Global Gourner magazine

Sweets for your sweetheast

February 2023

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Letter from the Editor

February, 2023

Dear Readers,

February is the *mois d'amour.* The month to show your loved ones, in gestures big and small, how much you care. Why not show your sweetie how much you adore them with some sweets? Is your Valentine a choco-holic? You can't go wrong with <u>Swati Malik's</u> rich, easy *Chocolate Mascarpone Mousse* (pg. 9 & cover image). If your Valentine is too young to appreciate their veggies, <u>Helen Chin's</u> moist, delicious *Chocolate Zucchini Cake with Berries* (pg. 16) is the perfect way to sneak in some veggies and still give the little ones a treat! Perhaps your loved one is as big a fan of coffee as of chocolate? Then they will adore <u>Archana Potdar's</u> fabulous *Mocha Cake with Coffee Glaze* (pg. 4). Is your sweetie a fan of chocolate with orange? Then Jasmina Brozovic's mouth watering *Jaffa Cake* (pg. 6) will be a huge hit! Perhaps your Valentine isn't a fan of chocolate? Well, between <u>my</u> fun *Mini Matcha Cheesecakes* (pg. 10) and <u>Mayuri</u> <u>Patel's</u> lovely, fantastic *Thandai Rava Cake* (pg. 13), we've got something for everyone.

However you celebrate love — with your spouse or significant other, your children, or just loving yourself, your loved ones (yourself included) deserve a treat. Hopefully this issue will help you whip up that treat.

With Love,

I god hat

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



This Delightful Mocha Flavored Cake is One Your Valentine Will Adore

By Archana Potdar

Love coffee and chocolate? The mocha cake is perfect! I always add coffee to my chocolate-flavoured cakes. It highlights the flavour of the chocolate. I have made this cake as a bundt cake with alternating flavours of chocolate and coffee. I love the visual impact it makes but you can always mix all the batters up. I suggest you then layer the cake with either mocha buttercream or chocolate ganache. Next time I plan to do this and then top it up with coffee beans. I love to munch on roasted beans.

Bake a moist mocha cake with chocolate and coffee flavour. Top it with coffee glaze to highlight the coffee flavours.

Mocha Coffeecake with Coffee Glaze

via themadscientistskitchen.com

Prep Time: 20 minutes *Cook Time:* 40 minutes

Makes: 8 inch round

Ingredients

2 cups maida/APF
1 teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
12 tablespoon butter softened
1 cup sugar
2 eggs
2 teaspoon vanilla essence
1 cup sour cream
2 tablespoon cocoa dissolved in 1 ½ tbsps hot water
2 tablespoon coffee dissolved in 1 tablespoon hot water
For the Glaze:
1 ½ tablespoon coffee
2-3 tablespoon water
¾ cup powdered sugar

Instructions

Grease an 8-inch bundt pan. Flour the pan well. Preheat oven to 350°F/180°C. Sift flour, baking powder, soda and salt. Mix the cocoa powder in hot water. Set aside. Mix the coffee powder in hot water. Set aside Combine butter and sugar at medium speed till pale and fluffy. I prefer to use the handheld mixer. Add 1 egg at a time and beat after each addition. Add vanilla essence. Add the flour alternating with sour cream the last addition should be flour. Divide the flour into 3 parts. In one add the cocoa mixture and fold well. in the second add the coffee and fold well. The third will remain the white vanilla flavour. In the bundt pan add a scoop of coffee, add vanilla, then add chocolate next to one another. Bang the pan on the counter 3-4 times to settle the batter. Bake for 45 minutes or till a skewer inserted in the cake come out clean. Transfer the mould to a wire rack for 10 minutes then unmould and transfer it to a serving tray. Pour the glaze over the cake and let the cake cool completely before serving.

Substitutes:

I have used instant coffee. Use espresso coffee for an amazing flavour.

In place of the coffee, glaze use plain vanilla glaze. How about chocolate ganache and buttercream? I used paneer or cottage cheese and sour cream in 1:1 proportion and the cake was superb, moist and soft. Use yogurt or curds in place of sour cream.



Treat Your Loves to Something Decadent with this Classic Chocolate Confection

By Jasmina Brozovic

As kids, growing up in Croatia, Jaffa cookies were something we all were looking for as a treat. Sponge cake with orange jelly, covered in chocolate. Who wouldn't like that?! Chocolate with orange is an all time favorite combination and this cake does it justice. It's soft and moist, and makes you crave for more The cake is very juicy and full of orange flavor!

