

# GLOBAL GOURMET

## *Magazine*



Double Digest | July 2023

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## Letter from the Editor, July 2023

Dear Reader,

As you may have noticed, we did not publish an issue of Global Gourmet last month. As our editor I needed to take a hiatus for personal reasons. This month we are excited to return and are offering a double digest, with twice as many recipes. Double the recipes and not one, but two themes: picnic recipes (which can be extended to cookouts, as many of us are fond of doing in the summer) and cool down recipes. Some of the cool down recipes are to help you literally feel cooler, and a few will just be quick meals that don't require a lot of time at the stove or in a hot kitchen.

Kicking off our cool down recipes is Priya Vijaykrishnan's fabulous cooking tropical beverage, Pineapple Punch (pg. 8). Continuing on the tropical theme, Swati Malik's Thai style Raw Papaya and Mango salad (pg. 19) works equally well for both themes. Other versatile recipes (which could apply to either theme) are Azlin Bloor's delectable Grilled Peach Salad (pg. 10), Giangi Townsend's refreshing Tomato Salad with Mint (pg. 5) and Jodi Kaplan's easy and delicious White Bean & Sundried Tomato Salad (pg. 14). For those of us who love fun, spicy condiments with their sandwiches, burgers and hotdogs you're going to love my pickled red onions (pg. 15). For a great main dish to bring to your next picnic or prepare for your next cookout, try Jodi Kaplan's Crispy Lemon Chicken (pg. 24), which is equally mouthwatering served hot or cold. If you have been asked to bring the veggies to the picnic or cookout give my tasty Chilled Asparagus in Miso Citrus Dressing (pg. 11) a go.

If you're wondering what's on offer to help cool you down, you're going to love Priya Vijaykrishnan's Fruit Chaat (Salad)(pg. 4). As well as Azlin Bloor's lovely and cooling dessert, Whipped Mascarpone with Honey (cover & pg. 28). Speaking of cooling desserts, Helen Chin's striking combination of fruit jelly and panna cotta, Apple Berry Jelly Panna Cotta (pg. 26) is best served cold and goes down a treat.

Perhaps in this hot weather you're looking to spend less time in the kitchen, in which case Giangi Townsend's marvelous Burrata Cheese with Roasted Tomatoes & Fettuccine (pg. 21) perfectly fits the bill.

Hopefully you're having a wonderful summer and this issue will help keep you out of the kitchen so you can spend more time with the ones you love.

All the Best from Our family to Yours,



Joy Stewart Gordon & the Global Gourmet Magazine Family



## **This Delightful Fruit Plate is a Perfect Way to Beat the Summer Heat**

*By Priya Vijaykrishnan*

**I**n India, as soon as summer starts, you can find food carts serving fresh lemon juice, masala chaas, and freshly pressed sugar cane juice all along the highways and main streets . Bystanders stop by and quench

their thirst by gulping down chilled glasses of these yummy cold drinks.

Alongside these juice carts and crowded business districts , you will always find a cart load of fresh seasonal fruits and the vendor will chop a few fresh

fruits, toss it in a bowl along with some delicious chaat masala,pepper powder, cumin powder and a dash of lemon juice and serve it in a disposable bowl made from palm barks or thatched leaf bowl .

This fruit bowl is nothing fancy and is a truly rustic style or desi style of enjoying mixed fruits known as fruit plate or cut fruits or fruit chaat .

The fruits used are the very common ones like watermelon, grapes , apples ,oranges ,papayas and bananas . Occasionally pomegranate arils are also included.

For this recipe, I have tried to replicate the exact street style version and hence not added any exotic or costly fruits like strawberry ,kiwis ,blackberries etc . You are free to add all these fruits and many more depending on your liking and taste . The more the merrier.

### **Fruit Chaat (Desi Style Fruit Salad)**

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

*Preparation Time* - 15 mins

*Cooking Time* - nil

*Complexity* - easy

*Serves* - 2 to 3

#### *Ingredients*

2 oranges

2 apples

1/4 watermelon

150 gms grapes (Green/black /assorted)

1/2 tsp chat masala

1/4 tsp pepper powder

1/4 tsp roasted jeera powder

1 tsp lemon juice

Sugar if needed

#### *Method*

Peel the oranges, separate the slices and de-seed them by making a vertical slit in the center of the orange slice.

