudge**

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

### *Ingredients*

*Yield* about 30 pieces

#### *For the Chocolate Fudge:*

1¾ cup full fat milk powder  
1 cup sugar  
½ cup water  
½ cup unsweetened cocoa  
1 tsp cardamom powder  
1 tsp rose water optional  
½ cup mixed nuts chopped  
¼ tsp salt  
Some soft butter for greasing

#### *For Coating:*

finely chopped nuts, sprinkles, desiccated coconut or cocoa for decoration  
Alternately, dip the balls in melted chocolate.

### *Instructions*

Sieve the milk powder, cocoa and salt to remove the any lumps.  
Add cardamom powder and chopped nuts to the milk powder and mix well.  
Put the sugar and water in a saucepan over medium heat.  
Stir till the sugar melts.

Let it simmer for 4-5 minutes till the syrup is a bit thick. It should be of one thread consistency.  
Add the milk powder mixture and mix well.  
Let the mixture cool down completely.  
Grease your hands with a small pat of butter and roll a teaspoonful of the mixture into a ball.  
Roll it in whatever you are using for decoration.

### *Notes*

If the mixture is too soft to roll, put it in the fridge for a while.  
Add spices of your choice.  
Can add dried fruits like raisins, cranberries, dates etc to the mixture.  
The fudge will stay good at room temperature for 2-3 days.  
Store in the fridge in an airtight container.





## This Elegant Salad is Perfect for a Celebration Dinner

*By Joy Gordon Stewart*

I've learned so much about tasty food from my husband's Peruvian family. I decided to take inspiration from Peru with a dish called Anticuchos, which are meat skewers cooked on a barbecue. Since seafood is really popular in Peru I decided to use shrimp and make Anticuchos de Camarones.

These skewers are brushed in a delicious spicy-tart-salty sauce and grilled so I thought why not compliment them with a grilled caesar salad? The smokey taste of charred romaine lettuce

complemented the spicy, smokey Anticuchos really well.

**Caesar Salad with Anticuchos de Camarones**

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

*Serves 4*

*For the Salad:*



2 romaine hearts washed, dried and split down the middle lengthwise  
1 teaspoon olive oil  
salt, to taste  
pepper, to taste  
Cotija cheese, crumbled, for serving

*For the dressing:*

1/2 teaspoon coarse salt  
3 anchovy filets  
3 large cloves of garlic  
1 large egg yolk  
2 teaspoons dijon mustard  
1 teaspoon aji amarillo paste  
1/2 cup olive oil  
3 Tablespoons rice wine vinegar  
1/4 cup finely grated parmesan  
1/2 teaspoon worcestershire sauce

*For the Anticuchos:*

1/2 lb tiger shrimp, peeled & deveined

*Marinade:*

1 Tablespoon rice wine vinegar  
1 teaspoon mirin  
1 teaspoon sesame oil  
1 teaspoon olive oil  
2 cloves garlic  
1/2 teaspoon ground or 1 teaspoon fresh ginger

*Method:*

Combine the marinade ingredients in a small baking dish. Thread shrimp onto skewers and lay in marinade. Meanwhile, make the dressing: at the bottom of the mixing bowl toss a layer of coarse salt. Using the back of a fork, mash the garlic into a paste with the salt. Mash the anchovies into the salt and

garlic late. When everything is well combined add the egg yolk and whisk to combine. As you continue working, add the mustard and aji paste, then slowly drizzle in the olive oil. The dressing should be thick. Whisk in vinegar, then Parmesan. Add pepper to taste. Set aside. Remove shrimp from marinade. Over indirect heat in a medium barbecue, grill shrimp 1-2 minutes per side, until just cooked through. Set shrimp aside. Brush lettuce with olive oil front and back. Season with salt and pepper. Over high heat, cook for one minute per side. When lettuce and shrimp have cooled you can assemble your salad: with the cut side up pour dressing over lettuce and serve with Anticuchos balanced over. Sprinkle with cotija cheese.



## **This Fancy Chocolate Covered Cake is Perfect for a Birthday Celebration**

*By Helen Chin*

**R**ecently, we celebrated our mother's big birthday. Sharing memories of her in each of our lives. Grateful

for her love, encouragement, strength, trusting us to grow to be great. We each of us, my sisters with

families and I are proud to have a loving domineering mom.