Jaffa Cake

Ingredients

For the cake 4 eggs 200 g (1 cup) granulated sugar 100 ml (1/2 cup) milk200 ml (3/4 cup) canola/sunflower oil 200 g (1 1/2 cup) all purpose flour 10 g (1 tbsp or one little package) vanilla sugar 10 g (1 tbsp or one little package) baking powder 2 large oranges 15 g (2 tbsp) cocoa powder 3 tbsp apricot or orange jam For the syrup 100 g (1/2 cup) granulated sugar 100 ml (1/2 cup) waterFor the glaze 200 g (1 cup) dark chocolate 125 g (1/2 cup) butter 1 tbsp oil

Preparation

Preheat the oven to 180 $^\circ \rm C$ (350 $^\circ \rm F).$

Grease and flour (or use parchment paper) two round baking pans.

In the standing mixer or in a large bowl mix the eggs with both sugars until foamy.

Add oil and milk and mix for a minute.

Add flour combined with baking powder and mix until incorporated.

Divide the mixture into two equal parts, and in one part mix in cocoa powder.

Pour each batter in a separate baking pan and bake for about 30 minutes until the cakes are done. Do a toothpick test for completeness. Insert the toothpick in the cakes, if nothing stays on it, the cakes are done. Let them cool.

Meanwhile, prepare the syrup. In a small saucepan, cook sugar with water until the sugar dissolves. Set aside.

When the cakes are cooled, place the dark cake on the bottom of the round baking pan.

Smear the jam on the dark cake.

In a large bowl, break the light cake into small pieces and pour over the sugar syrup. Add the orange zest of one and juice of two oranges. Mix well. Spread it over the jam.

For the glaze melt the chocolate with butter and oil in a microwave or in a double boiler over steam.

Pour the glaze on top of the cake.

Refrigerate the cake overnight before serving.



You'll Love How Easy this Light & Airy 3 Ingredient Chocolate Mousse is to Make

By Swati Malik

 ${f T}$ his mousse is a perfect Mousse recipe for

Vegetarians who want to enjoy this classic French dessert. Serve it for parties or get-togethers . OR, make for your kids and loved ones on any special occasions.

What is Mousse

Mousse is a light, creamy and airy French dessert made with chocolate, eggs and sometimes gelatin.

Once in a while I make Mousse on special occasions for my family or when guests are visiting. Since we are vegetarians I make egg free and gelatin free versions.

Chocolate Mousse with Mascarpone Cheese

A fun and keto friendly dessert, with no extra sugar, I added Vanilla Essence. You can add flavor of your Choice like Orange, which is my second favourite.

The recipe is also perfect for those who avoid eggs in their diet due to allergies.

Mascarpone Cheese in the recipe adds to the richness and whipped cream makes it light and airy.

Ingredients for Chocolate Mousse

Mascarpone Cheese adds to the richness and sets a texture and gives structure to mousse that is usually added to mousse with gelatin.

Mascarpone is Italian Cheese used in many savory and dessert preparations like the famous Tiramisu or in pasta preparations. You can use it in making fruit creams, substitute it in place of whipped cream, add in soups and use it as a spread on sandwiches or dips.

A good quality Chocolate/Chocolate Chips, use milk or semi-sweet. Bitter-sweet chocolate too but then probably you will have to add extra sugar to adjust the sweetness.

Any good quality whipped cream. I used Dairy Whipped Cream, whipped it to soft peaks. Store-bought Cool Whip or any other non-dairy cream also that we use for frosting cakes and cupcakes. Do not use frozen cream.

Vanilla Essence to enhance the flavor. You can add orange essence for citrusy flavor or Mint Essence for refreshing minty flavor.

Optional-

Pinch of salt to balance the flavor.

If you're not making this for kids you can always add a tsp of Instant Coffee granules in melted chocolate. It adds on to the enhanced flavor.

Substitute for Mascarpone Cheese- Cream Cheese can be used as a substitute, but it will taste slightly different, Clotted Cream if available in your stores especially UK is a good substitute for it. A friend who lives in the UK shared that she makes mousse using clotted cream.

Nicely whipped Ricotta Cheese can also be used, but it have slight different taste and texture.

Method to Make Chocolate Mascarpone Mousse

Making it is a such a breeze!! just need few minutes to make this delicious creamy mousse. Use a silicone spatula to fold the cream and chocolate cheese for uniform folding of the mixture.

You can melt chocolate on double broiler or in microwave(HIGH). Keep on stirring chocolate. Be very careful that not a drop of water goes into chocolate before you mix it with cream. Even a tiny droplet of water spoils the chocolate while it is melting and you don't get the creamy smooth and shiny texture.

