



GLOBAL GOURMET

ISSUE NO 10 • MAY 2022



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Letter from the Editor

May 2022

Dear Reader,

School is coming to a close for the year. Spring is in full swing. The weather is glorious and the plants are at their loveliest: blooming and bright green. It is therefore an excellent time to take your meal outdoors. Why not start with a decadent snack, such as Angela Amberden's delectable corn fritters (also called Hushpuppies; pg. 9), or Helen Chin's mouthwatering Curry Puffs (pg. 6)? Perhaps you're longing for a decadent sweet; if so, Mayuri Patel's amazing Mahamri (pg. 8) are small, lightly spiced donuts that easily become addictive.

If it's a lunch picnic, consider my fun take on an old classic and give my Tea Poached Chicken Salad a try (pg. 18). Talking of sandwiches, your taste buds will be delightfully surprised when you try Priya Vijay Krishnan's Peanut Butter & Grilled Cheese Sandwiches (pg. 12); a delicious combination your family will love.

Looking for an easy, no fuss recipe to take to a cookout or potluck? Seema Doraiswamy's fabulous, zesty Lemon Macaroni (pg. 14) is the perfect dish for you!

Lastly, if you want to get fancy with your picnic food, Indrani Sen's utterly marvelous Chorizo Stuffed Jacket Potatoes (cover & pg. 15), each topped with a fried prawn, are an elegant treat that's sure to become a favorite.

We hope you have a wonderful month with many opportunities for dining al fresco.

All the Best from Our Families to Yours,

A handwritten signature in black ink, appearing to read "Joy Gordon Stewart". The signature is written in a cursive, flowing style.

Joy Gordon Stewart & the Global Gourmet Team



These Mouthwatering Curry Puffs Will Awaken Your Senses

By Helen Chin

Curry Puffs are a savory pastry filled with curried potatoes. This dish is commonly eaten in Malaysia and Singapore. It is one of my favourite of my mother's recipes. Whenever I feel the need to have a snack or bring a plate to share with family or I'm invited to a picnic, I make a batch of these oven baked curry puffs. They are eaten as an entree, as well as for picnic lunch. Each one of these delicious parcels is loaded up

with curried minced beef and potatoes with extra spice. This fragrant and delicious filling is then wrapped in puff pastry and baked until golden and crispy. I promise you once you have tried one, you will keep coming back for more!

These curry puffs are proven crowd pleasers and are always gone before people start coming round for seconds. This has prompted me to share my mother's curry puff recipe.

We use curry paste and add a bit more chili powder and turmeric, to add that lovely golden hue. These are also baked rather than deep-fried; a healthier version. Well, my curry puffs are spicy, delicious and great as entrees, picnic snacks or even tea time or desserts. Let's bake!

Curry Puffs

via helenscchin.com

Ingredients

6 puff pastry sheets

Filling

4 medium size potatoes, peeled and diced into small cubes and enough water to cook in microwave

2 Tbs olive oil

1 small brown onion, chopped finely

2 Tbs garlic minced

1 packet A1 Action One curry paste

500 g beef minced

2-4 curry leaves

200 ml coconut milk

1 Tbs chili powder

1/2 Tsp turmeric powder

1 1/2 Tsp sugar

1 Tsp salt, extra

1/4 Tsp pepper, extra

Egg Wash

1 egg

1 Tbs milk

Method

Making the Filling

Put potato and water in microwave safe bowl, microwave cook for about 25-30 minutes until soften. Once done, drain. Then cover and set aside.

In a deep Bessemer pot on high heat, add oil and fry onions and garlic gently until golden brown for 1 minute. Add curry paste and curry leaves; continue frying until fragrant. Then add chili powder, turmeric powder until aromatic about 2 minutes.

Next add beef minced and with a wooden spoon, separate the minced into small bits. Continue to cook and stir until the meat is cooked about 5 minutes. Lower heat to medium heat; add coconut milk, and potato. I like potato to be slightly mash yet till texture-cubed. Check for seasoning. I like it a bit more salt and pepper. Simmer for about 20 minutes to reduce liquid further – want it to be crunchy texture and paste look. Remove pot from hob and allow the mixture to cool down preferably 6 hours to overnight to absorb the curry flavour.

The next day, take out puff pastry from the freezer and allow 20 minutes to thaw. Cover with a wet cloth. Line the baking trays with baking paper.

Assembling the Curry Puffs

Pre heat oven on 200 degrees C. Cut puff pastry into 9 square pieces. Place a pastry square in your palm and add filling using a tablespoon, place in the middle. Fold sides and lightly press sides using a fork. Line pastries on the prepared baking tray.

In a small bowl, beat egg and milk. Brush each curry puffs with egg wash.

Bake curry puffs in the oven for about 20 -22minutes or until golden.

