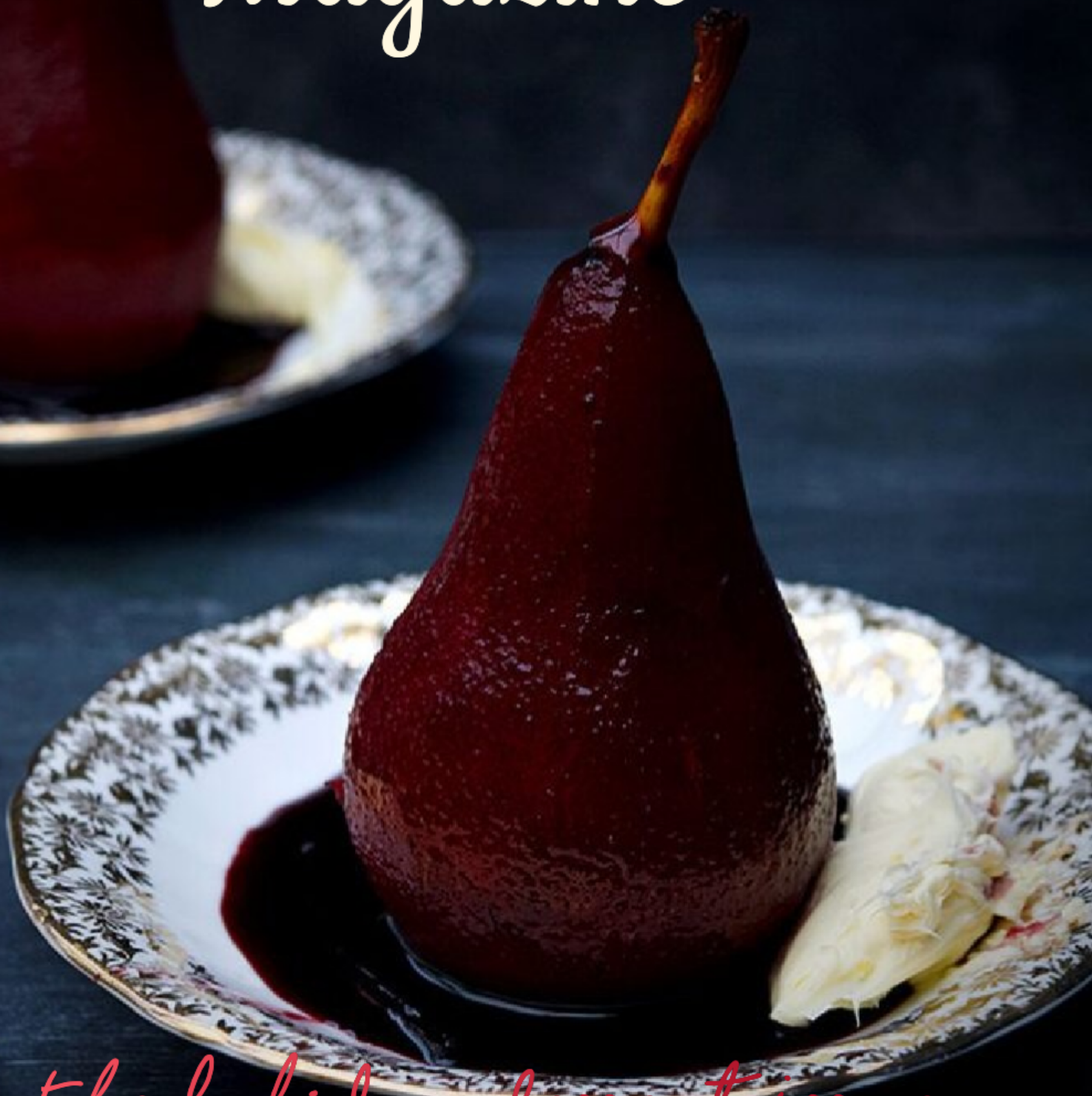


# GLOBAL GOURMET

*Magazine*



*the holiday dessert issue*  
December 2022

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## Letter from the Editor

December, 2022

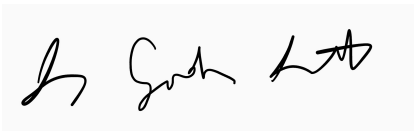
Dear Reader,

The holidays are just around the corner. Lots of celebrating, lots of sweets and plenty of gifts. This month our theme is holiday desserts, some of which make perfect gifts and all of them wonderful to enjoy with family and friends. Looking for a fun cake to bring to a Christmas party? Helen Chin's Coffee Yogurt Cake (pg. 9) is a fun choice, as is Swati Malik's fabulous Boozeless Chocolate Fruitcake (pg. 4). Want to bring some fabulous cookies, either to share or as a homemade gift? You'll love Jasmina Brozovic's light, tender Vanilla Crescents (pg. 6) and my rich, flaky Citrus Rugelach (pg. 11). If you're looking to end a decadent holiday meal with a light dessert that's as easy to assemble as it is elegant, try Azlin Bloor's marvelous Red Wine Poached Pears (pg. 13 & cover).

This is a busy time of year. For those of us who like to cook, bake and profess our love through food, time also to roll up our sleeves. With a dash of this and a bit of that we can help to make the festivities even more magical.

Merry Christmas, Happy Hanukkah, Joyous Kwanzaa and all the best in the coming year!

Warmest wishes,

A handwritten signature in black ink, appearing to read "Joy Gordon Stewart", enclosed within a light gray rectangular border.

Joy Gordon Stewart & the Global Gourmet Magazine Family



# The Best Moist & Chocolatey Fruitcake You Will Taste All Year

*By Swati Malik*

you follow an egg free diet due to religious reasons or allergy issues, this Chocolate Fruit and Nut Cake is just the perfect cake for you to celebrate the Holiday or any festivities!!