If you are using fresh cream, use a handheld whisk or electric whisk/beater to beat cream. this one comes handy especially when making a big batch).

Click <u>here</u> for a step by step video of how to make Chocolate Mascarpone Mousse.

Ways to Serve Light and Creamy Chocolate Mousse

Best and simplest way to enjoy Mousse is on it's own, topped with some more whipped cream or chocolate shavings. But you can always get creative and come up with your own ideas to relish it. I served it in ready to use store bought phyllo cups dusted with finely grated white chocolate and paired with fresh raspberries and blueberries.

Mousse served in Phyllo cups makes a perfect dessert for your parties; especially as you can make them ahead a few hours before your gathering.

It can also be used as filling or frosting for cakes and cupcakes. I used half of the mousse for the filling in the chocolate cake that I made for my daughter's birthday.

My elder one's birthday just went by and she asked me to bake her favourite Chocolate Truffle Cake and Chocolate Mousse!! My kids, especially my daughter, just love anything with chocolate. Be it this Fudgy Almond Chocolate cake or these Chocolate Garam Masala Cookies she can have chocolate in any form!!

She had invited a small group of friends and they enjoyed the treat of Chocolate Cake with Chocolate Mousse and Berries dessert Cups and my homemade Whole Wheat Pizza, Cajun Potatoes and Basil Pesto Paneer Tikka.

Chocolate Mascarpone Mousse

via <u>foodtrails25.com</u>

Prep Time 10 mins

Serves 4

Ingredients

Cup Chocolate Chips
 Oz Mascarpone Cheese
 Cup Whipped Cream
 tsp Vanilla Essence

Instructions

Melt chocolate chips in the microwave. It takes about 1-2 mins in a microwave on HIGH(1000W) to melt Chocolate.

Keep on stirring chocolate on regular intervals. Cool melted chocolate at room temperature.

Whip cream to medium soft peaks. Refrigerate till further use. You can use Whip Cool too.

In a mixing bowl, add mascarpone and vanilla essence. Add melted chocolate and mix it thoroughly. Do not whip at high speed.

Fold in cheese and chocolate mixture with whipped cream light hands using a silicone spatula.

Serve in shot glasses/pastry bowls, tarts with grated chocolate/more whipped cream and berries. Refrigerate till the time of serving.



This Creamy, Delicious Dessert is Perfect to Treat Your Valentine

By Joy Gordon Stewart

The first time I tasted green tea creme brulee I thought it was excellent. I thought that the marriage of creamy vanilla and bitterly brassy and herbaceous green tea was just magical and it sparked a thought: what other creamy vanilla desserts would embrace the flavors of green tea? Cheesecake was the first thing that popped into my head. After tasting the product of two batches worth of experimentation I was rather glad it did! The green tea flavor is subtle, but perfect and the smell of vanilla in the kitchen was intoxicating. I made mini cheesecakes in my muffin tin, lined with large sized paper baking cups.

Green Tea Cheesecake

via joyouskitchen.blogspot.com

Yield 5 mini cheesecakes or 1 (7") cheesecake

Ingredients

For the crust:

2 graham crackers, crushed
 4 small ginger snaps, crushed
 2 Tablespoons butter, melted
 2 Tablespoons sugar

For the filling:

1 (8 ounce) package cream cheese, softened
1/2 cup half n half
2 Tablespoons heavy cream
1 Tablespoon green tea with matcha powder
1/2 Tablespoon vanilla
1/2 Tablespoon cornstarch
1 egg

Method

Mix together all crust ingredients and press into baking cups or springform pan (if you're planning to make one cheesecake you'll be using the springform; multiple mini cheesecakes are made in baking cups). Set in the fridge for an hour to cool.

Add cream, half n half and tea to a small saucepan and steep for 10 minutes over the lowest setting. Strain dairy and set aside to cool.

When the cream mix has cooled, whisk it thoroughly into cream cheese. Form a slurry with vanilla and cornstarch and add it to cream and cheese in a bowl. Add egg and stir to thoroughly mix.

Preheat the oven to 300 degrees and pour filling into baking cups or springform pan. Bake for 25 – 30 minutes, or until a toothpick comes out clean when inserted in the center.

Cool to room temp, then refrigerate for at least one hour to allow to set. Serve.



