

RECIPES FOR A HEALTHY PLANET

GlobalGourmet *Magazine*

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**NEW
YEAR,
NEW YOU!**



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Letter from the Editor

Dear Reader,

This month is about eating light. Not necessarily with our resolutions in mind (although that is a plus), but as an antidote to all of the delightfully decadent holiday fare we consumed last month. So this month we are offering fabulous sweet treats, such as Mayuri Patel's Sugar Free Date Chai Muffins (cover & pg.5) and Archana Potdar's mouthwatering Old Fashioned Oatmeal Cookies (pg. 14); a delicious condiment full of superfoods (Swati Malik's Spinach & Pomegranate Raita [cover & pg. 12]); my low calorie, protein rich Ginger Teriyaki Tempeh (cover & pg. 21) is a great option for meatless Monday, and for even lighter fare, Priya Vijaykrishnan's refreshing Lemon Coriander Soup (pg. 15) is a wonderful option. Another amazing meatless entree is Wendy Sigmund's Black Bean & Quinoa Burgers (pg. 8) For a beautiful way to present (and use up!) veggies, you'll love Helen Chin's Fava Bean Panna Cotta (cover & pg. 18).

Join us in our after-holiday-excess detox. Hopefully it will help you face the new possibilities of the year in good health!

From our family to yours,

A handwritten signature in cursive script that reads "Joy Gordon Stewart". The signature is written in black ink on a light gray rectangular background.

Joy Gordon Stewart & The Global Gourmet Magazine Team



With No Refined Sugar, These Delightful, Warm-Spiced Muffins are the Perfect Resolution Sweet

By Mayuri Patel

Date Chai Muffins are soft, delicious, fruity muffins without any refined sugar or

artificial sweeteners. Instead, I've used dates, figs, raisins and apricots to add the required sweetness to these wholewheat

muffins. Healthy and nutritious, Date Chai Muffins make a good breakfast or tea time treat for both kids and adults. To add some flavour I add my home made Tea Spice Mixture or Chai Masala. Ideal for diabetics in moderation as the sweetness is natural.

Date Chai Muffins

Via mayuris-jikoni.com

Yield 12

Ingredients

For The Paste

1 cup lightly packed pitted dates
½ cup raisins
½ cup dried prunes, apricots or figs
1 cup water
For the Muffins
¼ cup oil
¼ tsp salt
2 medium eggs
1 cup wheat flour atta
1 tsp soda bicarbonate baking soda
½ tsp baking powder
½ cup chopped nuts of your choice
½ cup fresh orange juice
1 tsp vanilla extract or orange zest
1 tsp Chai Tea Spice Mixture/ Chai Masala

Instructions

Preparation Of The Paste:

Put pitted dates, raisins, prunes (or any other dried fruit you use) and water in a saucepan.

Heat it over medium low heat till the mixture becomes a thick paste. Total cooking time was about 5 minutes.

Let the mixture cool down completely.

Transfer the mixture to a big bowl.

Preparation Of The Date Chai Muffins:

Preheat the oven to 180°C.

Line a muffin tray with cake cups or grease it lightly with butter.

Sift the flour, chai masala, salt, baking powder and soda bicarbonate together. Mix well.

Add the eggs to the cooled down date paste. Whisk well.

Add oil, vanilla extract and orange juice to the date mixture and mix well.

Add the flour mixture and mix just enough to get the flour wet. Don't over mix.

Add the chopped nuts and mix them into the batter gently.

Spoon the batter into the prepared muffin tray.

Bake for 20-25 minutes till the tops are light golden brown. Insert a skewer or toothpick into the middle of one of the muffins. If it comes out clean, the muffins are done.

Remove the muffins from the oven and let them cool on a wire rack.

Serve with some spicy tea, coffee or with a dollop of vanilla ice cream.

Notes

I make my own tea or chai masala (powder).

Ready made chai masala is available in most stores or Indian stores.

You can replace Chai or tea masala with ginger powder or cinnamon powder if you wish.

I chopped the apricots and figs into big pieces after measuring them.

Use sultanas, currants, dried blueberries instead of raisins.

Make sure your fruits do not have added sugar to make these muffins totally without processed sugar. Most dried cranberries available in the stores have added sugar.

I used dates that did not have any sugar syrup.



Black Bean & Quinoa Burgers are a Fun, Delicious Way to Enjoy Classic Meatless Meals

By Wendy Sigmund (SC Mountain Mama)

I have spent many years eating a vegetarian diet. Then I will spend years as a meat eater. But the truth is I always feel better when I don't eat meat. So happy new year: here I go again. Fortunately there are

so many wonderful new vegetarian products on the market.