**F**ruity Nutty Chocolatey and Cakey with a beautiful crumb is how I will describe this juicy, rich and moist cake. Even though the cake is without eggs and the dried fruits are soaked on the day of baking, it is still a rich fruit cake that will be a perfect addition to your Holiday dessert menu.

Christmas is incomplete without the Special Christmas Cake and this is a double treat for all chocolate lovers. The rich and delicious chocolate cake is made with soaked dried fruits and nuts and bits of dark chocolate chunks. A crowd pleaser treat for chocolate and nut lovers.

This delicious Chocolate Fruit and Nut Cake is the chocolate version of the Christmas special Fruit Cake and is made without eggs and whole wheat flour. If

This cake is loaded with nuts and dried fruits and made with whole wheat flour. It is perfect for Christmas, and also to celebrate any special occasions.

In traditional fruit cake recipes, the dried candied fruits are soaked in liquor 2-3 months before Christmas. For the non-alcoholic version the fruits are soaked in fruit juice (apple, orange, cranberry etc.) or even green tea. But if you are like me who forgets to soak the fruits months before baking and end up doing things (many times not always!!) at the last moment, then this is a perfect recipe for you.

You can soak the fruits one or two days or even 3-4 hrs before baking. The dried fruits are boiled for few minutes in fruit juice and the mixture is cooled down before adding to cake batter.

Many people soak the nuts also with the fruits but I have folded the nuts along with the flour. This retains the crunchiness of nuts.

The dried fruits used in the recipe are easily accessible and available at all the grocery stores.

The liquor/alcohol in fruit cake act as preservative and prevent the cake from getting spoiled. Since in this cake the dried fruits are soaked in orange juice so you can't bake it months before Christmas. You can bake it 1 week-10days ahead and then refrigerate it covered in a food friendly cling film. The fruit cake matures as it is stored. The flavour of this cake is also enhanced if you keep it for 1-2 days after baking and then serve it.

You can use liquor(rum/vodka) to soak the fruits instead of orange juice. Since I bake it for my kids, I use orange juice. When I was in the baking business, I used rum/vodka to soak fruits as many clients used to order boozy Christmas cakes!