This Moist, Delicious Cake is a Perfect Sweet Treat to Say "I Love You"

By Mayuri Patel

Thandai Rava Cake is a soft, egg free cake with amazing flavours of thandai spices and aromatic because of rose and saffron. A perfect bake for any celebration. If like me you hate icing cakes or hate icing then this cake is perfect for you. Make it special by baking in a heart shaped mould or any cake tin you have at hand.

Thandai is a mixture of spices, nuts and seeds that is usually prepared for the Indian Festival Holi. We normally add it to milk as a cooling drink to enjoy during the festival of colours. However, these days thandai spice is added to so many desserts and sweets. To make Thandai Spice Powder at home, check out this recipe : <u>Thandai Spice Mixture</u>. Or you can buy it from any Indian Store or online.

Rava is semolina which is easily available in most supermarkets, Indian stores and online. Don't use the superfine semolina for this cake recipe. Try and get the medium one.

Thandai Rava Cake

via <u>mayuris-jikoni.com</u>

Yield: 8 slices

Ingredients:

For the Thandai Rava Cake:

1¼ cup semolina
¼ cup all purpose flour
1½ tsp baking powder
¼ tsp baking soda
¼ tsp salt
¾ cup caster sugar
½ cup plain yogurt thick
⅓ cup butter melted
¾ cup milk hot
¼ tsp saffron
2 tsp thandai spice powder
2 tbsp nuts chopped

For the Sugar Glaze:

1 tbsp sugar 2 tbsp water

Instructions

Soak the Saffron:

Heat the measured milk till it becomes hot. Not boiling.

Add the saffron and allow it to soak in the milk for at least 10 minutes.

Soak the Semolina:

Add semolina, sugar and thandai spice powder in a mixing bowl. Mix well. Add melted butter, yogurt and the saffron milk. Mix well using a whisk. Cover with a plate, lid or cling film and allow the mixture to rest for 30 minutes.

Keep Flour Mixture Ready

Sift flour, baking powder, baking soda and salt together in a mixing bowl. Keep it on the side till required.

Prepare the Cake Tin

I have used a loaf tin 9X5 inches. You can use a square or round tin cake. You can either line it with parchment paper or grease it the way I do. Take a little butter, about ½ tsp. Rub the insides and middle of the tin with it. Add about 1-2 tbsp flour. By moving the tin and tapping it coat the greased tin with the flour. Tap over the sink or on your worktop to remove the excess flour.

Preheat the Oven

Just when about 5 minutes are left for soaking the semolina, switch on the oven at 180 $^{\circ}$ C. Allow it to heat up.

Final Batter Preparations

After 30 minutes of soaking time, add the flour mixture to the semolina mixture. Using a whisk or spoon mix the flour and semolina batter. Transfer the batter to the prepared tin.

Baking Time:

Sprinkle the top with 1tbsp chopped nuts if you want to.

Put the cake batter in the preheated oven to bake for 40-50 minutes at 180°C.

Cool the Thandai Rava Cake:

Remove the cake from the oven. Insert a toothpick, knife or fork in the middle. If the cake is done, the toothpick, knife or fork should come out clean.

Allow the cake to cool in the tin for 10–15 minutes.

Prepare the Sugar Glaze:

Mix water and sugar. Stir till the sugar melts.

Remove the Cake From the Tin:

Using a spatula, loosen the edges gently. Cover the cake tin with a plate, wire rack or a wooden board.

Hold the cake tin and the plate, wire rack or board with both hands.

Flip it over. The cake tin will be on top. Give a gentle tap.

The cake will come out easily. Remove the cake tin gently.

Glaze the Thandai Rava Cake:

Using a pastry brush, dab the cake with the sugar syrup, the top and sides. Don't add too much glaze. Just enough for it to be moist. Sprinkle the remaining chopped nuts on top. Add rose petals if you have any.

Serve:

Slice the cake and serve on its own or with some whipped fresh cream or ice cream.

Notes

Allow the semolina to soak well. Don't be in a hurry to remove the hot cake from the tin as it will break. Keep the cake covered to retain the moisture. Instead of thandai spice powder, you can add any flavouring of your choice. Baking time may vary. It differs from oven to oven.



Surprise Your Sweethearts on Valentine's Day with Love, Poured into This Cake

By Helen Chin

My sister's friend gave her a huge zucchini, and she gave me half. I love adding vegetables to my cakes, especially zucchini or beetroot. As we all know, children don't like to eat vegetables. This is a great way to sneak them in.

Today, I am exploring a different method to my other cake using zucchini. Instead of finely shredded I decided to puree it with some leftover custard. Then melt the melted chocolate chips. For garnish extra blueberries and finished off with a little bit of blue shredded coconut and a big strawberry and a candle in the middle of my new design mould.

