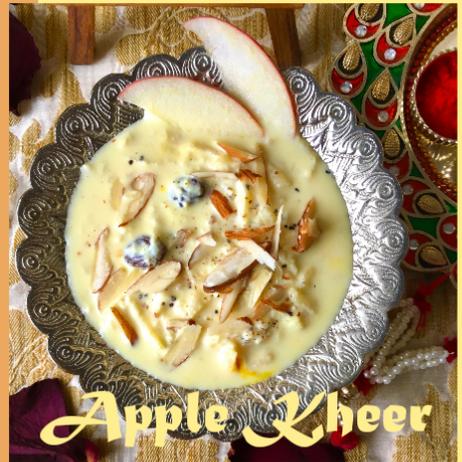


Global Gourmet Magazine



Autumn Gumbo Pie



Apple Kheer



Apple Crumble Pie

THANKSGIVING ISSUE! TRADITIONAL DISHES
| NON-TRADITIONAL ALTERNATIVES

Issue # 3
November 2021

Table of Contents

Letter from the Editor	pg. 2
Beetroot Corn Fritters	pg. 4
<i>By Preethi Prasad</i>	
Turkish Bulgur Pilaf	pg. 7
<i>By Mayuri Patel</i>	
Carrot Pumpkin Soup	pg. 9
<i>By Priya Vijaykrishnan</i>	
Walnut & Cranberry Pilaf (Rice Pulao)	pg. 11
<i>By Swaty Malik</i>	
Roasted Pork Belly with Cracklings	pg. 14
<i>By Helen Chin</i>	
Stovetop Coq au Vin	pg. 16
<i>By Jodi Kaplan</i>	
Autumn Gumbo Pie	pg. 18
<i>By Joy Gordon Stewart</i>	
Shoemaker Chicken	pg. 21
<i>By Jodi Kaplan</i>	
Apple Crumble Pie	pg. 22
<i>By Jasmina Brozovic</i>	
Lemon Cheesecake Bars	pg. 25
<i>By Joy Gordon Stewart</i>	
Aperol Craisin Cake	pg. 27
<i>By Helen Chin</i>	
Apple Kheer	pg. 30
<i>By Mayuri Patel</i>	
Global Gourmet Magazine Contributors	pg.S 31-33

Letter from the Editor

Dear Reader,

While technically, this is the first ever Thanksgiving issue of Global Gourmet Magazine, it is this publishing and contributing team's third Thanksgiving issue (under our previous name, Food in the Time of Quarantine). Because Thanksgiving is a cooking holiday--and especially because with the global shipping woes we may have to (gulp!) *improvise*--I will also be including the links to the two past Thanksgiving issues. Last year's, especially, is quite traditional. And for the first Thanksgiving issue of Global Gourmet Magazine we have traditional recipes, such as Priya Vijaykrishnan's fabulous Pumpkin & Carrot Soup (pg. 9) and Jasmina Brozovic's scrumptious Apple Crumble Pie (pg. 22), as well as recipes that use traditional ingredients, such as Swaty Malik's wonderful Cranberry & Walnut Pulao (pg. 11), or Mayuri Patel's delightful Apple Kheer (pg. 30). As well as traditional fare, we are also including alternatives to turkey, *just in case*. Jodi Kaplan has two great preparations for a seemingly ubiquitous protein: Shoemaker Chicken (a sweet & sour Italian-American Classic, pg. 21) and Stovetop Coq au Vin (pg. 16), which is as delicious as it is quick and easy. Mayuri Patel's Mouthwatering Turkish Bulgur Pilaf, is vegan and bulked up by creamy chickpeas (pg. 7). For a decadent treat on your Thanksgiving table, try Helen Chin's crispy and luscious Roasted Pork Belly with Cracklings (pg. 14). For an interesting main course your holiday guests will surely talk about, try my tasty Autumn Gumbo Pie with Herbed Biscuits (pg. 18). For a delightful vegetarian treat try Preethi Prasad's Beet and Corn Fritters (pg. 4).

Hopefully you won't need any alternatives, and these recipes will just be a way to try something fun and different this year. Regardless of what your celebration consists of, know that we here at Global Gourmet Magazine wish you a warm and happy holidays!

From our families to yours,

A handwritten signature in black ink that reads "Joy Gordon Stewart". The signature is written in a cursive, flowing style. It is placed on a light gray rectangular background.

