

# Global Gourmet *Magazine*

THE SOUP  
ISSUE



*November | 2022*

**Table of Contents**

**Letter from the Editor.....pg. 2**

  

**Roasted Pumpkin Soup.....pg. 4**  
*By Seema Doraiswamy Sriram*

  

**Hokkien Har Mee Noodle Soup.....pg. 6**  
*By Helen Chin*

  

**Lentil, Bacon & Parsley Stew.....pg. 9**  
*By Joy Gordon Stewart*

  

**Moong Dal Shorba.....pg. 10**  
*By Mayuri Patel*

  

**Croatian Potato Soup.....pg. 12**  
*By Jasmina Brozovic*

  

**Global Gourmet Contributors.....pg.S 14 - 15**

## **Letter from the Editor**

Nov 2022

Dear Readers,

The coziest thing in autumn is to curl up with a hot, steaming bowl of delicious soup. One of the wonderful things about soup is how broad a concept it is. From chowders, chilis and bisques to stews, soup is one of the most diverse and satisfying types of food. This chilly November month, our issue is all about soup. Could we have created a Thanksgiving issue? Sure, but we have [two years'](#) worth of holiday recipes for you to browse through in our archives and December will once again be dedicated to festive foods and homemade gifts, so there is plenty of material for you to choose from for your holiday meals. We thought we would do something a little different this month.

Are you in a place where pumpkins are in season, and can be purchased for a song? Try Seema Doraiswamy Sriram's glorious Roasted Pumpkin Soup (pg. 4). How about an aromatic and filling bean soup? Mayuri Patel's Moong Dal Shorba (pg. 10 & cover image) is a filling and flavorful recipe your family will love. Speaking of beans, if you like a hearty stew, full of fiber and you love bacon (who doesn't?), give my Lentil & Bacon Stew with Parsley (pg. 9) a try. In the mood for a noodle soup? Helen Chin's marvelous Hokkien Har Mee noodle soup (pg. 6) is full of mouthwatering proteins and flavor. Do you like creamy soups? Jasmina Brozovic's hearty, stunning Croatian Potato Soup (pg. 12) is sure to become a new favorite.

So browse the issue, get busy in the kitchen and then prepare to be warmed and comforted from head to toe.

All the Best from Our Families to Yours,

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





# This Glorious Seasonal Soup is the Essence of Autumn

*By Seema Doraiswamy Sriram*

**T**he first soup recipe we all reach for the moment the temperature drops is pumpkin soup. It is the flavour that rules the season, it is everything pumpkin that smells fantastic like a pumpkin latte.

*The soup hug*

If you have been following me for a while, you will know that it is kind of my down week and I love the warm hug from chocolate or a bowl of soup. The weather is swinging between the warmth and winds, frost and dry afternoons. Well, I guess I am feeling the same as well.

*Roasting the pumpkin*

Regular pumpkin soup is OK, but I will go the extra mile to make the roasted one, just because it is fantastic. Just the roasting process, which takes literally no effort, makes a huge difference to the soup. The particular reason I love this roasted pumpkin soup is the soothing sweetness, sort of the caramelised sugars in the pumpkin. That makes it taste better.

Here is a secret I didn't want you to miss. Add the onion to the roasting tray as well and so we have a remarkable difference.. no more boiled onions in soup!!

*No dairy, no nuts, no flour*

The usual pumpkin soups are thickened by flour or a bit of dairy. Well, that's outdated. Try pumpkin seeds. Believe me, you will not go back to old ways after you try it. Soak the pumpkin seeds and give them a blend to create some fresh pumpkin milk. Add this to the simmering soup. The pumpkin flavour is further enhanced by the pumpkin seed milk. I can wait no more. Enjoy your bowl of soup and if possible share.

## **Roasted Pumpkin Soup**

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

### *Ingredients*

#### *To roast the pumpkin*

1 tbsp olive oil  
1 small Onion (Peeled and cut in half)  
1/4 medium pumpkin (peeled and diced)

#### *To make the soup creamy*

2 tbsp pumpkin seeds

1 cup drinking water

### *For flavours*

1 pinch sage leaves (dried)  
crushed black pepper  
salt to taste

### *Instructions*

Preheat the oven to 200 degrees.  
Soak the pumpkin seeds in the water and set it aside.  
Wash and peel the pumpkin and place them in the roasting tray.  
Add the peeled onion and add to the tray.  
Drizzle the oil and roast at 200 degrees.  
It takes approximately 40 minutes to roast.  
Remove from the oven and cool it slightly.  
Add the roasted onion and the pumpkin into the blender and make a smooth paste. Be careful it is still hot.  
Remove the paste into a cooking pot.  
Add the soaked pumpkin seeds and the water into the blender and blend this into till this is smooth.  
Add this pumpkin milk to the pumpkin paste and mix well.  
Simmer this soup for 10 to 15 minutes.  
Sprinkle the crushed black pepper, salt and sage leaves.  
Serve the soup warm with toast or a cheese sandwich.