SC Mountain Mama's thing is making it at home, so here is a recipe for a burger with cheddar cheese. The burger is delicious. It is not going to be a meat burger of course. So many recipes try to recreate the taste

and feel of meat but if you take each dish as it is, there is no reason to try to re-create something that is so harmful to your body and to the environment.

A second recipe is attached for homemade Almond cheddar cheese to go on the burger. For the finishing touch, slice up some potatoes, sprinkle with olive oil, salt and pepper then bake at 400 degrees for 20 minutes. Enjoy your dinner and if you're with me on this vegetarian course then also enjoy doing your part to save the planet.

Quinoa and Black Bean Burgers

Via [SC Mountain Mama](#)

Ingredients

1/3 cup raw quinoa
1 cup vegetable broth
1 1/2 cups cooked black beans, fresh or canned (if using canned, season as indicated below)
Salt to taste
Freshly ground pepper, to taste
1/2 cup breadcrumbs
1/4 cup finely diced red bell pepper
1/4 cup finely diced green onion
1/4 cup shredded carrots
1 large egg
1 teaspoon ground cumin
1 teaspoon paprika, preferably smoked
2 tablespoons olive oil
Slice of Almond cheddar cheese

Put it all together

In a small saucepan, bring the quinoa, carrots and vegetable broth to a simmer. Cover and cook over low heat for 12 to 15 minutes.

Turn off the heat and let mixture sit, covered, for 5 minutes longer.
Remove the cover and fluff with a fork.

Add the black beans to a large bowl. Sprinkle the beans with salt and pepper to taste, and mash the beans gently with a potato masher.

Add the cooked mixture, breadcrumbs, diced red pepper, green onions, egg, cumin, and paprika to the bowl with the mashed beans.

Stir everything together well with a fork. Add more breadcrumbs if the mixture is too wet to form into patties. Season the mixture with salt and pepper to taste.

Shape the mixture into 4 or 5 patties, each about 1 inch thick. Heat the olive oil in a heavy skillet over medium heat.

Cook the patties in the skillet until well-browned on one side, about 3 to 5 minutes.

Carefully flip the patties and cook on the other side until well browned. Continue to turn and cook patties until they are cooked through and crispy on the outside, about 8 to 12 minutes total.

Serve quinoa and black bean burgers in buns, with assorted condiments such as ketchup, mustard, pickles, salsa criolla or guacamole.



This Delicious, Creamy Condiment is Full of Fabulous, Healthy Ingredients

By Swati Malik

It is with great pleasure that I bring you one of the easiest dishes, Spinach and Pomegranate Raita, loaded with the goodness of iron rich spinach, calcium rich yogurt and antioxidant rich pomegranate.

Indian meals are wholesome. Most of the meals consist of dal/lentils, dry veggie or curry, rice and chapatis. The main purpose

is to include all the food groups for a balanced diet.

Yogurt or dahi is one of the important parts of Indian meals as it helps in digestion of the food. It also cools off the body heat that comes with spices used in food. It is also a source of calcium.

Many times only a sabzi like Gajar Aloo Methi ki Sabzi or Baigan ka Bhartha with chapati along with plain yogurt or raita is a filling meal.

Yogurt is also known as Curd in India. It should not be confused with cheese curds available in Canada, USA and other countries. Yogurt is one of the best side dish or accompaniments with paranthas, pulao or biryani and raita takes away the brownie points with so many variations in it.

What is Raita?

Those who do not know about Raita, it is a kind of thick yogurt preparation with fruits or salad veggies like cucumber, mint, carrots, boiled potatoes. A versatile dish that can be prepared in numerous ways and so easy to prepare.

Chilled raita with fruits or salad vegetables or even chickpea puffed balls(Boondi Raita) or noodles is one of the best accompaniments with Indian meals.

How to Make Spinach and Pomegranate Raita

Spinach and Pomegranate both are rich in nutrients like iron, calcium, antioxidants and minerals. These should be included in regular diets in any preferred form. If your fussy eater refuses to eat spinach or pomegranate, make this yogurt preparation

serve them chilled. Trust me everyone will love it.

There are Two Ways in Which You Can Add Spinach to Yogurt

First one is to blanch spinach leaves, then puree and add to yogurt along with other spices.

Second one is to finely chop spinach leaves, saute them with cumin seeds(jeera)/mustard seeds(rai),and add to whisked yogurt. Add finely chopped garlic in winters or if you like the garlicky taste .