### **Fabulous Chocolate Fruitcake (Eggless, Booze-less)**

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

*Prep Time* 20 mins

*Cook Time* 50 mins

*Fruit Mix Soaking Time* (Minimum) 2 hrs

*Course* Dessert

#### ***Ingredients***

##### ***For Dry Fruit Mix***

¼ Cup Tutti Frutti

¼ Cup Dried Mixed Berries Strawberries, Blueberries, Cranberries, Black Berries, Goji Berries

¼ Cup Mixed Raisins(Golden/Brown)

5-6 Dried Apricots

1-2 Dried Mango Slices

7-8 Dried Figs

7-8 Dried Dates(Seedless)

5-6 Prunes

2 tbsp Candied Orange Peel

1 Cup Orange Juice

#### ***Nuts Mix***

2 tbsp Cashew Nuts

2 tbsp Almonds

2 tbsp Walnuts

2 tbsp Hazelnuts

For Cake Batter

Dry Ingredients

1¼ Cup Whole Wheat Flour

¼ Cup Cocoa Powder

2 tbsp Milk Powder

½-¾ Cup Brown Sugar Check Notes

1 tsp Baking Powder

¼ tsp Baking Soda

Wet Ingredients

¼ Cup Yogurt

½ Cup Melted Butter

1 tsp Vanilla Essence

¼ Cup Chia Gel

½ Cup Milk use as required

For Chia Gel

1 tbsp Chia Seeds

¼ Cup Milk/Water

Others(optional)

2 tbsp Mixed Fruit Jam

¼ Cup Chopped Dark/Milk Chocolate

Spice Powder(if using)

½ tsp Cinnamon

¼ tsp Nutmeg

½ tsp Dry Ginger

#### ***Instructions***

##### ***Make Fruit Mix***

Roughly chopped the dried fruits (like apricots, prunes, figs, dates)

In a pan, heat orange juice, lemon juice and water.  
Add chopped fruit mix.  
Let it cook for 2-3 mins. till the liquid starts reducing.  
Take off the heat and keep it aside to cool.  
Cover the container and keep it for at least 2 hrs.

#### *Prepare nuts*

Roughly chop the nuts.  
Dust lightly with flour and keep aside.

#### *Prepare batter and cake*

Preheat the oven at 350°C or 180°C.  
For OTG do it on the baking mode with both the rods and fan on. It will take about 10-15 mins to preheat depending on your oven size.  
Line a loaf pan with parchment paper.

#### *Prepare Chia Gel*

Mix Chia seeds in milk/water and keep aside.  
In a mixing bowl, mix together whole wheat flour, milk powder, baking powder, baking soda, ¼ tsp salt(if using oil/unsalted butter) and all the spice powders (if using).  
In another mixing bowl, add melted butter/oil with sugar and beat to a smooth mix.  
Add yogurt and vanilla essence and beat nicely till light and creamy.  
Add flour mix, dried nuts and soaked fruit mix.  
Keep aside 1-2 tbsp fruit mix and 1 tbsp nuts to garnish on the cake.  
Add Chia gel and mix.  
Lightly fold the mixture.  
Transfer batter to the prepared pan.  
Top with the soaked fruits and nuts.  
Bake in a preheated oven for 40-45 mins. or till the toothpick/skewer comes out clean. Please note baking time also depends on your oven and cake pan. It can be plus minus 5-10 mins.  
Once the cake is done, take it out of the oven and keep it on the counter.

Insert a toothpick in the centre to check if the cake is done. If it comes wet, bake again for 10 mins more.  
If the cake seems to be very soft, then do not take it out of the pan. Let it cool completely.  
Once the cake cools completely, carefully take it out of the pan.

To store prior to cutting  
Carefully wrap the cake in a cling film or keep in an airtight container, and refrigerate.  
Stays good for 1 week -10 days.

#### *Notes*

I have used Whole Wheat Flour, you can also use Maida/All Purpose Flour or a mix of both.  
I used 6"x2" loaf pan to bake the cake. Some batter was leftover, with that I got two medium muffins.  
If you want to bake muffins, transfer batter to the muffin tray and bake for 25-30 min at 180C or 350F  
You can also use a round 8" pan.  
As the fruits are soaked in orange juice the cake won't last for months. You can make it 1 week- 10 days ahead of Christmas or the occasion.  
Refrigerate the cake nicely packed in cling film in an airtight container.  
On the counter at room temperature finish the cake within 4-5 days.  
Fruit soak stays good in the refrigerator for 4-5 days.  
Keep it in an airtight container.