Let them cool on a rack. Then store in an airtight container.

Notes:

Do not put too much filling. Puff pastry will crack open. You can make your own curry paste. Omit coconut milk if you don't want to add in. Omit chili powder and turmeric if you don't want to use them.

Mahamri



These Delightful Spiced Donuts Will Soon Become a Favorite Snack

By Mayuri Patel

What is Mahamri?

Mahamri is like a doughnut but triangular in shape. Sometimes they are rolled out into small circles. Mahamri is a popular flatbread from the East African Coastal Areas. Usually, served as a breakfast option or with curries and stews.

But for my family, Mahamri was a popular picnic food. My kids enjoyed it with milk and the adults with masala tea. Sometimes I would make a sweet corn curry to enjoy with Mahamri. The advantage of Mahamri is that it tastes equally good whether piping hot or cold.

Go on try out this coconut flavoured East African Dish and take it along for your picnics.

Mahmri

via mayuris-jikoni.com

Makes 32 Pieces

Ingredients

3 cups all purpose flour
1 tsp cardamom powder
1 tsp dry active instant yeast
½ cup sugar
¼ cup hot milk
1 cup coconut milk thick
2 tbsp ghee clarified butter or butter
extra flour for dusting
oil for deep frying

Instructions

Preparation of the Dough:

Sieve flour into a big bowl and mix in the cardamom powder and sugar.
Add the instant yeast and mix well.
Add 1 tbsp ghee and rub it into the flour.
Mix the hot milk and coconut milk.
Using the milk mixture, form a soft dough.
Using the remaining butter or ghee, knead the dough for 5 minutes till it becomes smooth.
Lightly grease a bowl. Place the dough in it. Cover with cling film and let the dough rise for about 1½ - 2 hours. Fermenting time will depend on how cold or warm your place is.

Rolling the Mahamri:

Sieve some flour on baking sheets or trays sparingly.
Knead the dough gently. Divide the dough into 8 parts.
Roll each part into a ball.
Roll out one ball into a 6 inch diameter circle, using some flour.
Cut it into 4 parts using a sharp knife or a pizza cutter.

Place the triangles onto the floured baking sheet or tray.

Repeat with the remaining dough.

Frying Mahamri:

Heat oil in a frying pan, wok or karai over medium heat. Add a small piece of the dough into the hot oil. If it sizzles and comes up immediately then the oil is ready.

When it is hot, place the triangles (3 to 4 at a time) in it gently and fry till they are golden brown. Remember not to fry them over high heat as they will brown quickly and the inside will remain raw.

Remove the fried mahamri into a colander and repeat with the remaining triangles.

Serve hot with any curry of your choice or some spicy tea or coffee.

Notes

Mahamri can be served with chicken or fish cooked in coconut milk.

Store leftover mahamri in an airtight container so that it does not dry up.

Can roll the dough into small circles and make mahamri. Similar size to a medium cookie.

If you are not using instant yeast, then use warm milk to activate the yeast. Let the yeast become frothy for 10 minutes before using to form the dough.

The dough should not be too soft as it will be difficult to pick the mahamri up for frying.



Hushpuppies are Fantastic Classic Corn Fritters Perfect for Eating Outdoors

By Angela Amberden

One of our favorite treats to bring with us on the ever popular Springtime picnic is light and fluffy corn fritters. Along with delicious crispy fried chicken, they are a Southern staple and unanimous crowd pleaser. My recipe utilizes the early sweet corn that can crop up ahead of the late Summer corn crop. Served with honey, butter, remoulade or just on their own, the delicious “pups” never go to waste and the last one is always fought over.

Picnic Corn Fritters (Hushpuppies)

Ingredients:

1 cup cornmeal
1 cup all purpose flour
2 tbs sugar
1 tsp baking soda
1 tsp baking powder
½ tsp creole seasoning

½ tsp salt
½ cup milk + ½ tsp white vinegar
or ½ cup buttermilk
2 ½ tbsp vegetable oil
1 large egg
¼ medium sized onion, grated
1 cup (one cob's worth) corn kernels (canned or frozen
are ok too)
oil for frying

Method:

Wisk together the first seven ingredients. Make a well
in the dry ingredients and add
milk/vinegar/buttermilk, vegetable oil and egg. Mix
until combined. Do not over mix.

Fold in grated onion and corn kernels.

Using a small disher or two tablespoons, scoop small
heaps of mixture into oil/grease that has been heated
to 350 degrees.

Cook for 3 minutes or until golden brown, turning
once.

Remove to paper towels and salt liberally.

Enjoy!



**This Fabulous, Unique
Sandwich Combo Will
Be a Hit at Your Next
Picnic**

By Priya Vijay Krishnan

Does cheese and peanut butter sound like a weird combination to you? Well, it may feel so; but peanut butter and cheese in a sandwich is a hit combo. The salt from the cheese and the sweetness from the peanut butter compliment each other so well that it is a heavenly experience when we take a bite . Especially when the sandwiches are grilled or toasted the extra crunch from the toasted bread makes it all the more delicious.