You can make it either way. I prefer the first one for everyday meals and the second one when serving guests.

Yogurt/Curd for Raita should be fresh and it should not have a sour taste.

Consistency of Raita depends on how one likes it. Neither too thick like many dips(tzatziki) nor too thin like Chaas (Indian buttermilk).

Variations to Spinach & Pomegranate Raita

You can also add grated or finely chopped cucumber to it or top it with boondi (deep fried chickpea flour small balls). Boondi is available at all the Indian grocery stores.

Spinach & Pomegranate Raita

Via foodtrails25.com

Prep Time 10 mins

Spinach Blanching Time 5 mins

Servings 2

Ingredients

1 Cup Fresh Yogurt/Dahi
1 Cup Fresh spinach leaves
¼ Cup Pomegranate Pearls
1-1½ tsp Roasted Cumin Powder
1/2 tsp Red Chilli Powder
Black Salt as per taste

Instructions

Wash spinach very well in running tap water.
Boil water in a pan, add spinach and keep it for 1-2 minutes. Transfer it to ice cold water and let it be there for another 2-3 minutes. Now drain the water from spinach completely and puree it.
Take fresh plain yogurt. It can be homemade or store bought. I prefer my homemade yogurt.
To it add roasted jeera powder/cumin powder, honey/sugar, red chilli powder and whisk till smooth consistency.
Add spinach puree and mix well in yogurt. Cover it and refrigerate till serving time.
Before serving mix black salt in yogurt and add pomegranate seeds to it.

During winter months you can add tadka of Garlic in ghee. Since yogurt has cooling properties many people avoid it during the rainy season and winters. Elders back home always avoided yogurt during monsoon and added either garlic tadka or some fresh ginger or ginger powder to diminish it's cooling properties.

Notes

For one cup of yogurt, add about 1/4 cup water. Adjust as per your desired consistency.

Add salt(preferably black salt/kala namak) just before serving as it yogurt starts getting sour once salt is added to it.

Serve chilled with dish of your choice.

It goes well with any type of Biryani (Lucknowi Veg Biryani), Pulao (Mix Veg. Pulao) or paranthas (Tikiadia or Aloo Parantha).

You can also have during fasting days if you include Spinach in your fasting diet. Add Sendha Namak instead of black salt.



Soft Oatmeal Cookies

@themadscientistskitchen.com

These Old Fashioned Soft Oatmeal Cookies are Easy to Make and Thick & Delicious

By Archana Potdar

You can load these cookies with cranberries, raisins and chocolate chips just in case your kids want to say no!

These perfect oatmeal chip cookies are my answer to my kids refusing to eat oatmeal. I made cookies with quick rolled oats, butter, and sugar and they are the perfect answer to those 11 pm snack times or even 4 pm snacks.

In the basic recipe, you can add in other ingredients that you may have in your pantry from cranberries to raisins, nuts, seeds. You can also add some cinnamon too for the extra oomph. Whatever you add, remember that you have the “bestest” oatmeal cookies! (According to the girls)

Soft Oatmeal Cookies

Via themadscientistskitchen.com

Ingredients

1 cup butter softened
1 cup white sugar
1 cup brown sugar packed
2 eggs
2 pinches baking soda
1 teaspoon vanilla
extract
2 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon salt
3 cups quick-cooking oats
¼ cup raisins optional
Cherries a few optional

Method

Mix flour, oats, baking powder and salt in a bowl.

Cream butter and the sugars in another bowl. You can do this manually but go easy on yourself and use a hand or stand mixer. Cream till nice and smooth, about 2 minutes on medium speed.

Add eggs, beat for a minute. Add vanilla and mix for half a minute.

Add the dry ingredients to this wet mixture and combine on low with the hand mixer.

Add any extras you wish like chocolate chips etc. Beat on low speed. The dough will be thick and sticky.

Cover, and chill dough for at least one hour.

Preheat the oven to 180°C/350°F. Grease molds, cookie sheets or use a Silpat.

Roll the dough into walnut-sized balls, and place 2 inches apart on cookie sheets.

Flatten each cookie press in the cherry or tutti frutti cut in two pieces.

Bake for 8 to 10 minutes in a preheated oven.

Allow cookies to cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely.

Notes

You can add cinnamon, raisins, nuts, and chocolate chips.

To make these cookies eggless substitute eggs with ½ cup of yogurt.