## These Tender, Aromatic Cookies are Perfect for Christmas, Especially as a Gift

*By Jasmina Brozovic*

**L**et me tell you about a legend of vanilla crescent cookies.

It goes all the way back to 1683.

It was the 12th of September.

A long and hard battle between the Viennese and the Turkish army has just ended. The Viennese have defended their city and the whole Austro-Hungarian Empire from the Turkish invasion.

They were so proud and happy! To celebrate, the city's bakers put a twist on popular sugary cookies, called kipferl, by forming them in the shape of crescent moons that referenced the Turkish flag.

### **Vanilla Crescents**

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

### *Ingredients*

200 g (1 cup) unsalted butter

140 g (1 ⅛ cup) all purpose flour  
140 g (1 ⅛ cup) pastry flour  
80 g (⅔ cup) powdered sugar  
10 g (1 tbsp + 1 tsp) vanilla sugar  
1 egg  
100 g (¾ cup) ground walnuts or almonds  
+  
powdered sugar and vanilla sugar mixed together in  
quantity you desire for coating

### *Preparation*

Rub the butter into the flour making small crumbs.  
Add sugar, vanilla sugar and walnuts, then combine.  
Add the egg and work together to form a dough.  
Leave it to rest in the fridge for at least one hour.  
Preheat the oven at 180 °C (356 °F).  
Pinch off walnut sized pieces and form crescents.  
Sort them on a baking sheet cover with parchment  
paper or silicon sheet.  
Bake for approximately 10-12 minutes.  
Roll them in icing sugar mixed with vanilla sugar while  
they are still warm.  
When the crescents are cooled, store them in an  
airtight container where they can stay for several  
weeks.  
Tip: Leave the cookies 1 minute to cool a bit before  
rolling them into sugar. Although they have to be  
coated warm, they are very fragile, and this way they  
are less likely to break.  
These can be great edible gift as well :)





# This Cake Will Have You Saying “Time to Celebrate”

*By Helen Chin*

**W**ant an easy dessert that will bring the “oohs and aahs”? This cake as simple as buy, decorate with berries, a “Merry Christmas” stencil, icing sugar, and shredded coconut. You’re going to love this unique flavor combination; be adventurous and taste the difference this Christmas!

Wow, we have made it to the end of the year 2021 despite the pandemic last year. There have been so many challenges, scary pandemic worldwide, many losses, saddening episodes, and separation from family in the year 2020, but now’s the time for us to come together with loved ones and make new memoirs around the Christmas table.

No matter your style of Christmas dinner, whether it's traditional dinner or alfresco feast, every Christmas dinner ends with a stunning and clever dessert that for sure will Wow everyone!!! My Summery Christmas cake adds a pleasant Aussie style to the traditional Christmas fruit cake.

I love Christmas not because of presents, it's Love, Peace, Joy and Thankfulness for I have made it to the end of the year 2021 moving to the year of 2022 with Hope for another Blessed year. Let's Cook, Share, and Enjoy. Merry Christmas everyone!

### **Coffee, Yoghurt & Sour Cream Cake**

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

#### *Ingredients*

350 g castor sugar  
425 g plain flour  
50 g SR flour  
300 ml sour cream  
300 ml yoghurt  
3/4 c olive oil  
4 large eggs  
1 Tbs instant coffee powder  
2 Tsp rum essence  
1 Tsp baking powder  
1/2 Tsp salt  
1/4 Tsp bicarb of soda  
Garnish  
3 blackberries  
2 strawberries  
2 grapes  
shredded coconut  
icing sugar

#### *Method*

Preheat the oven 170 degrees C. Grease and line a 10" chiffon with tube or bundt tin, set aside. Mix together and well flour, coffee powder, salt, baking powder and

bicarb. Beat sugar rum essence and oil for 5 minutes. Add eggs beat well after each addition. Add yoghurt and sour cream until fully combined. Add in dry ingredients, mix well until consistency is right and combined.

Spoon batter into prepared bundt tin. Smooth the top and give a couple gentle knocks on the bench to remove the air bubbles. Bake for 1 hour or until a skewer comes out clean. Leave in the oven with the door closed, switch off the oven for 1 hour. Remove from the oven, lift the bundt out of the ring tin and cool further before turning out onto a plate.