Chop the watermelon into small cubes and remove the seeds as much as you can.

Wash the grapes thoroughly and keep ready .

Lastly, peel the apples and cut them into cubes.

Remember to chop the apples last, as they tend to change color on cutting and we don't want that.

Add all these cut fruits to a wide mixing bowl, sprinkle the chat masala, pepper powder, cumin powder, lemon juice and give it a quick toss and serve immediately.

#### *Tip*

Before adding the spice powders, you can refrigerate the chopped fruits for 1 hr or so if you want to have it chilled.

Remember to keep the whole apple in the fridge and chop it just before adding to the salad .

If using bananas, chop that also towards the end as bananas turn mushy and soggy very soon and never refrigerate the bananas.



## **Tomato Salad with Mint is a Super Refreshing Summer Salad**

*By Giangi Townsend*

**W**ith abundant fresh tomatoes gracing our markets, it comes to enjoying them as much as possible. At least, we have done so at our house.

This recipe is relatively easy to make, making it the perfect side salad for all your meals. With summer outdoor activities, this refreshing tomato salad with mint is the perfect answer.

Potlucks, barbecues, and pool parties, this salad will soon become your and your friend's favorite.

### **Tomato Salad with Mint**

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

#### *Ingredients*

1 ½ pounds fresh tomatoes  
20 mint leaves, finely sliced  
2 small shallots thinly sliced.  
5 tablespoons olive oil  
Juice of 1 lemon

Salt

Pepper

*Method*

In a salad bowl, mix olive oil, mint, lemon juice, salt and pepper.

To slice the tomatoes, use a serrated knife and cut them in half through the core end. Cut out the cores and slice the tomatoes into irregular chunks. Remove all the seedlings.

Place the tomatoes with the mint. Mix well and let rest at room temperature allowing the mint to soak in the tomatoes.

Add the thinly sliced shallots, fold them into the tomatoes and serve.



## This Refreshing Tropical Drink Will Bring to Mind a Beach Vacation

*By Priya Vijaykrishnan*

**P**ineapple punch is made up of 5 ingredients:

Pineapple chunks , lemon juice , slice of ginger ,sugar and a few mint leaves. I have used all fresh

ingredients to make this punch, but you can also use the concentrates or crushes available in the market .

Pineapple being a summer fruit, I like to use it fresh and blend it to make this energizing cooler.



Pineapple punch is perfect for barbecue parties or any beach parties that you plan to host or enjoy this summer .

For those of you who like to have some fizz ,you may replace the water with club soda or ginger ale too .

Pineapple punch can be made in advance and kept under refrigeration until serving..I prefer to consume it on the same day as the freshness remains intact and the drink doesn't get the extra tartness from lemon and pineapple when left for an extra day.

If you are using canned pineapples make sure that you adjust the level of sugar while you prepare the punch as canned pineapples are soaked in sugar syrup which makes them extra sweet .

## **Pineapple Punch**

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

*Preparation Time* - 5 mins

*Cooking Time* - nil

*Makes* 3 to 4 glasses

### *Ingredients*

3 cups of chopped pineapple

Juice from 1/2 lemon

Few leaves of fresh mint

Small piece of ginger

3 to 4 tbsp powdered sugar

Pinch of salt

3 to 4 glasses chilled water

Few ice cubes

### *Method*

In a blender add the chopped pineapples ,ginger and mint leaves with half cup water and blend it nicely until all the pineapple chunks have pureed .  
Pass this puree through the strainer and add the lemon juice, salt,sugar as needed along with the water and stir it well .  
Pour into serving glasses and top it with some ice cubes and also fresh mint if you like and serve .



## Grilled Peach Salad is Going to Become Your New Summertime Favourite

*By Azlin Bloor*

**T**his Grilled Peach Salad with Rocket (arugula) and Roquefort is sooo easy, I'm almost embarrassed to post it. Almost! With its sweet, herby, nutty and slightly tangy flavour, it's going to satisfy all your cravings.

It makes a great light lunch, especially on these hot, hot, hot days. It's just a matter of grilling those peaches, making some salad dressing, and tossing everything together.

If you're well into your bbqs, this grilled peach salad is perfect, as you can just do the peaches on the bbq, and serve it up while the meat is cooking.

You only need a few ingredients to make up the salad, and a few more for the dressing, which I've kept pretty simple once again.