# This Luscious Noodle Soup is Sure to Become a Household Favorite

*By Helen Chin*

**H**okkien har mee soup is my favourite noodle soup. Had not had it for ages. It's very popular in Penang, Malaysia. Har is prawn in Hakka, a Chinese dialect. To make the soup I need to use lots of prawn heads and pork bone or ribs. I love sucking prawn heads and slurping noodles and drinking the soup from the bowl.

I dare say that this noodle made by my grandma is exceptionally delicious with robust flavours of prawn heads and pork bone or ribs and many ingredients for the stock and garnish. Each one of us who cook this has their own ways of stock cooking and the garnish. We love it with prawn heads intact served, more spicy with sambal and lots of kang kung.

Most hawkers and street vendors garnishing ingredients are yellow egg noodles, hard boiled eggs,

kang kung (water spinach), bean sprouts, pork meat, prawns, sambal (sambal chili with prawns), and fried shallots. Some had fish cakes, and their stock was not red like mine. I didn't have pork bones or ribs like my grandma would have in hers as well as my mom.

Today, I am making a cheat way using a bought packet of Hokkien har mee soup; brand is Prima Taste. Being adventurous, I have added prawns heads that I have collected from previously bought and bought more prawns, dried chilies, shallots, garlic and my readymade drumsticks stock for extra robust flavouring of my soup broth.

My garnishes are hard boiled egg, prawns (whole with head), kang kung, bean sprouts, sambal, fish and pork balls, tofu pok (hard firm tofu) and fried shallots. I am glad that I have added more stock ingredients to go



with the packet. My dinner is scrumptious, robust flavoured, spicy enough for me, my stomach could sing me a love song. Let's cook!

## **Hokkien har mee soup**

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

### *Ingredients*

2 packets Hokkien har mee soup, 225 g each  
4 packets tofu pok  
3 packets fish balls  
3 packets pork balls  
3 packets yellow noodles  
2 kg whole prawns, wash, trim a bit of the shells and hairs  
12 hard-boiled eggs, cut using egg cutter  
4 bunches kang kung  
350 g beans sprouts, trimmed  
dried shallot

### *Extra flavour for stock*

400 g prawn heads, collected previously  
2 dried chilies, soak in hot water about 30 minutes until softened, drained (OPT) See Notes  
3 whole shallots, remove the skins (OPT) See Notes  
2 cloves garlic, remove the skins (OPT) See Notes  
1 piece rock sugar  
2 L water  
1 L drumstick stock, readymade or bought chicken stock  
2-4 Tbs sambal chili with prawns, bought  
2 Tsp salt  
water  
oil

### *Method*

Put soaked, softened and drained dried chilies, about 1 Tbs water, shallots and garlic in food processor, blend till smooth paste and set aside. Clean prawn heads and drain well. Heat 2 Tbs oil in saucepan on medium heat. Add prawn heads crush with potato masher, cook, stirring, for 7 minutes or until shells turn pink. Add chilli paste and stir for 2 minutes or until fragrant.

In a big pot, stir Hokkien har mee premix into 2 L of water. Add Hokkien har mee paste and mix well. Do not cover pot, bring to the boil on high heat. Add prawn heads and paste from saucepan and rock sugar into pot and simmer on low heat and cook for 2 1/2 hours, skimming surface (impurities) occasionally until stock becomes cloudy and tastes really prawny. Spoon up and remove orange "foam" floating at the top of the stock.

Add 2 Tbs sambal chili with prawns, I like it spicier, I have added 4 Tbs sambal chili with prawns. Add in drumstick stock and continue to boil on low heat for another 1-1/2 hours, and season with salt to taste. Now add in fish and pork balls, tofu pok until they puff up in size for about 30 minutes. In the last 8-10 minutes of cook the fish and pork balls and tofu pok, add in whole prawns, and a little oil to cook prawns until orangy colour.