It will take 6-8 hours to cool completely, at which point it is time to decorate it!

One the cake has cooled completely, garnish with 3 blackberries, 2 strawberries and 2 grapes. Using a holiday themed stencil, sprinkle icing sugar on the cake, followed by (if needed), some shredded coconut to make a design.

#### *Notes*

Oven temperatures vary; you might need less or more time. Place in the oven for 45 minutes first, if the skewer comes out creamy put back in for another 15-20 minutes. You can use butter instead of oil, your butter will be 340 g room temperature. The plain flour if using butter makes it 375 g.

You can use chai tea or even double cream instead of yoghurt. You may add orange juice or use lemon juice. You can use a square 10" or round springform baking tray. If you like strong coffee flavour add another 1/2 or 1 Tbs. I only add 1 Tbs as I can't sleep if I drink too much strong coffee.





## You're Going to Love This Flaky, Decadent Hanukkah Cookie

*By Joy Gordon Stewart*

**T**his evening's post includes a recipe that is based closely on my mom's Rugelach recipe. Rugelach are a Jewish celebratory sweet--halfway between pastry and cookie, with cream cheese in the dough. Our family friends in the local Chabad community tell a story about this cookie being made as a jubilant confection when Yudit (Judith) slew Holofernes, as he was an enemy General of foreign occupiers who forbade the Jews from carrying on their religious traditions. I do enjoy the odd grisly anecdote, but not necessarily with dessert and so my favorite things

about these cookies are that they bake up soft and biscuit-y, no matter how much you work the dough, and also the fact that a single batch of dough can easily make up to four different flavors of Rugelach. The crescent shapes can seem intimidating, but are actually no more difficult to get the hang of than canned crescent rolls. For this recipe I've separated my dough into 3 sections so that I can make orange zest/chocolate chip cookies, lime zest/raspberry jam cookies and lemon zest/sugar cookies (to which you can add any type of chopped nuts you'd like, if you're so moved; even pistachios), and each of those three

sections can be divided in two, rolled out into a circle and cut into 12 wedges. My favorite raspberry jam to use is Bonne Maman (available at most stores or online), because it's sweetened with real sugar and I've been eating their jams for so long I now know whether additional sugar is necessary to make the jam palatable in a given recipe (in this case, it's not). The only snag I hit was that it is full of raspberry seeds, so you'll want to warm the jam to loosen its consistency and force it through a sieve before using it. The dough can be made up to three days before and kept in the refrigerator, tightly wrapped in plastic cling wrap, and is also fine to keep in the freezer for a cookie craving day.

### **Citrus Zest Rugelach**

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

*Yield 6 dozen*

#### *Ingredients*

2 sticks unsalted organic butter (1 cup total), softened  
1 package of organic or rbg3-free cream cheese (8oz.), softened

1/4 cup sugar (I use evaporated cane juice sugar that I find at Trader Joe's)

2 cups all purpose flour

1/3 teaspoon each zest of an orange, lime and lemon (see notes)

#### *For the fillings:*

1/3 c. raspberry jam, strained for seeds if necessary

1/3 c. quality semi-sweet chocolate chips (I live near SF, where Ghirardelli is readily available, but I've seen it in supermarkets across the country)

1/4 c. sugar

#### *Method*

Cream together butter, cream cheese and sugar. Fold in flour.

Separate dough into 3 equal pieces and add fruit zest (one type of fruit per piece). Work thoroughly into dough.

If dough is too soft to roll out, refrigerate, covered tightly in plastic cling wrap, for 20 - 30 minutes. Otherwise, flour a clean work surface and roll out the first piece into a circular shape with a 9" radius. You can roll this cookie dough rather thin, as it puffs when it bakes like puff pastry.

Preheat the oven to 375 degrees.

Cover dough evenly and liberally with corresponding fillings (chocolate chips for the orange zest portion, sugar for the lemon zest portion and raspberry jam for the lime zest portion). Cut each circle into wedges as though you are slicing a pizza.

Starting from the base of each wedge, roll the cookie up until it resembles a crescent roll, with the tip of the wedge on the outside; roll as tightly as possible and pinch the skinny (outside) end of the dough into the cookie to help them keep their shape.