It's another fairly fluid recipe, and you can use this peach salad as a base for your creativity or use it as an

idea and chop and change the ingredients as you fancy.

For eg, if you like the idea of more protein in this grilled peach salad besides the little bit of cheese, you could add some boiled eggs, anchovies, cooked meat, other canned fish or bacon. These are just some ideas. Or, perhaps you're thinking you prefer nectarines to peaches, or feta or some smoked cheese in place of the roquefort – that's totally doable too. See what I mean by fluid?

And, that's about it. Makes a nice change when I don't talk too much, doesn't it? Shall we get our aprons on?

### **Grilled Peach Salad with Rocket and Roquefort**

*Prep Time:* 10 minutes

*Cook Time:* 5 minutes

*Servings:* 2

#### *Ingredients*

##### *Salad Ingredients*

2 peaches, not overripe  
½ Tbsp EV olive oil  
2 shallots  
2 handfuls rocket leaves (arugula)  
60 g roquefort cheese  
4 walnuts

##### *Dressing*

1 Tbsp EV olive oil  
2 Tbsp balsamic vinegar  
pinch salt  
freshly ground black pepper

#### *Instructions*

#### *Salad Dressing*

Mix all the salad dressing ingredients and set aside.

Prep the peaches

Stone the peaches, then slice each peach half into 4 wedges.

Gently toss the peaches with ½ Tbsp olive oil.

Heat a griddle (or do this on your bbq) on medium-high heat and grill the peaches for a minute on each side.

Tip out into a medium bowl and set aside.

#### *Everything else*

Peel then slice the shallots thinly, then add to the peaches in the bowl.

Add the rocket leaves to the bowl.

Pour half the dressing all over the peaches, shallots and leaves and very gently mix. You don't want to break the peaches up. If your peaches are soft, then keep them separate, just toss the shallots and leaves. Then place the peaches on the leaves after serving onto individual plates.

#### *Serve Up*

Divide the salad onto 2 plates.

Crumble the roquefort all over.

Break up the walnuts with your hands and top the salad with them.

Drizzle the rest of the salad dressing all over and serve immediately.



## Enjoy this Flavorful Veggie Side Dish at Your Next Picnic or Cookout

*By Joy Gordon Stewart*

**T**his recipe is a new way to enjoy tender chilled asparagus virtually guilt free. The zesty, umami rich flavor of miso dressing compliments asparagus' gently bitter green taste and is very low in calories. The result of this combination tastes like a tangy and flavorful celebration of the fact that warm weather has arrived!

For many of us asparagus season has come and gone; in that case this dressing is fabulous on any mild green vegetable, such as blanched green beans, broccoli or

broccolini; sauteed cabbage or even roasted cauliflower.

### **Chilled Pencil Asparagus in a Zesty Miso Citrus Dressing**

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

#### *Ingredients*

1 bunch of pencil asparagus, washed and trimmed

#### *For the dressing:*

1 shallot clove, roughly chopped  
juice of 2 limes  
juice of 2 small navel or two blood oranges  
1 Teaspoon sesame oil  
¼ cup red miso  
2 Teaspoons mirin  
2 Tablespoons rice vinegar

### *Method*

Prepare an ice bath for your asparagus (2 parts ice cubes to 1 part water in a metal mixing bowl or metal baking dish).

Bring a large pan of water to boil and salt it.

When the water is boiling, add asparagus and allow to boil for 1 - 2 minutes. Immediately scoop asparagus spears out of the pan and into the ice bath. Leave to cool.

Meanwhile, pulse all dressing ingredients in the blender.

Serve asparagus drizzled with dressing.



## White Bean Salad with Sun-Dried Tomatoes is Perfect for a Picnic

*By Jodi Kaplan*

**A** healthy, tasty side dish (or light lunch) with no cooking required!

I spotted this white bean salad with sun dried tomatoes when I was shopping. It sounded delicious: beans, sun dried tomatoes, olive oil, spinach. Healthy and tasty!

The price was a bit of a turn off though: \$8.00 a pound?! For beans? Nope. I had dry beans at home, but it was too hot to start cooking them. So, I trotted over to the canned beans section. Instead of \$8.00 a pound, I got a whole can of beans for 88 cents (on sale!). Score!

The rest was easy (and no cooking needed). Great for a hot day, or when you just don't feel like cooking anything.

