



**GLOBAL GOURMET**  
*magazine*

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## **Letter from the Editor**

*May, 2023*

Dear Reader,

Have you ever eaten something while dining out that was so fabulous that you just *had* to try to recreate it at home? I certainly have. As an editor of a recipe magazine, a caterer for more than a decade and a food writer, food is something I think a lot about.

As do my incomparable contributors, among whom are chefs, cooking instructors and fellow food writers. When I want to try something really delicious, these are the people I look to for recipes and ideas. They also have dishes they recreated at home.

What do chefs and foodies dream of when they dream of the tastiest meals they've ever had? You can bet it is marvelous; something you cannot wait to discover. With this month's issue we will do just that.

In my case, the dish I'm offering this month was inspired by an inn and restaurant in Saugerties, NY, which my now husband and I tried out while searching for our wedding venue. Although we ended up going with a different venue, I won't soon forget the glorious pasta dish of spicy sausage, littleneck clams and broccoli rabe pesto they served us, and my Kale Pesto with Pecans (pg. 16) is an homage to that dining experience.

Speaking of homages, Helen Chin's Spicy and Sour Assam Pedas Fish (pg. 11) is a delightful culinary love letter to the fragrant dishes of her hometown of Penang. As well, Swati Malik's mouth-watering Vegetables in Hot Garlic Sauce (pg. 13) is an at home version of her and her family's favorite Chinese takeout.

Mayuri Patel's excellent Kenyan Style Masala Chips (pg. 3) are a comforting and delicious throwback to the drive up meals of her childhood. A more recently discovered passion, Archana Potdar's Goan Style Potato Curry (Batata Sukhi Bhaji, pg. 9) is a fragrant, spicy dish that can be eaten as a main course, a snack and anything in between.

For a smashing, restaurant quality dish, you must try Azlin Bloor's amazing Mushroom Risotto with Truffle Oil (Risotto ai Funghi all'Olio di Tartufo, cover & pg. 6). If you've ever wanted to try making risotto but felt it might be difficult or finicky, you will be delighted to find that Azlin's recipe will turn you from solely a risotto eater to a risotto maker, and a confident one at that!

I'm truly excited to bring you this outstanding issue. We hope you enjoy!

All the Best,

Joy Gordon Stewart, Ed. in Chief & The Global Gourmet Magazine Team



## These Flavorful, Delicious Fries are Great As a Snack a Side or Any Time

*By Mayuri's Jikoni*

was exciting. Now Masala Chips are referred to as Masala Fries on their menu. Exotica is not the only restaurant selling masala chips. So many other fast food places sell it. Slush is one of them, So does Chowpatty. In Mombasa, Blue Room does them very well.

### **Kenyan Style Masala Chips**

*Serves 4*

By [Mayuri's Jikoni](#)

### *Ingredients*

200 -300 g chips/french fries  
¾ cup onion finely chopped  
1 tsp ginger paste  
1-2 green chillis chopped  
1 tbsp garlic paste  
1 tbsp oil  
1 tsp red chilli powder or paprika  
1 tsp coriander powder  
½ tsp turmeric powder  
2 tbsp tomato ketchup  
½ cup fresh tomato puree thick  
1 tbsp chilli sauce  
½ -1 tsp salt

**K**enyan Style Masala Chips also known as chips masala, is a popular dish on most restaurant menus in Kenya. Easy to make, spicy and tasty. It is a must to try out these chips when in Kenya.

Here, chips are what the North Americans call French Fries. Being a former British Colony, chips is the word used for french fries and the North American Chips is what we call crisps.

How did this popular dish come about? No idea but all I know is that the love for Masala Chips started from Exotica Restaurant in Nairobi when I was a kid. At that time the restaurant was very small, so the majority of the people ordered food from their cars. The whole experience of sitting in the car and enjoying a meal

2 tbsp fresh coriander chopped

### *Instructions*

First prepare the chips or french fries. I used frozen ones which I baked in the oven following the instructions on the packet.

Heat oil in a wide pan over medium heat.

Add chopped onion and stir fry till it becomes soft.

Add garlic paste and stir fry till it begins to turn light pink.

Add ginger and chilli. Stir fry for a few seconds.