I have recreated Reynold's MasterChef snitch. Though, it does not look as professional as his creation. The snitch chocolate looks like a Jurassic tyrannosaurus egg sitting in a shredded coconut nest. Heart shaped chocolate is the heart the mother left there as a sign of protection. Strawberry flowers are the borders of our home and food. You're going to love this cake; it's moist, soft, and delicious with fruits, shredded coconut, and chocolate. Happy Birthday, Mom!

### **Fancy Blueberry Birthday Cake (with Snitch)**

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

#### *For the Chocolate Decorations*

(The Snitch and heart chocolate can be made up to one day in advance)

225 g melting chocolate, melted, add 1 1/4 Tsp oil, stir to mix.

#### *Method*

When cool slightly pour into the chocolate moulds – 2 halves cup, and 1 heart shape. Place in the freezer to set. The next day remove from freezer and moulds

#### *For the Cake*

300 g pl flour  
1/2 Tsp baking powder  
1/4 Tsp salt  
250 g butter  
250 g white sugar  
4 large eggs  
1 1/2 Tsp vanilla extract  
300 ml sour cream  
100 ml orange juice

185 g blueberries, wash and dry

#### *Decorations and fillings for snitch*

60 g blueberries for snitch and decorate on plate  
1 Strawberry cut into 4 slices to hold snitch, 1 whole strawberry, wash for the half open snitch  
4 strawberries, wash, dry, and cut into flowers  
130 g shredded coconut, toast lightly brown, as motion for the snitch and for decorating strawberries

#### *Garnish*

Spread apricot jam on top of cake when it had cool completely (OPT)

#### *Method*

Preheat 170 degrees C. Grease and flour loaf pan lightly. Use small square 20 x 20 cm pan. Sift together flour, baking powder and salt. Beat butter until it becomes very creamy about 2 minutes. Gradually add 1 big ladle sugar and continue beating well for 4 minutes until fluffy and light. Reduce speed to low, add egg 1 at a time, beating well each addition and remember scraping down the sides. Next add vanilla. Followed by flour mixture alternate 3 batches with sour cream 2 batches; folding until flour and sour cream with orange juice incorporated. Scrapping sides at all time. Add blueberries, mix well. Spoon batter into prepared pan. Smooth top and bake for 70 minutes or until skewer out clean. Remove from the oven, cool in the pan for 1 hour. Transfer to serving plate. Once it had cooled completely, the next day spoon some toasted light brown shredded coconut onto the middle of cake make it like a round nest. Remove the cups chocolate from moulds, add one cup with some shredded coconut and blueberries. Place the other cup on top. Warm up the remaining chocolate, using a teaspoon back, seal the 2 cups,

leaving some crack in between. Place in the freezer for 45 minutes to harden the seal. In the meantime, cut strawberries to make flowers, lay them on 4 corners of the cake.

Then slice 1 strawberry into 4 pieces to hold the sphere, when you put the sphere on top of shredded coconut. Next remove chocolate from the heart shape; place it in front of you with a candle. Scatter with remaining shredded coconut on the strawberries flowers and around the heart. Place a candle next to it.

*Notes:*

Oven temperature may vary; you might need less or more time. When it's light brown; remove from the oven and let cool. Then I spread apricot jam to make it glossy.

You may use heavy whipping cream, or thickened cream. You can omit shredded coconut and use desiccated coconut. Or you can use fruits of your choice or even just plain cake. As this is a birthday cake, I added snitch and heart chocolate moulds, shredded coconut as a base, and strawberry flowers to make my mom's birthday cake look beautiful and creative. I wanted it to reflect my appreciation of her love for me.

Inside the snitch: The bottom has shredded coconut and blueberries and lifted the heart shape with shredded coconut. The top half I place 1 whole strawberry, some blueberries and the remaining shredded coconut. Then some more blueberries and shredded coconut next to the cut-up cake pieces as shown on pic above. Be creative. Enjoy!



## **Global Gourmet August 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 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 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)

**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)

**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.