Just chop up the tomatoes, pour the beans into a bowl, roughly chop the spinach, chop some onion and stir it all together.

You can eat it right away, or let it sit overnight in the fridge to let the flavor develop.

### **White Bean Salad with Sun-dried Tomatoes**

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

Prep time: 5 minutes

#### *Ingredients*

1/2 can white beans (about 8 ounces)  
1 tablespoon chopped onion  
1/4 cup spinach, roughly chopped  
2-3 sun-dried tomatoes, chopped  
1 teaspoon vinegar  
1 tablespoon olive oil  
pinch dried oregano  
salt and pepper to taste

#### *Instructions*

Pour the beans into a small bowl.  
Add the onions, spinach, tomatoes, vinegar, olive oil, oregano, salt and pepper.  
Stir to combine.



## **These Easy Pickled Onions Are Not Only Pretty, They Are Great on Everything**

*By Joy Gordon Stewart*

**D**o you love taco night? Perhaps you also want to up your sandwich game, or maybe you just love pickles? In any of those situations, making your own pickled red onions at home, a super easy task, is just the thing for you! They're great with tacos, wonderful over tostadas, nachos, fried eggs (especially with crema or cotija) and with quesadillas. They're also fabulous on a sandwich with a nice sharp cheese and roast beef or deli turkey. On a hot dog. Equally delicious over rice bowls. A really versatile pickle that you will love to add to your favorite condiments. If you have leftover brine, it can be used to pickle any fresh vegetables you want

to use up. Some ideas are asparagus to green beans, cauliflower, carrots, radish or cucumbers.

### **Pickled Red Onions**

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

*Yield* 2 (8oz) jars

### *Ingredients*

*For the Brine*



1 cup vinegar  
1 cup filtered water  
1 Tablespoon kosher salt  
2 ½ Tablespoons sugar

### *For the Pickles & Aromatics*

1 red onion, sliced thinly  
1 fresh jalapeno pepper, sliced into rings (see notes)  
2 cloves garlic, peeled  
1/2 teaspoon whole black peppercorns, divided  
2 bay leaves (preferably fresh)

### *Method*

In each of your jars place 1/4 teaspoon black peppercorns, 1 clove garlic, 1 bay leaf and 1/2 jalapeno. These are your pickling aromatics. Over the pickling aromatics, pack in 1/2 sliced red onion (for each jar). In a small saucepan, heat the brine ingredients until the salt and sugar has fully dissolved. Allow to cool until warm, then pour equally over the contents of each jar until the onions are fully submerged in brine. Cover. Once the jars are cool to the touch, refrigerate. After one hour of steeping (between cooling down and refrigeration) they will be ready to consume. They will keep, covered, in the fridge for up to 2 weeks. If you spot any white, black or other discolored spots, discard immediately. This recipe is for quick (refrigerator) pickles and cannot be safely canned.

### *Notes*

If you prefer less spicy pickles, make sure to remove the seeds and ribs of the jalapenos. They can be omitted or, if you like spicier pickles, swapped out for hotter chilies. If you have and are comfortable using a mandoline slicer, it slices the onions quickly and evenly.



## **This Thai Inspired Salad is a Cool, Juicy & Crunchy Meal for Hot Summer Days**

*By Swati Malik*

**T**hai inspired Raw Papaya Salad (SOM TAM) with ripe and raw mangoes and crunchy peanuts. We love the flavors of the salad. A bit sweet, a bit tangy and a bit spicy and so delicious.

Perfect for hot summer days when all you want is some yummy quick 10 minute and refreshing meal light on the tummy. Even my kids, especially my

teenage daughter, love it. My teenager has recently discovered her love for salads.

Traditional THAI RAW PAPAYA SALAD has no mangoes. There is a different recipe for Thai Raw Mango Salad known as Yam Mumuang but whenever I have raw mango in my refrigerator I love to add to this salad too. So, basically this is an adapted version of green papaya and raw mango salad.

And when it's mango season, why not add a bit of sweet mangoes to perk up the flavors

It may not be the authentic Thai Salad recipe as I have adapted it to my family's taste and the availability of ingredients but tastes just like the one from your favourite Thai Restaurant. And, trust me, try out this variation of Thai Raw Papaya Salad my way and you will definitely go nuts over it.

The recipe is quite adaptable and you can adjust the ingredients as per the availability and your taste preferences.