Add turmeric, chilli, coriander powders and mix well.

Immediately add the tomato ketchup. Mix well.

Add tomato puree and chilli sauce. Mix well.

Allow the sauce to become a bit thick, it should not be watery at all.

Add the fried, air fried or baked chips.

Sprinkle salt over it. Mix well. Allow the mixture to become hot and mix gently occasionally.

Add chopped coriander, mix well and serve immediately as a side dish or on its own as a snack.

### *Tips:*

Allow the chips/fries to become a bit crunchy so that they do not become soggy when you add to the masala.

Adjust the spice level according to your taste.

Be careful when you add salt. Some frozen chips/fries are already salted.

Usually it is best to consume masala chips as soon as you prepare it. However, if it becomes cold, just heat it up in the pan or in the microwave oven.



## Mushroom Risotto with Truffle Oil (Risotto ai Funghi all'Olio di Tartufo)

*By Azlin Bloor*

**M**ushroom Risotto is a classic restaurant meal and always a popular choice for many. Here, it's taken up a level with the addition of truffle oil.

This is not a difficult recipe to recreate at home. My suggestion to you would be to source out about 3-4 different types of mushrooms, if possible. Or at the very least, 3, even if they are dried mushrooms.

Using just one type of mushroom in your mushroom risotto is doing it a monumental disservice. You want to cook a mushroom risotto that's going to stand out from the crowd and that's going to make your tastebuds dance! Just like the one you had at your favourite Italian restaurant!

### **Mushroom Risotto with Truffle Oil (Risotto ai Funghi all'Olio di Tartufo)**

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

#### *Ingredients*

2 litres (8 cups) chicken or vegetable stock

1 medium onion

1 small sprig rosemary

500 g (1.1 lb) mixed mushrooms (wild and otherwise)

3 Tbsp salted butter

3 Tbsp EV olive oil

2 Tbsp dry sherry optional

400 g (14 oz) carnaroli rice (or any risotto rice you can get)

125 ml (½ cup) dry white wine (skip if you don't do alcohol)

Salt if needed

freshly ground black pepper

#### *For finishing the Risotto*

1 Tbsp cold salted butter

2 Tbsp truffle oil and a little more for serving

60 g ( 2 oz) parmesan cheese

#### *Method*

##### *Prep Work*

Place your stock, or water plus stockpots on high heat. Once it's boiling, lower the heat down and leave it to simmer happily.

While waiting for the stock, chop the onion finely. Pick the rosemary leaves. Set aside.

Clean the mushrooms by brushing off any dirt. Wash them if you like, but be sure to gently dab them dry with a kitchen paper. Then slice them up into fairly same lengths and thickness. This is probably not as easy as it sounds as the mushrooms will come in all sorts of shape and sizes!

##### *Cooking the Risotto*

Heat 1 Tbsp of the butter and olive oil in a pan that's at least at least 7.5cm/3" high, over medium-high heat and sauté the mushrooms.

Sprinkle a generous pinch of salt and some freshly ground black pepper, and stir to mix. Cook until the mushrooms have released their liquid and have taken on a little colour. This will take a good 5 minutes. Make sure the liquid from the mushrooms has evaporated.

Add the sherry, if using, and cook it all off, stirring a few times. Tip the mushrooms out onto a plate and set aside.

In the same pan, add the rest of the butter and olive oil, and heat on low heat.

Add the onions, and cook for 3 minutes, stirring, until the onions have softened.



Add the rice and coat with all that fat, stirring well.  
Toast the rice for 3 more minutes, until the edges turn translucent.

Increase the heat to medium and pour in the wine, stir, and leave to evaporate, stirring a little. (Skip this step, if you don't do alcohol.)

Add 1 cup of the simmering stock and stir gently. You can take a break, it doesn't need to be round and round constantly, just regular stirring while the stock evaporates.

When the stock has evaporated, add half a cup more of the stock, stir, and repeat this process for 12 minutes. Yes, watch the clock or put your kitchen timer on.

Check the rice at the 12 minute mark. It should be just about done, depending on your rice, and the heat. Is it cooked - soft on the outside with just a bite (not soft right through) in the middle? You should just about see a tiny, white opaque centre. If it's not done, add 1/4 cup stock, and stir. When that stock has been absorbed, check again.