Meantime put kettle on, once boiled, Add kang kung and cook for 2 minutes or until wilted. Remove with tong and drain, reserving cooking water, add yellow egg noodles, using chopsticks to separate, and blanch for 1-2 minutes or until heated through. Strain noodles and divide among 12 bowls. Top with kangkong, bean sprouts, 1 cut up egg each, 3 whole prawns each and ladle 1-2 ladles of soup. For my bowls I have added 4 prawn heads. Spoon some dried shallots in the middle. The picture above has no prawn heads. Enjoy with a glass of white wine.

Notes: My grandma and all the hawkers in Penang also blended the prawn heads and shells after they are briefly boiled to extract all the flavours from the shells. I didn't do it for I have enough prawn heads to boost the soup flavour. For the paste you can use bought paste: sambal chili with prawns. Save you time.





# The Perfect Cozy, Hearty Stew for All the Bacon Lovers

*By Joy Gordon Stewart*

Split pea soup, an American institution, is nearly always made with ham. It is actually a really lovely pairing, with the salty, fatty meat enhancing the sweet earthy nuttiness of the peas. That is, if you like ham. I'm not a huge fan of ham, although I love pork loin, belly, shoulder and of course, bacon. As well I've always preferred green or brown lentils to split peas.

There's just something about that subtle combination of sweet and bitter; it's almost clean like a good sweet mountain well water. I'm happy to eat lentils on their own or with a few chopped carrots tossed in, but one day I pondered adding something more. Something more conventionally sexy like...bacon! Bacon works as well with lentils as ham does with split peas. A really great pairing. As lentils are a bit on the sweet side and

I like a bit of bitter with bacon's salty, fatty smoky goodness I hit upon delicately bitter parsley. The three ingredients make a great combination.

I like to serve this soup with my [smoked trout salad](#). It freezes really well (I use a muffin tin and plastic wrap to freeze individual portions of it) so it makes a really fabulous quick dinner when paired with a sandwich or salad.

### **Lentil & Bacon Stew with Italian Parsley**

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

Makes approximately 10 bowls

3 slices thick cut bacon, chopped into 1/2 inch pieces  
16 ounces green lentils, rinsed & picked through  
~2 Tablespoons olive oil (enough to cover the bottom of cooking vessel)  
500 grams (about 1.5 cups) mirepoix (from about 3 small carrots, 2 stalks celery & 1 medium yellow onion  
1 shallot, chopped  
75 grams (about 1/4 bunch) Italian Parsley leaves & stems, roughly chopped  
1/2 teaspoon thyme leaves  
1 bay leaf  
Pepper, to taste  
Salt, 1 teaspoon + to taste

#### *Method*

Heat a heavy bottomed stock pot over medium heat, then add oil to cover the bottom. Add bacon and cook until bacon begins to crisp and fat has rendered. Scoop bacon out and set aside.

Add mirepoix, shallots and a pinch of pepper and salt and saute for 4 minutes, or until onions are starting to caramelize.

Add parsley, bay leaf and thyme and cook for another 2 - 3 minutes, or until you start to smell thyme.

Add lentils and 10 cups of filtered water (replace some or all of this with stock, but if you do, reduce the amount of salt you add in this step) and 1 teaspoon kosher salt. Bring stew to a boil, then reduce heat to low and bring to a simmer. Simmer for 50 - 60 minutes, stirring occasionally. As the lentils begin to soften, use the back of your stirring utensil to gently mash the lentils in the pot. This will release some more of their flavor into the broth as well as thickening it.

When the broth has reduced slightly and the lentils are fully cooked, take the stew off heat and serve, sprinkled with fresh parsley and bacon bits.. Salad or sandwich optional.



# This Creamy Vegan Bean Soup is Such a Satisfying Way to Warm Up

*By Mayuri Patel*

**T**he word Shorba originates from the word chorba, sorpa, shurpa. This soup is widely enjoyed in the Middle Eastern Countries, some parts of Europe, Asia and Africa. It is believed that the soup originates from Persia. Hot salted water with added meats, vegetables made this a versatile dish that even travelers could make. No wonder popularity of this healthy and easy to make dish spread far and wide.

India was introduced to Shorba during the Mughal Era. Vegetarians then came up with their version of Shorba.

Moong Dal Shorba is so easy to make and vegan. Simple spices and coconut milk makes this soup creamy and delicious.

