

# GlobalGourmet *Magazine*



*The No Cook Issue*

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## Letter from the Editor

07 July 2022

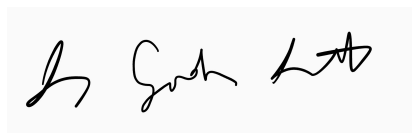
Dear Reader,

Summer is here and with the soaring temperatures come days when we just can't be bothered to turn on the stove. This month, in an effort to help you stay cool, we're featuring no cook recipes.

Looking to stay refreshed when the temperatures soar? Jasmina Borozvics' Ginger Lemonade (pg. 4) is as refreshing as it gets. Need a quick, on the go breakfast? Seema Doraiswamy Sriram's Peanut Butter Thickshake (pg. 8) has a boost of protein from the nut butter and is filling and healthy; a perfect start to your day. Speaking of on the go, my Smoked Trout Salad Onigiri (pg. 13) make for a great snack or light meal. For a creative, filling, versatile and crowd pleasing meal, look to Helen Chin's Tapenade & Salad Grazing Platter (cover & pg. 7). And to conclude your meal, what could be more delightful than Priya Vijaykrishnan's elegant, luscious nut and dried fruit studded Mango Mastani (pg. 10)?

While we can't keep you completely out of the kitchen this month, we aim to at least keep you away from the stove (as much as possible). Have a great summer and stay green by buying local!

Warmest Regards,

A handwritten signature in black ink, appearing to read "Joy Gordon Stewart", is displayed on a light gray rectangular background.

Joy Gordon Stewart & The Global Gourmet Magazine Team





# This Refreshing Drink will Cool Down the Hottest Summer

*By Jasmina Brozovic*

**G**inger Lemonade is a refreshing summer drink with a tangy ginger lemon kick smoothed by the sweetness of honey. You can make more and have it refrigerated for a couple of days. It is nice to have something this tasty handy on a hot summer day.

## **Ginger Lemonade**

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

### *Ingredients*

2 tablespoons grated fresh ginger  
juice of 2 lemons  
4 tablespoons honey

2 sprigs of fresh mint

1l fresh water

500 ml of ice cubes

Preparation

Grate fresh ginger, then squeeze the juice of 2 lemons.

Dissolve honey in the water, then add ginger, lemon juice, ice cubes and mint sprigs.

Enjoy



## **This Elegant Grazing Platter is Perfect for a Quick & Easy Family Meal**

*By Helen Chin*

**M**y brother-in-law gave me some goodies. One is roasted red capsicum tapenade, and two different biscuits. I decided to use them for our Christmas Eve dinner with salad, medley tomatoes, bocconcini, black sliced olives and cucumber.

Festive food usually is colourfully decorated. I decided to combine them together to make a holly platter. Something colourful, creative and I can also share it with everyone. Use a simple dressing with balsamic glaze and olive oil. It's healthy and great to have more

salad and green vegetables especially when the main ingredients are meat like turkey, roast chicken and pork or seafood. I am glad to serve it with the main meals. Let's make a colourful platter and share it.

## **Tapenade & Salad Grazing Board**

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

### *Ingredients*

110 g roasted red capsicum tapenade  
100 g medley tomatoes, half cut and the remain whole,  
extra  
10-12 bocconcini, cut into half, extra  
8 pieces artisan crackers with fig and sunflower seed,  
plus extra  
8 Natural wafers, extra  
8 cherries, extra  
1 packet mixed salad, wash and dry  
1/2 cucumbers, sliced and extra  
black olives sliced, extra  
olive oil  
balsamic vinegar glaze

### *Method*

Place the glass container of tapenade in the centre.  
Each of the biscuits around with cherries. Next place  
salad all around the platter, alternate with medley  
tomatoes, bocconcini, cucumber and olives. Then  
before serving drizzle olive oil and balsamic glaze.  
Enjoy!!!!