Then check the seasoning - does it need salt? Add some if you think it does, and stir it in.

Tip in about 3/4 of the mushrooms, and stir thoroughly to fold the mushrooms in, and heat through for about 30 seconds. Keep the rest aside for topping.

Take off the heat. Stir in the butter, 2 Tbsp of the truffle oil and the parmesan and stir it all in thoroughly and vigorously for a whole 30 seconds. Cover and leave to rest for 2 minutes.

Serve up your risotto, topping each one with a few of the sautéed mushrooms and a few drops more of the truffle oil, either on the mushrooms or on the rice.



## Batata Sukhi Bhaji|Goan Style

# This Delightful Potato Curry Will Quickly Become a Family Favorite

*By Archana Potdar*

**T**he first time I ate bhaji it was for a cricket match I had gone where Girish was playing and lunch in the village was bhaji pav.

Used to rice dal, etc, this was quite a revelation, and when I ate the bhaji I must say I loved it. Since then

there is no looking back. I will eat bhaji pav for lunch, dinner and even for snacks and breakfast.

One day I was telling my friend, Sheetal that I loved the bhaji that is made in a particular restaurant. She was are you crazy, you spend good money on that sukhi bhaji? This is how you make it and she rattled it off. Since then there is no looking back.

### **Batata Sukhi Bhaji|Goan Style Potato Curry**

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

*Prep Time* 10 mins

*Cook Time* 10 mins

#### *Ingredients*

4 potatoes, boiled peeled and cubed

2 teaspoon oil

1 teaspoon Mustard seeds

1 teaspoon jeera/cumin seeds

¼ teaspoon hing

1 spring curry leaves

½ teaspoon haldi/turmeric powder

1 tablespoon ginger grated

3-4 green chillies chopped fine

1 teaspoon jeera/cumin powder

2 cups water approx

Salt

1 lemon juiced, adjust as per taste

Coriander chopped fine

#### *Instructions*

In a kadhai/wok, heat the oil pan.

Saute the mustard seeds until fragrant, then add the jeera (cumin seeds) and hing. (Asafoetida, which can be purchased online. [Here](#) is an excellent article about this spice.)

Add the haldi (turmeric) and curry leaves and stir for a second or 2.

Add the chopped potatoes, ginger, and a few of the chillies.

Mix well, add 1 cup water, salt and the cumin powder.

Bring to a boil.<sup>[1]</sup><sup>[SEP]</sup>Cover and let it simmer for about 5-10 minutes. Add more water if needed.

Get the vegetable off the gas and add the lemon juice, rest of the green chillies and coriander.

Serve hot with Kurkurit pav, unne, roti or Buns

#### *Notes*

If you plan to serve it a little later then leave the vegetable with a little extra gravy. The water dries up.

You can also add onions and fry them till translucent. Add ginger and garlic paste too in the onions.

#### *Serving suggestion :*

Serve hot with Kurkurit pav, unne, roti or Buns, laccha, paratha.

My kids love a mix of sukhi bhaji and chana Cho ras with buns.



## This Spicy, Tart Fish Dish Has A Perfect Balance of Flavors

*By Helen Chin*

**A**ssam means sour and Pedas mean spicy (hot) curry, popular among Malaysians. Thus, in my hometown, Penang when I was growing up, my family loved to go to this little Malay restaurant which is famous for its Assam Pedas Fish. When the restaurant shut down, Grandma and the servants tried to cook this Assam Pedas curry for us. I guess Asam Pedas fish is easy to prepare when the ingredients are readily available in the wet market and dry market.

Grandma usually use ikan pari (sting ray) or skate. I can't get it here and it's expensive, so I decided to use rockling fillets instead. You can replace it with any

white fish, like rockling, basa or sea bass. Note: many cooks and recipes on google use different fish. Most Malaysian people will use stingray, Spanish mackerel, and so too are many cooks and in recipes around the world.

I never cook Assam Pedas and it's my first time. I am glad to find Grandma's secret ingredients in Asian grocery stores here in Australia, which I hardly visit as I don't have one near me. I am sure other cooks and recipes have similar ingredients. I use kaffir lime leaves instead. Tamarind plays a strong appetising taste to this Assam Pedas fish. I am happy with my

Assam Pedas even without ikan pari, Daun kesum and Bunga kantan.