Joy Gordon Stewart & the Global Gourmet Magazine team



BEETROOT CORN BITES

PREETHI'S CUISINE

Preethi's Cuisine
MY MAGICAL CULINARY JOURNEY

These Beet & Corn Fritters are a Delightful Crunchy Starter for a Festive Holiday Meal

By Preethi Prasad

We are always looking for healthy and nutritious snack recipes for kids and adults alike. Today I am sharing a easy and

delicious recipe of Beetroot Corn Bites. You can pack for your kid's snack box or make them for after school snack. Serve them as starters too. Completely vegetarian with

the goodness of beetroot and corn. This recipe is a keeper for sure.

Beetroot Corn Fritters

Prep Time 10 Mins

Cook Time 20 Mins

Total Time 30 mins

Ingredients:

1 Large Beetroot peeled and grated
3 Medium Size Boiled and Mashed Potatoes
1 Cup Corn Kernels
Salt to Taste
1 Tbsp Rice Flour
1/2 Tsp Chaat Masala
1 Green Chilli Finely Chopped
3/4 Tsp Tikka Masala
1 Tsp Kashmiri Chilli Powder
2 Tsp Kasuri Methi
1 Cup Bread Crumbs

Method:

Take a wide Bottom bowl.
Squeeze the excess juice from the grated beetroot and reserve it for use in cooking some other dish.
Add mashed potatoes, corn kernels, grated beetroot, salt, chaat masala, tikka masala, kashmiri chilli powder, rice flour and kasuri methi.
Mix all the ingredients and shape them into round balls.
Roll these balls in the bread crumbs .
Refrigerate the balls for an hour .

Heat the Paniyaram / Appe Pan . Grease the Cavities of the Pan and add 1/4 tsp oil in all the cavities.

Place the Vegetable ball in each cavity and cook untill all the sides are done and become crisp too.

Once done remove the balls and serve any sauce or green chutney as per your choice.

Notes:

Making these bites in a paniyaram pan consumes less oil and is healthy too.
You can veggies of your choice
You can add onions and ginger garlic too but i kept it very simple.
Rice flour is gluten free and hence good for people who are gluten intolerant.

Notes on Ingredients for Beetroot Corn Bites:

Beetroot : I have grated the beetroot. Squeezed the excess juice. I added this juice to my one pot millet meal. Great source of fiber and folate.
Corn: I have used corn kernels.It is rich in fiber and aids digestion.
Potatoes: I have used potatoes to bind the veggies. Potatoes are rich in vitamins, minerals and antioxidants.
Rice Flour:It is gluten free. Helps to bind the veggies.
Green chilli:I have added one green chilli that is not spicy. You can skip it if you making for young children.
Salt: Main ingredient of the dish.
Kashmiri Chilli Powder: Adds some color to the dish with a very mild spice kick.

Chaat Masala:Chaat Masala enhances the taste with a little tang

.

Tikka masala: Gives a nice flavor and taste to the dish. You can add garam masala in case you do not have tikka masala.

Kasuri Methi: I did not have coriander hence added kasuri methi. You can add any greens of your choice.

Bread Crumbs: Just roll the balls in the bread crumbs . You will get a nice crisp texture.

Oil : I just used little oil to grease the paniyaram pan .Made these bites in very less oil.



Bulgur Pilaf is a Divine Meal for Your Vegetarian & Vegan Guests

By Mayuri Patel

Turkish Bulgur Pilaf is a healthy, nutritious, tasty, vegan one pot meal that comes together within 30 minutes. Especially popular as a side dish or as a

main meal, the main flavours are from the fresh herbs, onion and tomato.

As a matter of fact, Bulgur Pilaf is a common Middle Eastern side dish served with kebab, grilled meat or curry. However, many families enjoy it on its own with some plain yogurt or tzatziki.

Bulgur wheat comes as fine, medium, coarse and extra coarse. Usually, the fine variety is used for salads like Tabbouleh. Generally, it is not cooked but soaked in hot water. On the other hand, the other sizes need to be cooked in water or stock like we do with rice. However, cooking time depends on the size of the bulgur. Actually, to make a good pilaf, it is best to use coarse or extra coarse bulgur. You don't need to wash bulgur before cooking it. Serve this pilaf as a side dish for Thanksgiving Dinner or Lunch.