#### *Ingredients For Thai Style Raw Papaya and Mango Salad*

Raw Papaya- Very thin stripes using a sharp knife are cut and added to salad. But I have grated it in a food processor.

Papaya is one of the best stomach cleansers. It is known as the internal broom or the digestive tract and colon. Raw papaya and ripe papaya have enzymes that break down the fats and proteins. Any chronic old constipation problem can be cured by including papaya in your daily diet.

Raw Papaya is abundantly available in Asian countries as it is widely consumed in various preparations. In US and other European countries you can get it at Indian and other Asian grocery stores.

Choose raw papaya with green vibrant skin that shows no yellow or light green marks. These marks show that the papaya has started to ripen which is not good enough to use in salads. You can use that kind in curries or making cutlets.

Raw Mango and Ripe Mango- Raw Mango adds a tanginess and ripe mango adds a sweet taste. My kids

love the addition of ripe mango, so I add it in summer salads.

Use any locally available variety of mangoes.

Green raw mango can be substituted with an unripe mango.

Other Vegetables- Raw Papaya is one of the main ingredients here. You can use other veggies as per the availability like cherry tomatoes, carrots, beans, lettuce, bell peppers( I prefer red ones). I have also added thickly grated cucumbers here.

Moong Sprouts is another common ingredient added in Thai Salads. I have skipped it here. You can add any sprouts of your choice like alfalfa, black chickpea or even fenugreek.

Roasted Peanuts- Coarsely crushed roasted skinned peanuts add a nice crunch and also add protein to the salad. For those who have a peanut allergy, you can substitute with salted and roasted cashew nuts.

Oil-Use sesame oil or any other good vegetable oil like olive. I have skipped it as my kids get the strong aftertaste of this oil.

#### *How to Make Raw Papaya & Mango Salad*

Prepare the dressing.

Prepare veggies. Traditionally the way is to cut the papaya and other additional veggies in thin stripes or sticks. But I usually use my food processor to grate the veggies. You can grate papaya, carrot, cucumber using a mandoline.

Or, cut raw papaya, red bell pepper, and mango into thin sticks/ slices (julienne or matchstick). You can also finely chop these veggies and add in salad.

Simply mix all the veggies. Add finely chopped cilantro for garnish.

### *Serving Suggestions & Storage*

Thai Raw Papaya Salad can be enjoyed on it's own or serve it with tikkas, kebabs, grilled veggies or other non-vegetarian starter options. We also love to have it with pulao and other rice preparations.

If making ahead, prepare the veggies(except cucumber) and refrigerate, till serving time. Add dressing only at the time of serving. Else, the veggies leave water and you won't like the texture of the salad.

### **Thai Raw Papaya Salad Recipe with Mango**

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

*Prep Time* 15 minutes

*Servings* 4

### *Ingredients*

½ Raw Papaya

1 Carrot(medium sized)

1 Raw Mango(small)

½ Ripe Mango

1 Cucumber optional

½ Red Bell Pepper optional

### **Ingredients for Dressing**

¼ Cup Soy Sauce or Tamari Sauce(gluten-free)

1-2 Thai Red Chilli/Green Chilli or as required

1 tsp Chilli Flakes or as required

2 Garlic Cloves

1 tbsp Lemon Juice

2 tsp Jaggery Powder/Raw Cane Sugar or use as required

¼ Cup Roasted Skinned Peanuts coarsely crushed

### *Instructions*

#### **Prepare Vegetables**

Grate Raw Papaya, Cucumber, Carrot or cut in thin strips/juliennes.

Thinly cut Raw Mango, Ripe Mango, Red Bell Pepper in thin stripes.

Finely chop fresh coriander.

Coarsely crush peanuts and keep aside.

#### **Prepare Salad Dressing**

I have used a chutney grinder to make the dressing. You can also use your mini food processor/blender. Add all the ingredients listed under the dressing section.

Give a few pulses to mix all the ingredients. I have added garlic cloves and chilies also instead of finely chopping it.

#### **Assemble Salad**

In a mixing bowl add all the prepared veggies.

Add the dressing and mix lightly. Add peanuts, chopped coriander/cilantro and other herbs if using. Serve immediately.



## **This Quick & Easy, Creamy Tomato Pasta is Rich in Flavor and Texture**

*By Giangi Townsend*

**B**urrata cheese with roasted tomatoes and fettuccine. A super simple meal that is rich in flavor and texture. The combination of the roasted tomatoes finishes up the cooking process of the fettuccine.