Lay on a greased cookie sheet, with the outside point of the cookie (tip of the triangle) underneath the cookie. Baste with a little melted butter and sprinkle with a light dusting of sugar. Bake for 10 - 15 minutes, or until the tops start to get golden.

*Notes* The zests will go in the dough after you've portioned it into 3 equal pieces (one for each fruit).



# This Easy Light Dessert is a Perfect Way to Conclude a Decadent Holiday Meal

*By Azlin Bloor*

## *An Easy Dessert*

When the pears are done poaching, we reduce the wine to a rich luscious syrup to be poured over the

pears. Simply fabulous as it is, even better with some sort of cream or ice cream. My favourite is clotted cream. No, wait, mascarpone!



Yep, definitely mascarpone!

It is simplicity itself. The pears take on a sweet, syrupy flavour, with hints of the vanilla used. Soft, but just retaining a bite, a wonderful dessert, especially if you don't want anything too heavy after a big meal. Split in half for a smaller portion!

### *Can poached pears be made in advance?*

Absolutely! And that just makes our poached pears in red wine an even better dessert! The pears can be made up to 2 days in advance, then kept in the fridge in its wine syrup. Just take it out an hour before serving.

These poached pears can be served hot, warm, at room temperature or cold.

### *What pears are best for poaching?*

Technically, any firm pear will do. But the best to me, and the ones that I can get easily all year round, are bosc pears. Bosc pears are not only firm, but are also tall and elegant when stood up, with a long, slim neck.

Having said that, the rounder variety like Williams will be good too.

### *Best red wine for poached pears*

Any good quality red wine that you like drinking will do. Medium bodied wines like Merlot, Shiraz and Tempranillo will be perfect for this recipe, whether fruity or not.

As with any alcohol you cook with, be sure that it is good enough to be drunk. Cheap alcohol will give you cheap food!

### *Lower Calories Poached Pears?*

Replace the sugar with stevia, a plant based sugar substitute.

200g sugar = 1 tsp liquid stevia extract

Serve it with half fat cream or yoghurt.

And now, let's get our aprons on!

## **Poached Pears in Red Wine with Vanilla (an Easy Dessert)**

*Course:* Desserts

*Prep Time:* 5 minutes

*Cook Time:* 30 minutes

*Servings:* 4

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

### *Ingredients*

1 bottle red wine

2 Tbsp brandy

1 vanilla pod

4 firm pears serve 6 by using 6 pears

200 g white sugar

1 small cinnamon stick

To Serve

Any type of cream ice cream or mascarpone cheese

### *Instructions*

Pour the wine and brandy into a deep, medium saucepan and add the sugar.

Split the vanilla in 2 and scrape the seeds out and add to the wine. Cut each vanilla half into 2 and add it to the wine.

Toss in the cinnamon stick.

Bring the whole thing to a simmer on low heat, stirring to dissolve the sugar.

While the wine is coming to a simmer, peel the pears and slice the bottom slightly to create a flat base, so they will stand up when served.



When the wine is simmering and the sugar has dissolved, add the pears to the wine mix, making sure that they are fully submerged, as much as possible. If not, let's be practical. Instead of adding more wine, just turn the pears around 2-3 times while they are poaching. Simmer on low for 20-30 minutes until the pears are tender but not overly soft. If your pears were pretty soft and ripe to begin with, they'll only need 20 minutes. Use a cocktail stick to test for doneness. It should glide right through the pears.

When done, take the pears out and set aside.

Fish out the cinnamon stick, or strain, if it's in many tiny bits.

Increase the heat to medium and boil the red wine down to a sticky syrup for 10 minutes. Essentially, we want to reduce it by about half. Don't overdo it, as it will thicken considerably as it cools, and if reduced too much, will be too thick to pour.

Place each pear on a serving plate and pour a little of the syrup on the pears. Serve with some ice cream, cream or mascarpone cheese.

### *Notes*

You can reduce the calorie content by not using up all the syrup (there is a lot), and serving it with a half fat cream or even yoghurt. You could also substitute the sugar with stevia. 1 tsp stevia is all you need here.

**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/>

**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 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>

**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)