Turkish Bulgur Pilaf

Serves 2

Ingredients:

1 cup bulgur wheat coarse or extra coarse
1½ cups chickpeas cooked
1 medium red onion peeled and diced
1 medium bell pepper diced
1 tbsp garlic minced
2 tbsp olive oil
2 tbsp tomato paste
2 large tomatoes diced
2 cups stock or water
1 tsp salt
½ tsp cinnamon powder
1 tsp cumin powder
¼ tsp pepper powder
¼ tsp chilli flakes
2 tbsp mint chopped
¼ cup parsley chopped

Instructions:

Heat oil in a pan over medium heat. Add onion and stir fry for a few seconds. Add garlic and chopped bell pepper. Stir fry and allow it to cook for 2-3 minutes. Add chopped tomatoes, mix well. Cover the pan and allow the mixture to cook for 1-2 minutes. Add tomato paste, salt, cinnamon, cumin and pepper powders and mix well. Add bulgur wheat, chickpeas and stock or water. Mix well. Cover the pan and allow the mixture to cook for 15 minutes. Check if the bulgur wheat is cooked. If not, add a little more water and cook. Mine was done in 15 minutes. Add chilli flakes, parsley and mint. Mix well. Switch off the heat. Cover the pan and allow the bulgur pilaf to rest for 5 minutes. Serve hot Turkish Bulgur Pilaf with some yogurt or with grilled meat, kebabs or curry.

Notes

The general rule to follow is for every cup of extra coarse bulgur you need 2 cups of liquid. Add vegetables or meat of your choice. Serve with feta cheese and olives. Adjust spices according to your taste. Don't omit adding tomato paste as that adds a tangy or umami flavour to the pilaf.



Carrot Pumpkin Warm Soup

Delicious Carrot & Pumpkin Soup is the Perfect Starter for a Fall Holiday Meal

By Priya Vijaykrishnan

This carrot pumpkin soup is inspired by Fall in North America, where Pumpkins are available in plenty and used in a wide range of sweet as well as savory recipes.

Throughout the United States and Canada, pumpkins are enjoyed in the Autumn, especially during the Thanksgiving holiday (which is in October in Canada and November in the U.S.).

During my brief stay in the US, I was amazed to see sweet pumpkin is used in cooking various recipes. The best part was the beautifully decorated Pumpkins on Halloween--supposedly to give the Spooky effect, but I really admire the artist who can carve them with patience and find the designs beautiful.

I was also cleared of the misconception that it is only we Indians who use a lot of Pumpkins in our day to day cooking. If you have observed, Indian cooking makes use of everything: the seeds, the flesh, and even the skin in our recipes; no parts of a pumpkin go to waste.

Pumpkin & Carrot Soup

Preparation Time 10 mins

Cooking Time 20 mins

Serves 2 - 3

Ingredients

100 gms pumpkin

2 carrots peeled

1 medium tomato

1 green chilly

Small piece of ginger

Handful of fresh coriander

pepper powder as needed

Salt as needed

3 cups water (1 cup = 150 ml)

1 tsp fresh cream (skip for vegan)

Method

Wash and peel the skin from the pumpkin and carrots.

Roughly chop the ginger, carrots, pumpkin and tomatoes, slit the green chilly.

Add all these in a pressure cooker, along with 1 glass water and roughly chopped coriander and pressure cook for 3 whistles. Let the pressure cool down.

Blend it finely in a blender and pass it through a sieve.

Add some water depending on how thick you want your soup along with salt and bring it to a boil.

Serve warm with topped with some cream and freshly ground pepper.

Notes

You can use vegetable broth instead of water.

A little butter can also be used while serving.

You can add some roughly chopped onions and 1 or 2 cloves of garlic along with other vegetables



This Seasonal Pilaf is a Fabulous, Festive Side For Any Holiday Meal

By Swaty Malik

I usually add nuts to various Pulao dishes but never used Walnuts in rice. So I decided to try it. I referred to a lot of recipes on the

internet and then finalized the recipe as per my family's taste.

I used absolutely no spice in this recipe except cumin seeds. The recipes on the

Internet called for adding walnuts while cooking rice. Instead, I roasted walnuts in a separate pan and then added to the cooked rice. The roasted Walnuts add a nice crunch and a distinct aroma to this Pulao. This dish also has bold garlic flavour due to over roasted garlic in butter. Cranberries add a sweet and tangy flavour.

We loved this simple buttery Rice Pilaf with bold garlic flavours and crunchy walnuts and sweet and tangy cranberries. I had planned to make stir fried broccoli and hot and Sour Tomato Soup for the evening . This flavorful Pilaf paired well with the Broccoli and soup.

It can also be paired with any vegetarian or non-vegetarian buttery curries like Makhani gravy.