Note from Grandma: leave it for a few hours once it's done, to fully absorb the appetising flavors. Best to simmer Assam Pedas again before eating to avoid upset stomach and to bring out the rich bold appetising taste from tamarind, spices, rockling and vegetables. Enjoy!!!!

### **Assam Pedas Fish**

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

#### *Ingredients*

500 g rockling fillets, washed and patted dry  
12-14 okras (ladies' fingers), washed  
6 hard-boiled eggs  
4 kaffir lime leaves  
2 small carrots, sliced diagonally  
2 small tomatoes, wedges  
1 onion peeled, halved and sliced  
5 Tbs of cooking oil  
1-2 Tbs palm sugar  
salt  
Spice Paste  
4 shallots, peeled  
3 garlic, peeled  
2 stalk of lemongrass white part only, bruise slightly, cut into pieces  
1-2 Tbs water to help blend spice  
1/2 Tbs belacan (prawn paste)  
3 cm galangal, sliced  
2 candlenuts, pounded slightly  
12 dried chilies, depending on how spicy you like  
6 fresh red chilies, seeded  
Tamarind juice  
50 g tamarind paste, mixed with 500 ml hot water, then strained to get juice

#### *Method*

Blend spice ingredients with 2 tablespoons of water until smooth.

Cut rockling into thick slices and season with salt. Set aside for 10-15 minutes. Place tamarind paste in a small metal strainer over a bowl. Pour hot water over it. Stir and press down on the tamarind paste with a spoon to dissolve.

Heat oil over medium heat to sauté blended ingredients for 2-3 minutes. Once the oil separates from blended ingredients, pour tamarind juice into the pot. Add salt to taste, stir to combine. Place the lid on the pot and allow the sauce to come to a boil.

Reduce heat and continue to simmer for 10 minutes. Remove the lid. Add carrots, tomato wedges, onions, okras, kaffir lime leaves and bring to boil. Place the lid back on the pot. Continue to cook for another 3 minutes or until okra is tender. Add fillets, salt, and palm sugar. Simmer on low heat for 5 minutes or until the fish is cooked. Turn off the stove. Leave it for a few hours in the pot.

While waiting for it to absorb the appetising flavors, bring water to boil to make hard boiled eggs. Then wash up the utensils, dry and keep them back in the cupboard. Wash Chinese broccoli and cut up. Then cut fresh pineapple into bite size, and cucumber, cut into bite size too. Place in the fridge until needed.

Once cooked, peel the shell and add in hard boiled eggs and stir to coat with the curry. Cook rice. Stir fry Chinese broccoli with garlic. Meanwhile, simmer curry to warm up again and serve hot with rice, Chinese broccoli, pineapples and cucumbers.



## Forget Takeout: Vegetables in Hot Garlic Sauce is Going to Be Your Perfect Night In

*By Swati Malik*

Nothing can be more comforting than a piping hot bowl of vegetables made in Hot Garlic Sauce. Here I bring you the recipe for your most favorite Chinese takeout...*Vegetables in Hot Garlic Sauce*.

Looking for something delicious, spicy loaded with lots of flavour! Try this *Restaurant Style* or your favourite *Takeout Style, Mixed Vegetables in Hot Garlic Sauce*. Something so easy, yet so exotic to put together when guests are coming over or you are in a mood for celebrations!!

It's perfect for weekend meals, pair it with mixed vegetable fried rice or simply with steamed rice or a bowl of garlic and spring onion noodles for a more garlicky kick! Or, have it just as is, like a stew or soup!

The herbs, vegetables and sauces used in this lip-smacking delicious gravy not only soothes your taste buds but also helps if you have weather related cold and cough.

*Ingredients for Vegetables in Hot Garlic Sauce*

The best thing about this spicy hot curry is that you can customize it as per your taste and the availability of vegetables.

The heat in the vegetable curry comes from the chili flakes and red chili sauce or siracha. Add a tangy taste with vinegar( I use apple cider). Many add tomato ketchup also, but I prefer to add brown sugar for the hint of sweet taste.