*Note:* You can use any vegetables of your choice. You  
can use any biscuits or little crostini, blini pancake or  
even prawns. Be creative.



# This Thick Creamy Shake is an Amazing Breakfast for When it's too Hot to Cook

*By Seema Dorwaiswamy Sriram*

Summer's perfect kitchen is a no cook one! The best snacks for these times are the milkshakes and thick shakes. The cold, slurpy thick shake not only fills you up, but also provides a lot of relief from the heat wave. Here is one of our house favourite to share with you. The versatile peanut butter shake just takes 4 ingredients and a blender. Try it for the blissfully tummy-filling, no cook, summer treat.

## **Peanut butter thick shake**

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

### *Ingredients*

1 cup milk ( freeze for the thickest shake)  
1/4 cup peanut butter



1 small banana ( frozen Banana is better)

1/2 cup ice cubes

### *How to make it*

Add the frozen banana slices, peanut butter and milk into the blender and blend to a smooth paste.

Add the icecubes and blend further.

Blend till smooth and pour in tall glasses to serve.



## This Mango Milkshake is a Perfect Treat to Beat the Summer Heat

*By Priya Vijaykrishnan*

**M**ango Mastani is a delectable and delicious Mango Milkshake popular in the Indian city of Pune. Thick creamy mango milkshake, topped with scoops of vanilla ice cream and garnished with chopped dried fruits, glazed cherry and some candied berries/ fruits.

*Fun fact about the name*

Queen of Deccan, Mastani was the emperor Bajirao's wife and was supposed to be an epitome of beauty and no one could take their eyes off her beauty. This milkshake looks very beautiful and eye catching when presented, hence it is supposed to have been named for her. Ain't that lovely?

**Mango Mastani**

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

*Preparation Time - 10 mins*

*Cooking Time - nil*

*Yield 2 to 3 glasses*

### *Ingredients*

2 cups chopped sweet Mango

1.5 cup chilled milk

3 scoops vanilla ice cream

Sugar if needed

### *For garnish*

Roughly chopped almonds ,pistachios and cashews

Some tutti fruity / candied fruits 1 scoop Vanilla ice cream Glazed cherry

### *Method*

Blend the mango pieces ,milk and vanilla ice cream to a silky smooth puree.

Taste the puree and if it feels less sweet, add some sugar and blend it again.

You may also add a few ice cubes while blending.

Pour the milkshake into serving glasses, top it with scoops of vanilla ice cream and garnish with chopped nuts, tutti frutti, glazed cherries and chopped mango pieces.

Serve chilled and immediately



## This Savory Handheld Snack is Great as an On-the-Go Summer Meal

*By Jory Gordon Stewart*

**O**nigiri are a snack food which I learned of while browsing a Japanese market in New York City, looking for a quick easy to go snack. Once I'd realized the ease of basically taking a large one-piece sushi with me which was filled with a new set of fabulous, flavorful ingredients, I was hooked.

Onigiri, which literally means rice balls, are a popular, easy to eat on-the-go snack in Japan. The rice ball has an adorable triangular shape to make eating an onigiri an easier one-handed experience and they're often made with some kind of filling inside, although they are sometimes served plain, often after they've been grilled, which makes them yakionigiri. Popular ones include konbu (a type of seaweed), a delicious, light onigiri that as a bonus is vegetarian; mentaiko