The comforting pulao can be made on special occasions like Diwali parties, Thanksgiving or Christmas Lunch. It is a good option for the kids who do not like spicy food. My 7 yr old loved the crunchy walnuts along with cranberries in pilaf. For Moms it is a light and good option for a kid's lunch box. You can also add almonds and cashew nuts along with raisins and make it a dry fruit pulao for your little ones.

Walnut and Cranberry Rice Pulao/Pilaf

Prep Time 5 mins

Cook Time 15 mins

Total Time 20 mins

Serves 4

Ingredients

1 Cup Basmati Rice
1-2 tbsp Walnuts
1-2 tbsp Cranberry
1 tsp Cumin Seeds/Jeera
1 tsp Butter
1 tsp Olive Oil
2 Garlic Seeds
1/4 Cup Finely Chopped Onions
1.5 Cup Water/Vegetable stock
Salt to taste

Instructions

Wash and soak rice for 15-20 minutes in enough water.

Roast walnuts in a pan till they give a nutty aroma. Keep the flame to low.

In a heavy bottomed pan, add butter and oil.

Add cumin seeds, when the seeds crackle, add finely chopped/minced garlic. Saute till brown in color. Do not burn garlic.

Add onions, when onions turn translucent add cranberries and saute for a minute or till cranberries swell up.

Drain water from rice, and add to the pan. Saute for a minute then add water or stock. Add salt as per required. Mix well, lower the flame and cover the pan, cook rice till done. It takes another 10 minutes to cook rice.

Cook till water evaporates, check for the doneness of rice.

Add roasted walnuts and mix lightly.
Garnish with chopped parsley or cilantro.

Notes

I use White Basmati Rice. You can also use brown rice in place of white rice. Cooking time will differ.

You can saute walnuts in oil and then use the same oil to prepare pulao.

Lightly mix rice and walnuts, so the grains are separate and do not turn mushy.



Delightful Pork Belly with Cracklings Should Appear on Every Holiday Table

By Helen Chin

Pork belly is a fatty cut of meat, literally from the belly of a pig. Pork belly crackling is really crispy. In Malaysia, grandma used

to make roast pork belly crackling by piercing it with a sharp metal rod and rubbing it with lots of salt on skin and meat. Then she rub five spice powder.

I don't have that sharp metal nor do I have ice pick and five spice powder. I just scored it with a sharp knife. All I needed was plenty of salt. The reason is salt draws moisture to the skin, aiding to ensure skin get crispy crackling.

Manage to get pork belly from the butcher. I would say that my pork belly doesn't have much meat and after cooking it will shrink. Then I ended up not much. Well next time, I will ask him to turn the pork belly around to see if there is a big chunk of meat. My pork belly is surely juicy, tender, crackling delicious and definitely melt in my mouth. Let's roast!!!

Roast Pork with Crackling

Ingredients

1.5 kg pork belly
Table salt

Method

Line the baking tray with triple foil and place a wire rack over it. Wash and use paper towels to dry the pork belly. Allow to dry completely in the fridge for at least 1 hour.

Preheat the oven 200 degrees C. Score the skin of the pork belly with a very sharp knife, taking care not to cut through to the meat. Place pork belly on the wire rack. Rub the skin and in between the scored

part with salt: one whole layer of salt evenly. Put in the oven and roast for 40 minutes or until salt crust forms, the salt should be hardened. Make sure it's not burnt, just light brown.

Remove the pork belly from the oven, pull off the salt crust and discard. Increase oven temperature to 240 degrees C. Place pork belly back in the oven and roast for another 40 minutes. Remove from the oven and let set for 10 minutes.

Cut and serve immediately with rice and vegetables or eat with chili sauce if you like spicy like me! or tomato sauce. It goes well with a cold beer. Enjoy!!!!

Note: You can grill it the second time; to ensure an even golden crackling, rather than burnt splotches here and there. Grill for about 18-22 minutes or more depending on how crackling and make sure it's not burnt.

The bigger the pork belly the more time it needs to roast. You might need to roast about 50-60 minutes the first time. The second time 40-45 minutes. If you still aren't satisfied with the pork skin's level of crispness, simply increase the temperature a bit to 250 degrees C for the remainder of the time Do pay close attention so that you do not burn the crackling.