*Bell Peppers(any color)* - or colored Capsicums (as known in India) are a must in any Chinese recipe. These add crunch and a lot of peppery flavor.

*Bok Choy* - I got a bunch of Bok Choy from the vegetable vendor. Skip if it is not available.

*Carrots* - I have added Delhi Red Carrot which is a seasonal carrot variety available in North India during winter season. You can use Orange carrots.

*Mushrooms* - I love to add mushrooms(button mushroom) in most of Indo-Chinese dishes. This edible fungi also adds a meaty texture to any veggie based curry. You can add any other variety of mushroom whichever you prefer. Re-hydrate the dried mushrooms before adding to the sauce.

*Broccoli Florets* and *Baby Corn* - are the other favourite veggies that I love to use. Add so much crunch and flavor along with nutrition to the curry.

*Herbs*- Spring Onions(both bulb and stalk), Garlic Cloves, Ginger.

I also added *Fresh Green Garlic* as it is locally available in winters and adds a nice fresh garlic taste to curries. No worries if you do not have it.

*You can also add* - Zucchini, Sweet peas, Cauliflower, Cabbage(purple/green), Eggplant/Aubergine, Bamboo Shoots, Napa Cabbage are a few to name here.

*Moong Sprouts, Tofu* and *Paneer* can also be added in the recipe to add the protein to the curry.

Do not sauté veggies for long. It will become soggy and lose the crunch.

### *Sauces*

*Sesame Oil* adds a nice nutty flavour, but if you do not have it , use any other good plant based oil.

Those with gluten allergies can use *gluten-free Soy Sauce* or *Tamari Sauce*.

Also, I have added *arrowroot* for thickening the sauce. It is gluten -free and can be easily used by everyone. You can also add *cornstarch/cornflour*(as known in India).

### **Vegetables in Hot Garlic Sauce**

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

### *Ingredients*

#### *Vegetables*

3-4 Cups Mixed Veggies (Bell Peppers, Baby Corn, Mushrooms, Carrots, Bak Choy)

1-2 Spring Onion Stalks with bulbs

2 tbsp Finely Chopped Garlic

1" Fresh Ginger piece(finely chopped)

1 medium Red Onion(finely chopped)

1-2 Fresh Garlic stalks optional

#### *Condiments*

2 tbsp Sesame Oil or whichever you prefer

2 tbsp Arrowroot/ Cornstarch

2-3 tsp Siracha or Red Chilli Sauce or as preferred

2 tsp Soy Sauce

1-2 tsp Vinegar optional

1 tsp Black Pepper Powder or as required  
1-2 tsp Red Chilli Flakes  
1 tsp Brown Sugar  
Salt as required  
3-4 cups Water or Vegetable Broth

### *Instructions*

Wash nicely and prepare your veggies.  
If adding Bok Choy, separate bok choy leaves and whole like I did or chop it roughly.  
Finely chop garlic and ginger, onion, spring onion and fresh garlic bulbs.  
Finely chop Spring Onion and fresh garlic stalks.  
Keep all your sauces handy when you start cooking the curry.  
Make arrowroot slurry after adding veggies as it gets thick if you make it earlier. Add arrowroot in ¼ cup water. Add 1-2 tsp more arrowroot for a thicker sauce.  
In a work/pan, add oil, once it is hot add finely chopped garlic ginger. Saute for a few seconds and then add chopped spring onion bulbs and onions. Add fresh garlic also, if using in the recipe.  
Sauté onions for 1-2 mins. Do not let it brown.  
Now add veggies one by one. Add mushrooms first and cook for a few seconds before adding other veggies.  
Sauté veggies just 1-2 mins. if you want a nice crunch.  
If we sauté the veggies more it turns soggy and spoils the texture of the dish.  
Add red chilli flakes, black pepper powder, sauces one by one and lightly mix , coating the veggies.  
Now add water/vegetable broth. When it starts to boil add arrowroot/cornstarch slurry and quickly mix it, else the sauce will get lumps in it.  
Adjust the quantity of water in sauce as required.  
Let it boil for 1-2 mins. or till the sauce gets a nice glossy shine. Keep lightly stirring in between. Then switch off the gas.  
If serving immediately, garnish with spring onions and fresh garlic greens. Else, add garnish just before serving.