Adding another layer of flavor is the burrata that, once it warms up with the pasta, will slightly melt to give way to a rich cream.

This burrata recipe will soon become your busy school dinner favorite for a quick dinner that takes less than 20 minutes to prepare.

*If you are not too familiar with burrata cheese, let me introduce you to it.*

Burrata is a soft Italian cheese that is made from cow's milk. A specialty of the southern Italian region on the Adriatic sea is called Puglia.

Easily mistaken for fresh mozzarella as they both share the same outer appearance, which is made of soft mozzarella.

Much softer than mozzarella and creamier. You can even serve the burrata cheese as spreadable cheese over grilled bread.

One crucial factor to remember is that this cheese has a higher fat content than most other cheeses.

*What does burrata cheese taste like?*

Rich, milky, almost buttery flavor with a rich yet delicate creamy interior and a more chewy exterior.

*What is the best way to eat burrata cheese?*

You can enjoy this wonderfully soft cheese in so many applications. It can be enjoyed raw or cooked.

As stated earlier, it is an excellent spreadable cheese complimenting any bruschettas.

It is recommended that you will enjoy it as soon as you purchase it as it does not last too long in your refrigerator.

Serving it always a room temperature  
Add it to pizza instead of the mozzarella.  
With any pasta dishes.

I also love it in my vegetable soup. I love the stringiness of the cheese as well as the added soft taste that it gives it.,

In your favorite Caprese salad.

Or seasoned with salt, pepper, and your favorite olive oil. Drizzle some aged balsamic vinegar for a more intense flavor.

Alongside roasted vegetables.

Burrata cheese substitutes:

Mozzarella is also made from cow's milk and is close in flavor.

Cream Cheese has a smooth texture and is rich in texture.

Queso Fresco cheese is also aged cow milk that has a springy texture.

Ricotta cheese is used in most traditional Italian dishes.

## **BURRATA CHEESE WITH ROASTED TOMATOES AND FETTUCCINE**

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

### *Ingredients*

1 pound of egg fettuccine

1 pound. of burrata cheese

16 ounces Campari tomatoes with stems if possible  
extra-virgin olive oil

fresh oregano, leaves removed from the stem

sugar

salt

### *Method*

Preheat the oven to 400F

Wash the tomatoes without removing them from the vine and place them in a baking tray; season with oil, salt and sugar and bake at 400°F for 10 minutes.

Cook the fettuccine in boiling salted water until al dente.

Cut the burrata into small pieces. Set aside.

Heat a drizzle of oil in a large skillet and add half of the freshly baked tomatoes and any juice in the baking tray.

Drain the pasta, add it to the skillet with the tomatoes and sauté it for 1 minute.

Serve it with the remaining tomatoes, the burrata, and the oregano leaves.

*Options:*

9 OZ. of red cherry tomatoes

9 OZ. of yellow cherry tomatoes



## **Crispy Lemon Chicken is Going to Make You Very Popular at Cookouts**

*By Jodi Kaplan*

**C**rispy, lemony, and just a hint of sweetness from brown sugar. Great hot or cold.

This recipe has three different kinds of lemon: lemon juice, lemon pepper, and lemon zest. Great for lemon lovers!

That may seem like a lot of lemon, but it isn't. The lemon is balanced by the brown sugar for sweetness, a quick dredging in flour, and a bit of paprika for a hint of bite. It's also quite versatile. You can eat it hot, or make extra and have it cold for lunch the next day. It's also good for picnics.



Leave it overnight in the fridge for the best flavor, or just let it marinate for half an hour if you're short on time.

You end up with a crispy crust, almost like fried chicken, except there's very little oil, less mess. You start it in a frying pan and then finish it off in the toaster oven.

## **Crispy Lemon Chicken**

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

*Prep time:* 10 minutes

*Cook time:* 50 minutes

*Wait time:* 30 minutes

### *Ingredients*

1 chicken thigh  
2 T lemon juice  
1 heaping T flour  
generous pinch of salt  
1/4 tsp paprika  
1/4 tsp lemon pepper  
2 T neutral oil (such as canola or sunflower)  
1/2 tsp fresh lemon zest  
1/2 tsp brown sugar  
2 tsp chicken stock  
one slice lemon

### *Instructions*

Pour the lemon juice in a bowl and add the chicken. This is best if you let it sit in the fridge overnight (or do it in the morning). If not, let it sit for half an hour in the fridge.