These sandwiches are a perfect choice for packing in lunch boxes,picnics or even as a quick morning breakfast

before we head out for the day

Instead of just grilling cheese and peanut butter I have prepared a cheesy filling with some chopped capsicum,grated carrots, finely chopped tomatoes with some mild spices to make it healthy and sumptuous.

Boiled sweet corn, grated paneer and chopped onions can also be added to the filling.

Peanut Butter Cheese Sandwiches

via sweetspicytasty.com

Preparation Time - 15 mins

Grilling / Roasting Time - 3 mins per sandwich

Makes - 3 sandwiches

Ingredients

6 slices of bread (any variety that you like)

Peanut butter to spread

Butter for roasting/Grilling

3 cheese cubes

1 carrot grated

1 capsicum finely chopped

1 tomato deseeded and finely chopped

Chilli flakes as needed

1 tsp pepper powder

1 tbsp tomato sauce

Finely chopped corriander

Method

In a wide mixing bowl, grate the cheese. Add all the chopped vegetables, chilli flakes , pepper powder and give it a gentle toss. Mix the tomato sauce gently. Keep it refrigerated if you are going to make it after a while or if it is too hot in your city. We don't want the cheese to melt before grilling the sandwiches.

Heat up the grill pan.

Take a slice of bread, spread the peanut butter on it and top it with the cheese filling. Cover using the other slice of bread.

Apply some butter to the pan and roast the sandwich on both sides until crisp,golden brown and crunchy.

Let it cool for a minute and then slice it the way you like and serve hot!



Bring this Refreshing, Zingy Lemon Macaroni to Your Next Picnic

By Seema Doraiswamy

Refreshingly simple, this tangy lemon macaroni recipe with Indian style tempering is a fantastic fusion

recipe you must try. Make it with whole wheat pasta, regular pasta or gluten-free ones the Indian macaroni recipe pleases the age groups. It is one of our

best-sought picnic recipes and the colour reflects the happy spring-summer season. Enjoy the recipe and add it to your picnic baskets.

Recipe Link:

<https://mildlyindian.com/lemon-macaroni-indian-macaroni>

Lemon Macaroni

via mildlyindian.com

Ingredients:

2 cups elbow macaroni
drinking water for cooking the pasta
salt to taste

Tempering

2 tsp cooking oil
1/2 tsp mustard seeds
1 tsp urad dal
1 tsp flax seeds
2 tbsp almonds
2 tbsp cashew nuts
1/2 tsp ginger chopped fine
1 sprig curry leaves
2 green chill slit
1-2 cloves garlic
1/2 tsp turmeric powder
To toss into the pasta
1/4 cup lemon juice
1 tbsp coriander leaves

How to make this Lemon Macaroni

Boil the water and cook the pasta as per pack instructions. Add the salt to the pasta water before cooking the pasta

Once cooked, drain the pasta and set aside.

Set a pan and add the oil.

As it heats up, crackle the mustard followed by the urad dal, nuts ginger, curry leaves, chilies and flax seed.

When the dal looks golden and the ginger and garlic are aromatic, remove from heat and add the turmeric powder.

The turmeric will only mildly sizzle, don't allow it to burn.

Add the cooked macaroni.

Toss well, add the lemon juice and coriander leaves and mix well.

The pasta is now ready to serve.



These Fried Prawn Topped Twice Baked Potatoes are Heavenly

By Indrani Sen

This dish is a delicious recipe with potatoes stuffed with prawns and chorizo. The fillings can be versatile and can be chosen as per preference.

Baked Jacket Potato with Prawns Recipe

via indrani-will-teach.com

Ingredients

10 to 12 potatoes
1/4 cup Olive oil for brushing
1 tomato finely chopped
2 garlic cloves finely chopped
Chives finely chopped
1 onion finely chopped
1 tbsp coarsely ground black pepper
2 green chillies finely chopped
1 tsp. dried basil
cheese 1 cup grated
100 gms prawns chopped
4 pork chorizo casings removed
3 to 4 Bacon torn into pieces.

Method

Potato jackets

Wash and dry the potatoes.
Prick the potatoes with fork
Brush with olive oil
Bake in the oven for an hour, till the skin is crispy.
Cool them and scoop out the flesh.

Fillings

Heat 1 tsp. of olive oil
Fry chopped onions and garlic
Add tomatoes and chives
Add salt to taste and sauté.
Add the spices and herbs
Add the chorizo and prawns and cook for 2 minutes
Add fried bacon and mix
Then add the scooped out potato.
Mix everything together.

