

Global Gourmet *Magazine*



*the
fall
issue*

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Letter from the Editor

Oct, 2022

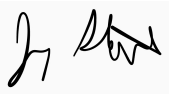
Dear Readers,

Fall is my favorite season. Perhaps it's because I was raised in a place with blazing foliage and a bumper crop of delicious autumn produce. Or maybe it's because I like spooky stories and being cozy with a mug of something warm. In any case, I know I'm not alone in appreciating all things fall. Many of you share the sentiment, which is why this month's issue is devoted to fall recipes.

Has it cooled down where you are and you perhaps need a warming dessert? Helen's imaginative Coffee-Bourbon Poached Apples in Pepper Cream (pg. 7 & cover) is sure to be loved by all who crave sweet spice. Speaking of warming, Jasmina Borozvic's comforting, delicious Carrot Ginger Soup (pg. 9) is sure to warm you up down to your toes. Are you doing a lot of entertaining? Seema Doraiswamy Sriram's delightful Apple & Cranberry Jam (pg. 4) and Angela Amberden's fabulous sourdough soft pretzels (pg. 10) are lovely, cozy foods that are perfect for sharing. How about a trendy pasta dish, featuring the most popular fall ingredient? My Kale & Sausage Pasta with Creamy Pumpkin Sauce (pg. 13) is a must try.

Whether you love, like or merely tolerate Fall, these recipes are seasonally appropriate fare that you can really sink your teeth into. Enjoy.

All the best,

A handwritten signature in black ink, appearing to read 'Joy Gordon Stewart', with a stylized flourish at the end.

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



This Delightful Jam is Perfect for Fall Entertaining

By Seema Doraiswamy Sriram

Need the full feel of the fall? Have a spoonful of this cranberry apple jam. The pectin-free jam is gently spiced with a good balance of sweet and tart. Serve it with a cheeseboard or as classic jam toasts, guarantee you full happy memories with this cranberry apple jam. Save up the jam and make them the most loved edible gifts too.

Cranberry Apple Jam

via mildlyindian.com

Ingredients

1 cup apple diced
1/3 cup cranberries fresh or freeze-dried

1/2 cup brown sugar adjust based on the sweetness of the apples

1/3 cup apple juice

a pinch of nutmeg

a pinch of dry ginger powder

Instructions

Soak the cranberries in apple juice for 20 minutes

Clean and core the apples. Dice them with the peel if not waxed.

Add the apples into the cooking pot followed by the soaked cranberries.

Let that come to a simmer and add the sugar

Keep scraping the sides when the fruit bubbles up gently

Add in the nutmeg and dry ginger powder and simmer till the fruits break down and form a lovely glossy texture.

Store the jam in clean sun-dried or oven-dried bottles



Marvelous Spiced Poached Apples are the Epitome of Cold Weather Comfort

By Helen Chin

Whether you are craving something crisp or super juicy, amazing apples are a snacking sensation! Just as they are delightful raw, there are also many ways to cook apples. You will not only end up with a tasty dish, but also something that will keep you warm, comfortable and cozy on a chilly day (or anytime). I couldn't resist trying some cooked apples, especially after I saw both Facebook food blogger Gary Muller, and the Caribbean Cook Ainsley offer up two lovely poached fruit dishes. Each did poached pears. Garry prepared his with Prosecco and mascarpone cream.

Ainsley poached his in coffee and rum with a crunchy coconut crumb. I have recreated and combined both the recipe and the TV cooking program.

When it comes to dessert recipes, the most popular ones are not always the most memorable – often it's easy, budget, comforting for the end of a family meal that I would make again and again. This amazing dessert is delicious, flavorsome and has the perfect balance of peppery sweet. Sharing the love of apples as autumn fruit, let's cook!