(seasoned cod roe)--I became quite fond of this flavor from the Japanese supermarket and I was always disappointed to find them out of stock; umeboshi (pickled plums) which I could never quite get the hang of, the flavor being too strong; sha-ke, grilled salmon, tasty of course; and tuna mayonnaise, my second favorite flavor after the flavored roe. I don't know if this is exactly traditional, but I make mine with sushi rice. And the filling I'll be sharing today is something that isn't quite traditional, it's more a twist on the idea of tuna mayonnaise: a smoky, rich smoked trout in mayo salad with delicate spring onions, which was heavily influenced by a fellow foodie friend's smoked trout mousse (my version uses mustard as opposed to horseradish and Mayonnaise as the creamy element, in the stead of creme fraiche). What gives it its twist is the spicy and acidic flavor of zesty brown mustard. This version of fish/mayonnaise salad is seriously tasty and you will likely find yourself with extra after making your onigiri. Spread it on crackers; use it to make tea sandwiches. It truly is rich and amazing. I had a special mold to make my onigiri, but I'm told the technique becomes pretty easy with practice, and involves forming the points by cupping your hands and pressing the rice into the ridge formed in your palm. If you find yourself making onigiri as a snack pretty frequently, I'd highly suggest purchasing the mold as you can get a decent one for rather cheap on a site like amazon.

### **Smoked Trout & Spring Onion Salad in Onigiri**

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

*Makes 6 Onigiri (with trout salad leftover)*

### *Ingredients*

#### *For the onigiri*

1 1/2 cups prepared sushi or short grain rice  
4 sheets nori seaweed, cut into 3" wide strips

Optional garnish ideas: benishoga (julienned ginger pickled in shiso leaves), furikake (a sweet sesame/seaweed/salt dry condiment mix), toasted or black sesame seeds

#### *For the smoked trout salad*

1 (4 ounce) tin smoked trout in oil, almost entirely drained  
2 Teaspoons spicy brown mustard  
1 - 2 Tbsp mayonnaise (depending upon taste)  
pepper, to taste  
4 spring onions, sliced (white parts only)

### *Method*

Use a fork to break up the trout fillets into small flakes. Mix in all other ingredients for salad, combine thoroughly and then cover and set aside while you form the onigiri. To form, dampen your hands or mold and press half full with rice. Press tight. Fill with smoked trout mixture (about 2 Teasp each). Cover with the same amount of rice, then press together. If you are forming them by hand, now is the time to try your corner making technique.

Wrap each onigiri with a strip of nori and sprinkle with condiments of your choice.

## **Global Gourmet Magazine Contributors**

### **Jasmina Brozovic**

*Contributing Editor*

Jasmina is the author of the 'Beyond the Cake' book. With her husband Zvonimir Fras, she has been writing about Croatian gastronomy and customs on social media, garnering a large audience. Here is what she tells us about herself:

I am a fun loving, cake baking, food cooking, people caring, always dancing, nature enjoying chatterbox! My goal is to get you to enjoy preparing your food with or for the people you care about.

See more of Jasmina's fabulous food at: <https://www.zvonimirfras.com/jasmina/>

### **Helen Chin**

*Contributing Editor*

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

Everyone does have to eat food. Food can be creative yet simple, easy and quick within the budgets. It can be presented with taste, colours, comfort, and hearty for everyone. I am grateful to have join some foodie's bloggers and have learned to cook various main meals as well as desserts.

I have mastered my culinary skill from these foodie's bloggers. Thus, I have made many friends who enjoy sharing their food with me. Also, I have recreated their food with my interest in exploring and creating. It has been a mileage of food journey which I hold strongly.

To me, food on the table can bring family members and friends to sit at my table to eat and to communicate, which many people seem to have no time for. I am pleased that I grab this opportunity to pursue cooking as a hobby and it has brought my family together weekly.

See more of Helen's imaginative dishes at [helenscchin.com](http://helenscchin.com)

### **Seema Doraiswamy Sriram**

*Contributing Editor*

Hi, I am Seema Sriram. Stepping into the 8 th year of food blogging as Mildlyindian, we believe in simple fuss-free food, heavily influenced by our travels. Enjoy our Indian inspired vegetarian blog and the unique ideas we try out in our family kitchen.

Enjoy more of Seema's delicious recipes at [mildlyindian.com](http://mildlyindian.com)

**Joy Gordon Stewart**

*Editor in Chief*

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

You can find more of my recipes at:

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

**Priya Vijay Krishnan**

*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.