Assemble

Fill the potatoes with the cooked filling
Add grated cheese
Bake for 8 to 10 minutes.
Serve with a fried prawn on top.



This Fun Take on a Classic Sandwich Filling is Going to Impress & Surprise You

By Joy Gordon Stewart

Have you ever craved chicken salad without having any leftover roast chicken with which to make it? I have and rather than longing for it I usually decide to poach some chicken for the salad. I typically use bay leaves, peppercorns and a few whole pieces of the veggies in mirepoix to flavor the broth, but lately I've been thinking about which dishes might be good with tea. I recalled some lovely tea-poached chicken wings I'd had at a chain called Saint's Alp and the idea for tea

poached chicken salad was born. To heighten the depth of the flavor profile I wanted to add toasted walnuts, which led to apples, which led to golden raisins, which (naturally) led to the addition of celery. This is essentially a tea-poached spin on Waldorf salad with chicken as the star. I enjoyed it alongside some homemade baked salt and pepper potato chips. If homemade chips aren't your thing I recommend kettle cooked chips alongside a sandwich piled high with this yummy salad!

And I have a hunch that tea might be the new gourmet flavor of the year. I certainly love its flavor in chocolate truffles--seriously, Earl Grey truffles are fabulous!

Tea Poached Chicken Salad w/ Toasted Walnuts, Apples & Raisins

via joyouskitchen.blogspot.com

Ingredients:

For the poached chicken:

3/4 lbs. organic skinless and boneless chicken breast
3 bags of black tea of choice (I used English Breakfast; I had it on hand)
2 cups water
1 whole clove (the sweet spice)
4 peppercorns, gently crushed
1/2 lemon sliced width wise

For the salad:

3 small celery heart stalks
1 honeycrisp apple, cut into bite sized pieces and placed in acidulated water (see notes)
1/4 cup golden raisins
1 large stalk outer celery stem, chopped into large-ish pieces
1/4 cup toasted walnuts, minced (see notes)
1/4 cup mayonnaise, homemade or store bought

Method

Bring 2 cups of water to a boil in a small pot, then remove from heat. Add tea bags and steep for 4 minutes. Remove tea bags and set tea aside to cool. While tea is cooling, fit chicken snugly in a single layer in the bottom of a heavy-bottomed saucepan. Cover with lemon slices and top with the tender celery stalks. Sprinkle pepper and clove around the edges of the chicken.

When the tea has cooled to room temperature add it to the pan with the chicken until it just covers the chicken. Bring tea and chicken to a boil, then mostly cover and reduce the heat to a simmer. Simmer for ten minutes.

When the chicken has been simmering for 10 minutes, remove the pan from heat and allow the chicken to sit for another 15 - 20 minutes in the hot liquid.

Remove chicken from poaching liquid and pour liquid into a mixing bowl; try to avoid adding the solids from the poaching liquid, if possible.

Shred chicken between two dinner forks and add to mixing bowl with liquid. Allow this mixture to cool and the chicken to absorb more of the poaching liquid.

Squeeze the excess liquid off of the chicken before adding it to a larger mixing bowl. Add the salad ingredients and mix to incorporate. Serve on crusty bread.

Notes: To make toasted walnuts cook walnuts in a single layer on an ungreased cookie sheet in an oven preheated to 375 for 2-3 minutes, or until you start to smell walnuts in the house; remove promptly, because walnuts are easy to burn. To make acidulated water for soaking the apples, mix about 1 teaspoon lemon juice to 2 cups water. Submerging them in acidulated water will keep them from browning as quickly.

Global Gourmet Magazine Contributors

Angela Amberden

Contributing Editor

Angela is a work from home writer who was an Executive Chef in her past life, (before kids).

She has chosen to use SIP to perfect some life-long bucket list food items such as sourdough bread, bagels and croissants. Mastery of multicultural delicacies are also keeping her busy. These ten weeks have been challenging as for everyone, but Angela has used baking and the subsequent gifting of baked goods

to stave off the insanity.

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

Seema Doraiswamy

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

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

Indrani Sen

Contributing Editor

I am a foodie, recipe developer, food blogger, food writer,
Data Scientist, corporate trainer in Data Science and Machine Learning. I am a

mother to my daughter and love cooking food for family and friends!

blog://www.indrani-will-teach.com/

Twitter: @indraniwillteach

Instagram: @indraniwillteach

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 Vijay Krishnan

Contributing Editor

I started blogging when I moved to the US to ward off 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.

Contributor Collage: (Clockwise From Top Left) *Curry Puffs* - Helen Chin; *Tea Poached Chicken Salad* - Joy Gordon Stewart; *Hushpuppies* - Angela Amberden; *Mahamri* - Mayuri Patel; *Grilled Cheese with Peanut Butter* - Priya Vijay Krishnan; *Lemon Macaroni* - Seema Doraiswamy