This Shortcut Coq au Vin is a Delightful, Easy Holiday Stew

By Jodi Kaplan

Coq au vin (or rooster in wine) is a classic French dish. It's flavorful, it's rich, and it takes a lot of time and effort to prepare. First, you season the chicken, let it sit overnight, then brown it, add vegetables, and braise it

slowly. Authentic coq au vin also requires lots of pots, lardons, which are thick matchstick strips of bacon, glazed pearl onions, croutons, and finally toast points! It takes hours to prepare it properly. It's wonderful, but

it's also a major undertaking, and highly impractical for a weekday dinner. In contrast, this stovetop coq au vin takes about half an hour to make. Much better!

Once you finish a bit of chopping and browning, stovetop coq au vin mostly cooks itself. You don't have to fuss with it, you don't need to use half the pots in your kitchen, and you don't have to clean them up either. This version only requires a single skillet. When choosing the red wine, look for one that's fruity and flavorful, but not too tannic. Wines such as Zinfandel, Brouilly, Beaujolais, or Merlot are fine (I used Merlot). On the other hand, a Cabernet Sauvignon would be overpowering.

Stovetop Coq au Vin with Red Wine Sauce

Prep time: 10 minutes

Cook time: 35 minutes

Ingredients

1 bone-in chicken thigh
1 tsp butter
2-3 mushrooms, sliced
1 T onion, diced
1 small clove garlic, chopped
1 tsp flour
4T red wine (such as merlot or zinfandel)
1T plus 1 tsp chicken broth
1 small bay leaf
pinch dried thyme (or small sprig fresh)

Preparation

Season the chicken thigh with salt and pepper.

Take a small skillet, and place it on moderate heat. Add the butter and let it melt.

Once the butter has melted, add the chicken thigh, placing the skin down next to the pan.

Let that cook until the chicken browns, about 5-7 minutes. Turn the chicken over and cook another 5 minutes.

Now add the mushrooms, onion, and garlic to the pan, scattering it around the chicken. Stir it all around with a spoon to blend and cook for a minute.

Sprinkle the flour over the chicken/mushroom mixture and add the wine and 1 T of chicken broth.

Turn up the heat and cook until the liquid comes to a boil.

Now add the bay leaf and the thyme. Season with salt and pepper to taste.

Cover the pan, turn the heat down to a simmer, and let the chicken cook for 15-20 minutes.

Remove the chicken from the pan and place on a plate (cover to keep it warm).

Stir the sauce and add the remaining teaspoon of chicken broth. Cook for 30 seconds or so, then pour the sauce over the chicken.



This Versatile Gumbo Pie is a Festive, Delicious Holiday Dish

By Foy Gordon Stewart

When I originally created this dish I was hosting a pie challenge at Foodies+, a wonderful group of international food bloggers who come together to share their recipes. The challenge was to try to use two or more ingredients from the challenge list. When I saw that two of the three proteins were chicken and shrimp it immediately

suggested gumbo to me. I realized the rich, zesty, tangy stew would be perfect for turnips and either pumpkin or squash. To cut down on labor I chose butternut squash, since it is available here peeled and chopped. The slightly tart, spicy and intensely flavorful gravy was a perfect match for the sometimes too sweet squash, mellowing out its sweetness and enhancing

its richness. It was also a great match for the turnips, similarly offsetting their sweetness as well as their vegetal aroma. I used chicken breakfast sausage, but you can use any kind of sausage you like, just be aware that highly seasoned sausages, especially spicy sausages, will add extra flavors to this already incredibly flavorful dish. You can swap out the shrimp for chopped chicken (dark meat would be amazing), or omit the second protein altogether. Likewise the vegetables can consist of whatever root vegetables you have on hand. It is a little bit fussy, but this is a fancy dish, and perfect as an alternative on Thanksgiving, should you find there isn't sufficient turkey for your family.

My family will not eat okra, so I've left it out, even as a thickener. I've found the amount of roux I made was sufficient. After covering the layer of gumbo in the baking dish with biscuit dough, you will have leftover dough (about 1/3 of the total amount). You can bake it up to eat with the gumbo pie or cut it into rounds and freeze it raw. If you freeze it raw lay it in a single layer on a baking sheet and once it's frozen through store in the freezer in an airtight freezer bag. I used the biscuit recipe from [this blog post](#) and they were fabulous. Use any herbs you like in the biscuits, fresh or dried. I used dried parsley and it imparted a nice little herbaceous flavor.

Make ahead: serve this when company comes, since it can go in the oven about a half hour before your dinner guests arrive. The gumbo can even be made the night

before, then kept in the fridge overnight, until pie is ready to be assembled.