Apple Poached in Coffee & Bourbon with Black Pepper Cream

via helenscchin.com

Ingredients

300 ml strong brewed coffee, your choice
35 ml bourbon
25 g raw sugar
2 apples, peeled and the but end removed
1 cinnamon stick
4 cloves
1 star anise
6-8 black pepper corns, whole
1 Tbs honey (OPT)
1 small mint, decoration (OPT)
Black pepper cream

65 g cream cheese spread
75 g yoghurt
1/2 Tbs honey
1/2 Tbs lime juice
1/4 Tsp vanilla extract
Sprinkles black pepper (OPT)

Method

Brew coffee. Then pour into a pot with a lid. Add sugar, bourbon, star anise, cinnamon, black peppercorns and apples cover with lid and cook for about 15-20 minutes or until apples are tender. Shaking the pot occasionally. By this time poaching liquids should be nice and syrupy. Taste it if you like a bit sweet and sticky a bit add honey. Meanwhile, mix all the ingredients for black pepper cream with a hand beater. Beat till it's fluffy and to your liking creamy soft fluffy. Then chill until needed. Remove apples from heat and allow to cool slightly in the spiced coffee mixture.

Time to plate, place 1 whole apple in the center, a half facing upward and the remaining half slice thinly. Then spoon cream and place it on the left end next to the whole apple. Sprinkle some black pepper on cream and onto the apples.

Next place cinnamon stick between the whole and half apples at the back. Followed by the black peppercorns around the half and slices of apples and the whole. Then place star anise with cloves in the center of the half and one clove on slices of apple. Now spoon the syrup over the apples. Lastly, I like some colour, so I place a mint in between the apples. Serve this with the strong brewed coffee and steal a kiss with a heart chocolate if you buy the chocolate.

Note: You can use pear. You can omit black peppercorns. You can make the crunchy coconut crumbs as Ainsley did. Search his recipe on google.



This Silky Veggie Soup with a Touch of Spice is the Perfect Way to Chase Away Autumn Chill

By Jasmina Brozovic

This is what I call immunity soup! Blend of garlic, ginger and turmeric makes this soup an immunity booster. The sweetness of carrots and the spiciness of ginger make this soup one of a kind. Plus you can always

adapt the flavors to your taste by adding/reducing amounts of carrots and ginger.

Did you know that ginger is loaded with antioxidants, compounds that prevent stress? It also helps your body fight off chronic diseases like high blood

pressure, heart disease, and diseases of the lungs, plus promote healthy aging. So, enjoy this soup more often!

Carrot and Ginger Soup

via zvonimirfrasc.com/food

Ingredients

1 medium onion
3 large carrots
2-3 garlic cloves
1 tbsp grated fresh ginger (about 2 cm of fresh ginger)
700 ml vegetable stock or water
1 tsp turmeric
salt and black pepper to taste
1 tbsp olive oil
2 tbsp cream or milk (optional)

Preparation

Peel and cut the onion into quarters.
Grate or thinly slice garlic and ginger.
Peel and cut the carrots to 0.5 cm (0.25 in) round pieces.
Heat the olive oil on medium heat in a large pot.
Add onions and simmer until softened.
Add carrots, garlic and ginger and simmer for another 5-10 minutes. Stir occasionally.
Season with salt, pepper and turmeric. Stir well.
Add vegetable stock or water and cook until carrots are softened.
When the carrots are done, check the flavor and season more if necessary.
Take the pot off the heat, blend with hand mixer or in a blender.
For creamier taste, add cream or milk and stir.
Serve with croutons or as-is. Enjoy!



These Marvelous Soft Pretzels Will Become a Family Favorite

By Angela Amberden

October is one of my favorite months of the year.

We have fall weather moving in, and yet we aren't overwhelmed with the holiday season yet. Oktoberfest is a German celebration and while there can be a variety of tasty treats, one thing that all Oktoberfests have is delicious soft pretzels. My favorite are these sourdough ones that I top with poppy seeds, sesame seeds, salt and butter. Served with my favorite honey mustard, I could eat my weight in these lovely twisted treats.