This Light, Refreshing Soup is the Delightful Antidote to Those Heavy Holiday Meals

By Priya Vijaykrishnan

Lemon coriander soup is a clear soup which is very mildly spiced with a refreshing flavor of lemon juice and freshly chopped coriander. The after taste of lemon keeps lingering in your mouth for a long time and it feels so fresh and warm to sip on this on a cold evening.

Lemon Coriander Soup

Via sweetspicytasty.com

Preparation Time 10 mins

Cooking Time 7 to 8 mins

Serves 2 to 3

Ingredients

8 to 10 French beans chopped finely
1 small carrot finely chopped (skip if preparing jain version)
Handful of chopped cabbage
Handful of frozen corn
1 green chilli finely chopped
1 tsp corn flour or APF(use rice flour for GF)
1 tsp oil
Lots of fresh coriander
1 or 2 lemons
3 cups water or vegetable stock

Method

In a deep pan or kadai, heat the oil and fry the chillies and add in the chopped veggies and saute for 1 - 2 mins. You can also saute about 1/2 tsp finely chopped garlic.

Slowly add in the vegetable stock or water with the required amount of salt and let it boil for about 5 to 6 mins or until the veggies are cooked. I used plain water today as I was not having the stock ready on hand.

Mix the corn flour or maida in 2 tablespoon water and make a paste without lump and add it to the boiling soup. This will give a little thickness to the soup. You can skip this if you want to have a pure clear soup.

After adding the flour paste, make sure you stir it continuously till the raw flavor is lost and then turn off the stove. Stirring is important because there is a tendency for

the flour mixture to settle down and stick to the pan and the taste of the soup will be bad and all the effort will be wasted. Finally, squeeze in the lemon juice and add freshly chopped coriander and serve it hot. Remember to add the coriander just before serving else it will wilt and turn black in the heat of the soup.



This Imaginative Savory Panna Cotta is a Wonderful Way to Enjoy Your Veggies

By Helen Chin

I enjoy watching cooking programs and browsing recipes. The technique, speed,

skill, creativity and endurance required of the TV chef/Masterchef contestants/food bloggers amazes me. Perhaps my favorite

aspect is the creativity. It always gets my special attention and tempts me to explore and create or recreate a recipe. It is the moment my stomach starts growling to my conscious mind, the bulb of my mind also flickering nonstop and my hands could be busy.

My last new panna cotta technique, flambe, was inspired by a food blogger I follow.

Because of how delightful it turned out I got similarly inspired to use a cutting edge technique after seeing Masterchef competitor Reynold's snitch dessert, to bring my panna cotta to the next level. Except, oh no, I don't have any fruits left to go with panna cotta and I only have leftover cooked vegetables from a vegetable pasta that I had in the freezer. Ugh! huh! Why not combine them together to make a beautiful, delicious, colourful, comfort, and flavourful savoury dessert style appetizer for a change. What do you mean savoury dessert style appetizer? Well, I use leftover fava for panna cotta, and I added cooked vegetables instead of fruits and cream. I am in love with this panna cotta. It's like a floating vegetable island on a wobbly green ocean. Let's cook!

Fava Panna Cotta with Vegetables

Via helenscchin.com

Ingredients

180 g fava, wash, skins remove, and drain
75 g margarine
25 g double cream

150 ml vegetable stock
3/4 Tbs castor sugar
1/4 Tsp salt
1 1/2 Tsp gelatine powder
Vegetables
1/4 zucchini, cut into bite size
1 small carrot, cut into bite size
2-3 Tbs can cherry tomatoes
2 Tsp garlic minced
1/4 red and yellow capsicums, cut into bite size
4 medley cherries tomatoes, cut into bite size
6 fava, parboil in microwave
1/8 c red wine
balsamic vinegar, drizzles
1 Tsp dried rosemary
1/2 Tsp dried basil
1/4 Tsp nutmeg powder
salt
pepper
oil
fresh basil leaves, decoration

Method

Put fava, margarine, double cream, sugar, salt and vegetable stock in a pot on medium heat; simmer for about 7 minutes until sugar dissolves and fava is softened. Remove from heat. Sprinkle the gelatine and stir to mix well. Let cool for about 10 minutes. Then transfer to a blender, blend until smooth. Check the seasoning. Now use a strainer and push through it into a jar. Pour into 2 glass bowls nearly halfway. Next, put the glass bowls in the fridge

overnight to set. The next day, bring it out from the fridge. Then do the vegetables. In a frying pan, add oil on medium heat. Once hot, add garlic and fry until translucent. Add carrot fry for 4 minutes. Then zucchini, both capsicums, medley cherries, herbs, nutmeg powder, and drizzle balsamic vinegar. Toss around to mix well. Now add cherry tomatoes, red wine and seasoning, stir again to coat all the vegetables; lightly crush the cherry tomatoes. When the wine has absorbed and vegetables are cooked, remove from the hob. Add the fava; stir to combine and leave to cool for 10 minutes. When panna cotta has come to room temperature, spoon the cooled down cooked vegetables onto each panna cotta using a food stacker ring. Slowly, lift the ring up. Drizzle the sauce over the vegetables and decorate with basil leaves. Serve with a glass of Moscato. Enjoy!!!!