Autumn Gumbo Pie with Herbed Biscuits

Makes (1) 13" x 9" pie

For the gumbo:

8 oz chicken sausage, casings removed
8 oz shrimp, deveined and chopped into 1" pieces
1/2 large yellow onion
6 oz butternut squash, diced
1 large turnip, diced
2 small carrots, diced
2 celery ribs, diced
1 (15 oz) can chopped tomatoes
1 Tablespoon tomato paste
5 Tablespoons butter
4 Tablespoons flour
2 teaspoons Cajun spice mix
2 teaspoons buckwheat (or similarly dark) honey
2 teaspoons caldo de res (beef bullion)
1/2 teaspoon olive oil
salt, to taste

For the biscuits:

2 cups flour
1 Tablespoon baking powder
3/4 teaspoon salt
1 Tablespoon minced parsley
1 1/2 cups heavy cream
1 large egg, beaten

Method

Melt 1 Tablespoon of the butter in a large saucepan over medium heat. Add olive oil, then carrots, onion, celery, turnip and butternut squash. Add 1 teaspoon cajun spice mix. Salt to taste. Saute until turnip and squash begin to soften, about 10 minutes.

As the veggies saute, sift together the dry ingredients for the biscuits. Add chicken sausage to veggies and continue to cook until chicken has been cooked through. Add tomato paste, and mix in thoroughly. Cook for a moment, then add chopped tomatoes, 2 cups of water and beef bullion. Bring to a boil, then reduce to a simmer. Add honey. Preheat the oven to 375 degrees. Add shrimp to the stew.

Make the roux: toss 4 T flour with 1 t Cajun seasoning. In a separate pan, melt remaining butter. Whisk in flour/Cajun seasoning mixture. Cook over low heat, stirring constantly, until the mix turns deep golden brown, about 5 minutes.

Add the roux to the gumbo. Taste and add salt, if needed. Take gumbo off of the heat and pour into a 9 x 13" baking dish. Finish making the biscuits: pour cream into dry ingredients, add chopped herbs and mix until just combined. Turn out onto a floured surface and knead gently a couple of times. Roll out to approximately 1/4" thickness and cut to cover the entire baking dish, with little room to spare. Cut into 12 squares and lay them as closely as possible

over the gumbo. Brush with egg wash and bake until browned, 20 - 30 minutes. Serve with white long grain rice.



This Mouthwatering Sweet & Tangy Braised Chicken is Both Easy and Festive

By Jodi Kaplan

Shoemaker's Chicken is a classic Italian dish that isn't really Italian at all. The true story goes something like this: Italians come to America and start adapting and creating new recipes, they become popular, a new tradition is born.

“Authentic” or not, it's still delicious, flavored with a sweet/sour pan sauce that cooks right with the chicken. One pan, minimal cleanup. Always a good thing. There, are (naturally) plenty of variations on this dish, from just simply cooking it with olive oil, wine, and lemon to adding

sausage and peppadew peppers. Well, I'm no fan of buying something special just for one meal. So, I used ordinary bell peppers instead. Then I added a bit of vinegar and a pinch of sugar to approximate the peppadew flavor.

Shoemaker's Chicken

Prep time: 5 minutes

Cook time: 50 minutes

Ingredients

1 T olive oil
1 chicken thigh
1/4 onion, chopped
2 garlic cloves, chopped
1/4 C white wine
1/4 C chicken broth
1/4 red bell pepper
1T white wine vinegar
1 sprig rosemary
Pinch sugar

Preparation

Heat olive oil in small skillet
Add the chicken thigh and brown on both sides, about 5 minutes per side
Remove the chicken to a plate.
Add the onion, pepper, and garlic to the pan.
Cook, stirring occasionally, about 8-10 minutes, until the onion wilts.
Add the wine, and cook for another 8 minutes, deglazing the pan, and scraping off the brown bits.

Now add the broth, peppers, and the rosemary, and bring to a boil.

Turn down the flame to medium and reduce until the liquid cooks down a bit (roughly 5 minutes)

Add the chicken back to the pan and cook for another 10-12 minutes until the juices run clear.



Scrumptious Apple Crumble Pie is the Perfect Holiday Dessert

By Jasmina Brozovic

Apples are in season, and that makes perfect timing for all types of apple cakes, tarts, pies, strudels and other apple based goodness... I made mine with maple syrup and it makes all the difference. I am Canadian after all.