Shower your loved ones with affection, and pour your heart into making something special for them by baking this cake. Food says "I love you" better than diamonds, as they can lose their luster and flowers last no more than a week. Food expresses joy, love, respect and gladdens the heart. Let's celebrate Valentine's Day with a candle light cake that is healthy, creative, beautiful and delicious!

Chocolate Zucchini Cake with Berries

via helenscchin.com

Ingredients

200 g zucchini, cut into pieces 175 g blueberries 8 strawberries 100 ml custard 75 ml oil 200 g sour cream 200 g brown sugar 100 g melted chocolate chips 200 g plain flour 150 g self raising flour 50 g cocoa powder 1 1/4 Tsp baking powder 1 Tsp vanilla essence 1 Tsp salt Garnish 1 big strawberry 1 candle (OPT) blueberries blue shredded coconut

Method

Preheat the oven 180 degrees C. Grease and line a 23 cm round design pan. Put zucchini, blueberries, strawberries and custard into NutriBullet, blitz until smooth and combined. Set aside.

Mix both flours, cocoa powder, baking powder, and salt in a deep plate and set aside. Place melted chocolate chips in a metal bowl over a pot of water about 4 inches. Stirring from the middle out until chocolate melted and leave it on top of the pot of hot water. In a mixing bowl, beat egg, sugar, sour cream, vanilla and zucchini berries pureed until combined. Now add in the flour mixture and melted chocolate chips, mix well again with a metal spoon. Spoon the batter into the prepared design mould pan. Gives a couple knocks on the benchtop. Bake 45-60 minutes or until skewer out clean. Switch off oven, leave cake in for 1 hour. Remove from oven to wire rack to cool completely about 45 minutes. Then flip out cake onto cake base. Set aside.

To make blue shredded coconut: spoon 1-2 Tbs finely shredded coconut into a bowl and add 1 tiny drop of blue colouring, mix well and set aside in fridge. Once the cake had cool completely, decorate the cake with blueberries on top. Then, sprinkles blue finely shredded coconut over the top and around the whole cake. In the middle place the strawberry and slit a tiny hole to hold the candle. Enjoy your love pour out onto this cake on Valentine's Day!!!

Notes:

Oven temperature may vary. You may need more or less time. Bake for 45 minutes first if a skewer comes out wet, you need more time. If it browns too quickly, cover with a foil or a bigger metal bowl that can cover the pan without touching the cake. You can omit zucchini and use beetroot or carrot instead. You can use just blueberries or strawberries only or even any fruits of your choice or your loved ones love to eat. You can omit blue shredded coconut just use chocolate sprinkles or colouring sprinkles or make chocolate heart shapes for your garnish. You may use edible flowers instead.

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: <u>https://helenscchin.com/</u>

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

Archana Potdar

Contributing Editor

I am Archana Potdar and I am the Mad Scientist of the "Mad Scientist's Kitchen" here. I love cooking, baking and experimenting with food. I am constantly reinventing the food we eat at home. Throwing together leftovers and unpopular ingredients into something that is loved by all. However, My blog focuses on nutritious and wholesome meals that are safe for everyone, from kids to the elderly.

My blog focuses on: Simple food that is easy to cook and healthy. Food that is tasty and quick to make. Vegetarian alternatives to non-vegetarian food. A reduced carbon footprint and a zero-waste kitchen that prefers local ingredients. A home-cooked alternative to take-out. A healthier adaptation of your favourite restaurant meals.

I live in Goa, India with my husband who is my friend more than my husband and the support. He has held my hands when I have been happy and sad. The head of our family is my FIL who lives with us. I have 2 daughters Apeksha and Akanksha both are moving to Bangalore for work and study respectively. All of them are my chief critics and support.

I incorporate the best of flavours and balance healthy with junk and reach a median point.

My blog is very versatile, as my family has a very versatile taste. Today if we enjoy pancakes tomorrow it will be idlis. You will find a mix of Indian, Fusion and World Cuisine on my blog. We are vegetarians at home and the fish and chicken dishes we eat outside are the ones I try to replicate. Like my Xec-xec here.

My favourite thing is baking as it relaxes me. You can find bread, cookies and cakes on my blog.

I take orders for bread and simple cakes. So if you want some delicious goodies do place your orders with me.

For more of Archana's fabulous food visit: <u>https://themadscientistskitchen.com/</u>

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: <u>www.joyouskitchen.blogspot.com</u>