**Moong Dal Shorba/Moong Dal Soup**

via [mayuris-jikoni.com](http://mayuris-jikoni.com)

4 servings

For the soup:

½ cup moong dal (split moong beans without the skin)

1 tbsp oil/butter/ghee/coconut oil

1 medium white onion

3-4 cloves of garlic, finely chopped

½ tsp ginger paste

1-2 green chillies (optional)

¼ tsp turmeric powder

½ – ¾ tsp salt

1 tbsp lemon/lime juice

4 cups vegetable stock/water

1 cup coconut milk

½ tsp cumin powder

½ tsp coriander powder

For tempering:

1 tsp ghee / butter / coconut oil

½ tsp cumin seeds

*To garnish:*

some chopped fresh coriander

### *Method*

Wash and soak the moong dal in warm water for 15-20 minutes.

Drain out the water.

Heat oil, butter or ghee in a pan.

Add the chopped onions and stir fry it till it becomes soft.

Add garlic, chilli and ginger and saute for a few seconds.

Add moong dal and mix well.

Add the stock or water. Let it come to a boil over medium heat.

Lower the heat and let the moong dal cook till soft. If you cover the pan, make sure you occasionally remove the lid to let the frothy bit settle down.

Once the moong dal is cooked well, take the pan off the heat.

Add salt, coconut milk cumin and coriander powders.

Blend the mixture till it's smooth.

Return the soup to the pan and heat it gently.

For tempering, heat ghee,coconut oil or butter in a small pan.

Add the cumin seeds.

Pour the tempering over the hot soup.

Garnish with coriander and serve it with naan or bread.

### *Tips:*

Don't let the shorba come to a rolling boil.

Adding chilli is optional.

Buy good quality moong dal from an Indian Grocery Store or online.

Ghee gives it a unique taste. However for a vegan version you can use coconut oil or any oil of your preference.

Don't let the onion brown when cooking it.





# This Hearty, Creamy Soup Will Become Your Family's Favorite Way to Warm Up

*By Jasmina Brozovic*

Croatian potato soup has many variations as each household adds something to make it special and uniquely theirs. Although dried mushrooms are sometimes added to this soup, we made it without them this time.

Main ingredients are potatoes and sour cream, so the fact that we didn't have mushrooms didn't affect the taste of this invigorating soup in a significant way.

If you use dried mushrooms, soak them previously in hot water until softened. If you use fresh mushrooms, clean, wash, and slice them finely.

## **Croatian Potato Soup**

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

### *Ingredients*



2 tbsp of vegetable, canola or sunflower oil for frying  
2 tbsp of vegetable, canola or sunflower oil for  
“zaprška” (browned flour)  
50 g bacon/pancetta  
1 large onion  
6 medium potatoes  
1 red bell pepper  
100 ml (1/2 cup) white wine  
1 large tomato  
2 tbsp flour  
1 tsp ground red paprika  
150 ml (10 tbsp) sour cream  
60 ml (1/4 cup) vinegar  
1 l (4 cups) stock or clear soup  
2–3 bay leaves  
salt and pepper to taste  
finely chopped parsley leaves for garnish

#### *Preparation mise en place*

Chop the onion finely.  
Cut pancetta to strips.  
Peel the potatoes and cut them into small cubes.  
Cut the red pepper into pea-sized cubes.  
Blanche the tomato in hot water for couple of minutes  
and peel of the skin. Chop it finely.

#### *Preparation*

On a medium to high temperature in a large saucepan  
on oil fry the onion and pancetta until soft and  
translucent.  
Add potatoes and fry them for a couple of minutes.  
Add the red pepper and fry for another couple of  
minutes.  
Season all the ingredients with salt and pepper and  
after they are combined add stock or soup. Do a taste  
test as you season.

Add blanched tomato to the soup, white wine, and bay  
leaf. If necessary, add more salt and pepper. Allow the  
soup to cook until all the ingredients soften.

To make “zaprška” (browned flour), in a separate small  
saucepan heat up 2 tablespoons of oil. Add as much  
flour as oil can absorb to the hot oil. Fry the flour  
briefly until it becomes reddish but not burned, then  
add the ground red paprika and immediately take the  
frying pan off the heat.

Add this mixture to the soup while constantly stirring.  
Allow the soup to simmer.

In a separate bowl mix sour cream with a couple of  
spoonfuls of hot soup to avoid lumps. Add all the sour  
cream to the soup and remove it from the heat.  
Sprinkle with chopped parsley for garnish.

## **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)

### **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)

### **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)