Apple Crumble Pie

Ingredients

For the shortcrust pastry (2x)
220 g pastry flour
50 g sugar
pinch of salt
130 g cold butter, diced
1 egg, beaten

For the filling

5-6 medium apples

1/4 cup maple syrup

2 tsp cinnamon

10 g vanilla sugar

1 hand full of oatmeal for sprinkling

Pour over the apple filling. Take the dough from the freezer and grate in on top of the filling. Sprinkle with oatmeal.

Bake for 20-25 minutes or until the dough becomes golden brown.

Enjoy.

Make two balls of dough with the same ingredients. One ball of dough will be for the bottom of the pie and the other for the top.

In the bowl mix together flour, salt and sugar until combined. Add butter, and mix until mixture resembles coarse crumbs. Gradually stream beaten egg into the flour mixture and knead until the dough just comes together. Turn out the dough onto a clean work surface and shape into a flattened disk. One ball wrap in transparent foil and refrigerate for 25-30 minutes and the other one wrap in transparent foil and put in the freezer!

Peel, clean and cut the apples into small cubes. Put them in a medium saucepan, pour over the maple syrup, add cinnamon and vanilla sugar. Simmer the apples over the low heat until soft.

Preparation

Preheat oven to 180 °C. Butter a 26 cm round tart pan.

Roll the chilled dough from a refrigerator on a piece of lightly floured baking paper in a 30 cm circle. Transfer the rolled dough to your tart pan and press it into the bottom and sides of the pan. Cut off excess dough and prick the bottom with a fork.



Creamy, Dreamy Lemon Cheesecake Bars are Sure to be a Thanksgiving Hit

By Joy Gordon Stewart

Of course each of my recipes has to have a story. I don't know why--perhaps it's because there is a source of inspiration for each of them. Maybe I simply can't stop myself from being a storyteller. Whatever the case, today's post and recipe has my favorite source of inspiration: good friends. Recently we went North to Sonoma, CA to

visit a dear family friend with another dear friend in tow. Our Sonoma friend had in her courtyard a few healthy yet gnarled lemon trees which were heavy with the most enormous lemons I have ever seen in my life. for context, they were considerably larger than softballs. I'll have to get her to take a picture, because I didn't think of it. I am a little embarrassed to say that I didn't

think of taking one, either, despite the overabundance. It was the dear friend we had brought with us who suggested we take one and that I do something special with it. And it is a special lemon. The ones you let get heavy on the tree and which are plucked immediately are sweeter, but at the same time more redolent of citrus fragrance.

I'm finally getting around to that project, so in honor of dear friends, I present my creamy, dreamy, deliciously citrus-y and just a little bit tart lemon cheesecake bars. To enhance the lemon flavor I used lemon extract and to really compliment the sharp cheesecake filling I used some sweet and buttery vanilla wafers in the crust. The zest was put into this dessert and I used the juice to make fresh lemonade which was absolutely fabulous.

Lemon Cheesecake Bars

makes one 9" square pan

For the crust:

2 graham crackers, crushed to crumbs
12 Nilla Wafers, crushed
3 Tablespoons butter, melted
1/2 cup sugar
1/2 teaspoon lemon extract
Zest of 1/4 lemon

Method

Combine all ingredients and mix thoroughly. Press into the bottom of the pan. If you don't have a square springform pan, line the inside of your square pan with parchment paper to make the cheesecake easier to remove.

Cover pan and refrigerate for one hour. Meanwhile, make filling (see ingredients below).

Ingredients for filling:

(2) 8 ounce packages of cream cheese, softened
1/2 cup cream
2 eggs
2 teaspoons lemon extract
1/2 cup sugar
1/2 Tablespoon cornstarch
Zest of 1 enormous lemon or two large lemons

Preheat the oven to 325.

Combine all filling ingredients, mixing thoroughly.

Pour over the crust and bake until the cheesecake has set, 40 to 50 minutes.

Cut into squares and serve with an optional garnish of candied lemon peels or candied lemon slices.



This Decadent, Boozy Holiday Cake Will Have Everyone Asking for the Recipe

By Helen Chin

For Halloween, did you spook the neighbourhood or did you get spooked by your neighbourhood kids?

How about switching it up next Halloween with a change from the usual dull black Guinness cake, covered in boring white

frosting, to Aperol craisin cake for a change of flavour(and boost your alcohol) and a slightly brighter chocolate, rosemary and fig scary face? That same boozy cake can be covered in fall tinted cream cheese frosting and served up at Thanksgiving.