### *Notes*

Adjust the amount of condiments as per your heat tolerance.

Add veggies as per the availability.

Cube bell peppers in the same size. Cut button mushrooms in halves and then in the size as required but of equal size.

Use fresh ginger and garlic in the recipe. Any store bought or pre-made paste won't give the required flavour.

The curry thickens on keeping with time. Reheat on medium flame and add little water to adjust the consistency.

Add salt carefully as the soy sauce and siracha/red chili sauce already have salt.

Cook the veggies on high flame stirring to keep the crunch as veggies lose water when cooked on slow/low heat. And cook for 1-2 mins only.





## This Fabulous Pesto is a Great Way to Use Up Leafy Greens

*By Jory Gordon Stewart*

**A**re you growing kale in your garden? We've had lots of cold weather this spring, but it was interspersed with some very *hot* weather and so my brassicas, kale included, have all bolted (gone to seed). I'd been planning to make some kale pesto even before I'd realized they'd bolted (seems like it happens overnight!). I'd had broccoli raab pesto at a restaurant before with littleneck clams, navy beans and spicy

sausage tossed with farfalle and it was excellent. The fresh, grassy, sweet broccoli taste was present, but was in no way overwhelming. I had a similar good feeling about the taste of kale pesto, and I am pleased to say I was right. It was just as delightful as its broccoli raab counterpart and even less funky. The toasted pecans lent it a lovely bit of sweetness. It is a good way to use up Kale that has bolted, as it does not taste bitter, especially alongside the sweet, nutty

toasted pecans. I never include cheese in my pesto (only add it at the time of serving), as it keeps better in the fridge.

The first night we enjoyed it on oversized macaroni noodles with lots of parmesan. Night two we enjoyed it with a sweet potato fry and andouille sausage tray bake. It was delightful! I've included the recipe for the pesto as well as the tray bake. For the tray bake, any spicy sausage will do, as long as it is already fully cooked.

### **Kale Pesto**

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

Yield: 1.5 cups

#### *Ingredients*

2 cups kale, stems trimmed off  
5 cloves garlic, peeled  
1 cup olive oil  
Big pinch kosher or sea salt

1/2 cup toasted pecans (toast at 350 for no more than 3 minutes)

Parmesan, Romano or Pecorino for serving (to taste)

#### *Method*

Combine all ingredients except cheese in your blender. Pulse until it has become a silky paste.

#### *To Serve*

Boil pasta according to package directions. When pasta is done, ladle 1/4 to 1/3 cup pasta water into your serving dish, along with 1/4 cup pesto, a handful of grated cheese and 1 Tablespoon butter. Toss in pasta

and stir to thoroughly coat. Serve with the amount of cheese preferred by each person.

### **Sweet Potato Fries and Andouille Tray Bake**

*Serves:* 4

#### *Ingredients*

1.25 lbs sweet potato, cut into 1/2" wedges  
1 lb andouille sausage, but on the bias into 1/2" chunks  
1/4 teaspoon chili powder  
1/4 teaspoon smoked paprika  
Salt, to taste  
Pepper, to taste  
2 Tablespoons Olive Oil  
2 Tablespoons Kale and Toasted Pecan Pesto (recipe above)

#### *Method*

Preheat the oven to 400F. Toss sweet potato wedges with olive oil, salt, pepper, chili powder and smoked paprika. Spread in an even layer on a baking sheet. Bake for 15 minutes. Remove tray from the oven and raise heat to 450F. Spread sausage slices evenly. Return to the oven and bake for five minutes, or until the fries are fully cooked and the sausage has crisped up a bit. Serve tossed with Kale and Toasted Pecan Pesto.

## **Global Gourmet Magazine May Contributors**

### **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 technics.

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

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

To me food on the table can bring family members and friends to sit on my table to eat and to communicate which many people seems to have no time for each other's always on the go. I am pleased that I grab this opportunity to pursue cooking as a hobby and it had brought my family gathered weekly.

Find more of Helen's delightful, imaginative dishes at: <https://helenscchin.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>

### **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](http://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/>

**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)