Preheat the toaster oven to 350 degrees.

Discard the lemon juice and dry off the chicken with a paper towel.

Take a small plastic zippered bag and add the dry ingredients (flour, salt, paprika, and lemon pepper). Add the chicken to the bag, zip it shut, and shake thoroughly until the chicken is completely covered with the flour mixture.

Heat the oil in a small skillet and fry the chicken (turning once with kitchen tongs) until it gets brown and crispy. This should take about 10 minutes. Remove the chicken from the skillet and place it on the toaster oven tray. Sprinkle it with the lemon zest and the brown sugar.

Pour the chicken stock around the chicken (not over it). Put the lemon slice on top.

Bake for 35 to 40 minutes.



## This Playful Chilled Dessert is a Perfect Way to Stay Cool in the Heat

*By Helen Chin*

**M**y sister gave me some more apples. I felt like having panna cotta and thinking of using the apples from my sister. I have sour cream and double cream so let's make panna cotta. While searching for my gelatine sheets I found a packet of baby jelly and it will

expire in 6 days. As I don't like wasting food. I decided to add it to my raspberry aeroplane jelly.

Panna cotta is a traditional Italian dessert which literally translates as 'cooked cream'. Hailing from the region of Piedmont in Italy, it is a simple mixture of sweetened cream and gelatine.”

For a change instead of using my jelly mould. I had used my design cake pan. Then to decorate my beautiful design shape panna cotta. I had extra strawberries and saved some baby jelly. My mother gave me some grapes. I am glad to try out the design pan and make use of the apples from my sister and baby jelly. My family were surprised that it looks so beautiful, creative, and cooling to have as dessert. Let's create a beautiful delicious panna cotta!

### **Apple & Berry Baby Jelly Panna Cotta**

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

#### *Ingredients*

5 green apples, cored and cut to pieces, pureed to make 2 c  
8 strawberries, stems removed and sliced  
25 g castor sugar  
3 gelatine sheets, soaked in cold water  
2-4 Tsp gelatine powder  
3 Tbs water  
Double and sour cream raspberry jelly  
2 packets aeroplane raspberry jelly, about 85 g each  
300 g double cream  
300 g sour cream  
200 ml water, divided  
125 g baby jelly  
45 g granulated sugar  
2 Tsp gelatine powder  
3 Tbs water

#### *Method*

In a bowl add cold water and soak gelatine sheets for 5 minutes. Place cut apples in a juicer, blend to get 2 c.

Strained over a sieve into a jug. Then pour into a pot and add 25 g sugar. Bring to a simmer until sugar dissolves and stirring often. Then squeeze gelatine sheets well to remove excess water and put into the apple mixture in the pot. Stir again to mix well. Meanwhile, mix 3 Tbs water and 2 Tsp gelatine powder.

At this stage, the apple mixture should start to thicken. If not, add the gelatine powder in and stir further to see if it thickens slightly. Now pour the apple mixture into the design pan and scatter the sliced strawberries all around it. Put the pan in the fridge for 4-6 hours or overnight to set.

#### *The next day*

Heat double and sour cream with 45 g granulated sugar in a pot until sugar is dissolved. Next, add in the raspberry aeroplane jelly powder and stir until dissolved. Then add 100 ml cold water and stir again and set to cool slightly. Meanwhile, add 100 ml cold water and gelatine powder in a jug, and stir. Then pour into the double and sour cream raspberry jelly in the pot. Stir again to combine. Set aside for 5-10 minutes.

When it has cooled down, bring out the design pan with apple and strawberry jelly. Pour the double and sour cream raspberry jelly on top of the thickened Apple strawberry jelly. Place in the fridge for 4-6 hours or overnight to set.

Just before serving, unmould the jelly onto a plate. Decorate the top with strawberries, grapes and baby jelly. Serve with coffee, tea or dessert wine. Enjoy!



## **This Creamy, Decadent Summer Dessert Can be Made Exactly to Your Tastes**

*By Azlin Bloor*

**O**ur mascarpone with honey is creamy, as sweet as you want it to be (or not), and full of the flavours of whatever honey you're using and the topping of your choice.