Notes

You can use peas, spinach, or kale to make green panna cotta. Or you can make your own choice of panna cotta. You can add tuna, chicken, prawns or fish instead of vegetables. The vegetables I have already cooked with my pasta and freeze. If you are cooking it fresh, estimate the amount to make sure it's enough. You can make more by doubling the amounts of ingredients for panna cotta and the vegetables.



This Sweet & Nutty Stir Fry is a Great Quick Weeknight Meatless Meal

By Joy Gordon Stewart

I've recently celebrated the ten year anniversary of my first blog post. To mark the occasion I've given the dish from that first post a bit of a makeover, as well as an

updated photo (of sorts). Below are some excerpts from the first post and the update to the recipe.

Lately I've been craving Tempeh and Kale with rice; growing up as I did in Woodstock,

it is considered something of a comfort food dish.

For those of you who are unfamiliar, tempeh is a delicious soy protein cake made from soy and other whole grains fermented together. It is nutty, very dense and quite dry, which can make it difficult to work with. It softens and becomes more moist when it has been heated.

In this updated version of the recipe I sear the tempeh and use ginger in the accompanying light teriyaki sauce. I was very happy with the small amount of zing it imparted to the tempeh in my dish. I recommend serving this with white rice.

Ginger Teriyaki Tempeh with Kale

Via joyouskitchen.blogspot.com

Serves 2

Ingredients

1 lb tempeh, cut into 2" pieces
5 ounces kale, washed, stems trimmed & chopped into 1" pieces
1/2 yellow onion, julienned
1 teaspoon grated ginger
2 cloves garlic, minced or pressed
1/4 cup, plus 2 Tablespoons light brown sugar
3 Tablespoons low sodium soy sauce
2 Tablespoons neutral oil
1/2 teaspoon sesame oil

For Serving

3 cups cooked white rice
(optional garnish) small sprinkling of black sesame seeds

Method

In a small, heavy bottomed pan over low heat, combine soy sauce, sugar, garlic and ginger together with 3 Tablespoons of water. Bring to a simmer, then turn down to the lowest possible heat. Cook for 5-10 minutes, or until the sauce has reached the desired consistency (it will thicken a little bit on standing). Set sauce aside in the pan. Meanwhile, rinse rice under running water several times and drain. Bring to a boil with stock or water (I do half and half and since I like firmer rice I usually use 1 1/2 cups liquid to 1 cup of rice; this will make approximately 3 cups cooked rice), then reduce to the lowest heat. Cook rice for 12 minutes. Once you've finished the sauce and while the rice is cooking, add the oil to a large wok or saucepan, saute onion and kale together with a tiny pinch of salt and a pinch of pepper until cooked through. Set kale/onions aside. Add sesame oil to the wok. If needed, add more oil to the wok, enough to shallow fry the tempeh. Pan fry the tempeh on medium heat for about 1 minute per surface. Cook until it is lightly browned on all sides. To serve, reheat sauce, pile tempeh over greens and drizzle generously with sauce.

Global Gourmet Magazine Contributors

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.

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: <https://themascientistskitchen.com/>

Wendy Sigmund

Wendy is the publisher and founder of the [Santa Cruz Mountain Bulletin](#). She also blogs about living off the grid, gardening and cooking at her blog, [Santa Cruz Mountain Mama](#). She teaches History at San Lorenzo Valley High. She is the mother of two wonderful sons two dogs, two cats and a turtle in the Santa Cruz Mountains and grows fruits and vegetables.

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

Priya Vijaykrishnan

Contributing Editor

I started blogging when I moved to the US to ward of boredom and started my experiments in the kitchen. This slowly turned into passion and I started recording some traditional vegetarian Indian recipes from the south indian cuisine. This was further explored on my return to India and I am trying to blog some forgotten healthy recipes at

<https://www.sweetspicytasty.com/>.

My love for photography also helped me in clicking pictures for the blog and that is how I turned into a homemaker cum food blogger from a software professional . I am now exploring my skills even in photography and am enjoying that as well.