If you're unfamiliar with this alcohol, Aperol has a bitter orange-y taste. You may omit craisins. Do taste the batter, as you might need to add more or less sugar. I used craisins to help with the sweetness of the cake.

Happy Holidays, everyone. Have a wonderful Thanksgiving! Let's bake to share our gratitude with our families. Blessings to you and yours this season!!

Aperol Craisin Cake

Ingredients

300 g brown sugar
250 g unsalted butter
275 g plain flour
200 g craisin
50 g craisin scatter on the bottom of pan (Opt)
300 ml sour cream
1 c Aperol
3/4 c cocoa powder
2 large eggs
2 Tbs baking soda
1 Tbs vanilla grinder
3/4 Tsp salt

Decorations

A stem of rosemary
Chocolate
fig (opt.)

Method

Greased a 9" round cake pan with 3" deep with butter and line the bottom with baking paper brushed with some more oil. Scatter 50 g craisin.

Melt butter in a saucepan over medium heat. Then add Aperol and bring to a simmer. Remove from heat and whisk in the cocoa. Set aside to cool for at least 12 minutes.

Beat eggs, sour cream, and vanilla in a large bowl to combine. Next add aperol-cocoa mixture to the egg mixture and beat until smooth.

Now add flour, brown sugar, baking soda, craisin and salt. Beat until combined well.

Spoon the batter into the prepared pan. Bake for 1 hour and 15 minutes until a skewer inserted in the center comes out clean.

Switch off the oven and leave the cake in with the door closed for 30 minutes. Then remove cake from the oven and cool on the wire rack for 30 minutes to 1 hour more. Then transfer to a foil cake container with a plastic serving plate mat. Decorate with

chocolates, quartered fig, and a stem of rosemary plus a pinch.

Notes: You do need to check the consistency of the batter; if it's too runny, add more flour. You might want to frost your cake. I like it just with decoration.



This Amazing Creamy Apple Pudding is Perfect for a Holiday Dessert

By Mayuri Patel

Kheer is basically a milk based Indian pudding. Traditionally, the pudding is made from rice. However, these days so many other ingredients are used to make kheer

or pudding. It's one of the easiest sweet treat or mithai to make. Just boil milk till it becomes thick. Depending on what you have at hand, either condensed milk, evaporated milk or milk solid called mawa

or khoya is added to make the whole process faster. Having said that, even if you don't have any of those ingredients, you can still make kheer. Best to use full fat milk and simmer it till it becomes thick.

To celebrate Fall and the Canadian Thanksgiving (my first time, ever) I made Apple Kheer. Had to use up the bagful of apples we picked at an orchard :)

All those celebrating Thanksgiving on 25th November, go on try out a different kind of dessert. Make it a day or two ahead and leave it in the fridge. Serve it warm or chilled.

Apple Kheer

Ingredients:

3 cups full fat milk
2 large apples
¼ cup sweetened condensed milk
1 tbsp ghee (clarified butter or unsalted butter)
1 tbsp raisins
¼ tsp nutmeg powder
¼ tsp cardamom powder
¼ tsp saffron
1-2 tbsp chopped nuts of your choice

Instructions:

Peel and core the apples. Grate them. Heat ghee OR unsalted butter in a pan over medium heat.

Stir fry the grated apples till the water disappears and the apples are cooked. Transfer the cooked apples to a bowl and keep on the side till required.

Add the milk and condensed milk into the pan.

Put the pan over medium to low heat. Bring the milk to a boil.

Lower the heat and allow the milk to simmer till it's nearly half the quantity or till it becomes thick.

Stir the milk frequently and keep on scraping the milk solids that develop on the sides and add it to the simmering milk. The milk gets thick in about 10 minutes.

Add raisins, saffron, cardamom and nutmeg powders.

Mix well. Allow the milk to cool down a bit.

Add the cooked apples when the thick milk is a bit cool.

Chill apple kheer in the fridge for 30-60 minutes before serving.

Garnish with chopped nuts and serve.

Notes:

You can add dried fruits of your choice like chopped dates, apricots, etc.

Peel and grate the apples just before you're ready to make the kheer, otherwise they will turn brown.

Add nuts of your choice. I used only almonds.

For this recipe avoid using green apples.

Add spices of your choice.

Global Gourmet 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 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.

You can find more of Helen's creative dishes at: <https://helenscchin.com/>

Jodi Kaplan

Contributing Editor

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 the IT industry for about 9-10 yrs. then ventured into the 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, I'm 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.

Browse more of Mayuri's Wonderful Recipes at: <https://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