But this is no diet food. In fact, as you can see from the nutrition breakdown on the recipe card, it is quite calorific and high in fat.

For a lower calorie and fat option, use ricotta or cottage cheese.

*We only need 3 basic ingredients:*

mascarpone  
honey  
topping of your choice (nuts, fresh fruit, chocolate sauce, etc.)

*And all we do is:*

Lighten the mascarpone with a little honey with a wooden spoon.

Divide into your serving dishes (bowls, glasses, whatever you want)

Drizzle a little more honey.

Top with some crushed nuts or fresh fruit.

See what I mean, it's embarrassingly easy!

*No Mascarpone?*

Use ricotta or cottage cheese, although I would suggest whisking both until you get a smooth mix, before proceeding with the recipe.

You could even use double cream, and whip it to a smooth stage. But you will need to sweeten it a little more, because unlike the enslaving mascarpone, double cream is virtually tasteless. Like eating air, as my kids would say.

*Topping for Mascarpone with Honey*

Any crushed nuts you fancy.

Or any fresh fruit, but berries would be especially good here.

If you want to go a little fancy, you could top with some chocolate sauce (homemade or not) or even some freshly made berry sauce or coulis. Skip the drizzle of honey if doing this.

Speaking of fancy, Pomegranate Molasses is amazing drizzled all over this!

So, have I convinced you that this is such an easy recipe, that you absolutely must make it? Especially in these current #coronatimes! Remember to stay safe and stay home!

Shall we get out aprons on?

## **Mascarpone with Honey Recipe**

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

*Prep Time:* 5 minutes

*Total Time:* 5minutes

*Servings:* 6

### *Ingredients*

500 g mascarpone cheese

8 Tbsp honey

1 handful crushed nuts of your choice (I'm using walnuts)

### *Instructions*

Whip the mascarpone with a wooden spoon to lighten, for just about 10 seconds.

Add 4 tablespoons of the honey and mix thoroughly.

This will lighten the mascarpone further.

Serve into 4 dessert glasses or bowls.

Drizzle about half to 1 tablespoon more of honey on each serving. This depends on how sweet you like your dessert, and also on the level of sweetness of your honey.

Top with the crushed nuts or fruit of your choice. Or both!

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

### **Azlin Bloor**

*Contributing Editor*

I'm a former chef, culinary instructor and food blogger, with 2 decades of experience in my bag. I specialise in many cuisines, but am especially fond of South East Asian, Middle Eastern and British cooking. "I was born and raised in Singapore in a family as multicultural and multilingual as the United Nations!"

You can find recipes, videos, cooking courses and more at: <https://www.linsfood.com/>

### **Helen Chin**

*Contributing Editor*

I am Helen Chin, originally from Malaysia. Have been living in Australia about 32 years now and retired. I enjoy cooking, experimenting various combinations of herbs, fruits, and spices to go with meat and vegetables as well as creating food using various techniques.

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/>

### **Jodi Kaplan**

One of Jodi's earliest memories is when her mom sat her down in front of the stove, with a big wooden spoon, and told her to stir the chocolate pudding. She was three years old and has been happily cooking and eating ever since. Cooking for one doesn't have to mean food that's processed or boring. It does have to be good. Because, as Jodi's grandma used to say, "I'm a person too!"

You can find more of Jodi's recipes at <https://singleservingchef.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; Contributor*

I am mother to two young boys and I love to cook for my family, especially from ingredients sourced from my mountain home. I've been blogging about food at The Joyous Kitchen for almost a decade. I worked in catering for over a decade. I love to cook and write recipes and share them with everyone!

You can find more of my recipes at:

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

**Giangi Townsend**

*Contributing Editor*

Like many working moms across the world, I was caught up in the madness searching for healthy ways to feed my family and had limited time to spend in my kitchen during the work week. I was struggling to find easy, simple and fast recipes that combined gourmet creativity and healthy eating.

As a result, I started creating as well as modifying recipes to allow me to make them in less than 45 minutes.

I had no idea that so many people were in the same boat as me and wanted to create quick and easy meals for everyday cooking using simple, fresh and whole food ingredients. What started out as a personal pastime has emerged into a thriving digital platform, with so much room for growth.

See more of Giangi's fabulous food at: [www.giangiskitchen.com](http://www.giangiskitchen.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 home maker cum food blogger from a software professional . I am now exploring my skills even in photography and am enjoying that as well.