Sourdough Soft Pretzels

Ingredients:

2 tsp salt
2 tsp yeast
2 tbl melted butter
2 tbl honey
 $\frac{1}{4}$ cup dry milk powder
 $\frac{3}{4}$ cup warm water
1 cup sourdough starter, (unfed works perfectly well)
3 cups flour, (I use either all purpose, bread or a combination of the two)

1 tbl baking soda

½ cup boiling water

Your preferred pretzel toppings (salt, poppy seeds, sesame, cinnamon sugar etc)

Directions:

Dissolve the yeast into the warm water and let it get foamy (5-10 minutes)

Combine yeast, sourdough starter, melted butter, honey and powdered milk in a stand mixer. (Can also be done by hand)

Add flour 1/3 at a time until a firm dough is formed.

Turn dough out on a floured surface and knead for 6-8 minutes, and dough has a more uniform but still tacky consistency.

Oil a bowl, (I usually just use the mixer's bowl and let it rise, covered with a cloth, for 4-5 minutes to an hour, don't worry if it doesn't rise much, this is only the first rise.

Punch the dough down and turn it onto a slightly greased work surface, (I usually just spray a bit of cooking spray). Divide dough into 12 equal pieces and shape into preferred shapes, (my faves are long sticks and the classic pretzel fold).

On a parchment lined baking sheet, shape all twelve pieces and then combine baking soda and boiling water. Brush pretzels with baking soda and water solution.

You may top your pretzels before or after baking, but either way I like to brush melted butter on them when they come out.

Bake at 350 for 25-30 mins.



This Trendy, Delicious Pasta Will Have You Declaring Fall Your Favorite Season

By Jory Gordon Stewart

I am so excited to realize a long term dream of mine and finally branch out into making cooking videos! I've now got a TikTok account and will also be adding a YouTube channel in the near future. Of course I have

watched loads of these short form cooking videos, to learn the most popular format (also because I can't resist learning about new foods).

Lately I've been seeing a fabulous trend: creamy, silky pumpkin pasta sauce. In some instances this is created

by combining pasta water with pumpkin puree and in others the puree is thinned by cream. I've decided to go the cream route, as well as incorporating some white wine. To balance the sweet I've added kale and to heighten the decadence of the rich, creamy sauce I've added mild Italian sausage. The anise in the sausage brings out the lightly sweet notes in the kale and is a fabulous compliment. If you like a bit of crunch you could add toasted pine nuts over top of the finished dish.

Sausage & Kale Pasta with Creamy Pumpkin Sauce

via joyouskitchen.blogspot.com

Ingredients

6 ounces chopped kale, stems discarded
1/4 cup chopped shallots
1/2 cup white wine
1/2 cup cream
1/2 cup (reserved) pasta water (see method)
1 lb sweet Italian sausage
1 1/2 cups pumpkin puree
1 lb thick spaghetti or bucatini
3 Tablespoons Olive Oil
Salt, to taste
Pepper, to taste

For serving:

Fresh parmesan
Chopped Parsley
Toasted chopped nuts

Method

Bring a large pot of heavily salted water to the boil. Meanwhile, In a large, heavy bottomed saucepan over medium heat, add olive oil and sausage. Once the water is boiling add pasta and cook according to package directions. Break up sausage into small bits and saute until thoroughly cooked, scoop out sausage

into a bowl and set aside, leaving the fat in the pan. In the fat saute shallots until starting to brown, then add kale. Saute until kale begins to crisp lightly, then add wine and pasta water to deglaze. Once kale is cooked to your liking, scoop it out into the bowl with the sausage, leaving liquid and fat in the pan. Turn heat to low, add pumpkin and cream, stirring to combine. When the pumpkin is combined, reintroduce kale and sausage and add pasta and toss to combine thoroughly. Serve hot topped with grated parmesan, chopped parsley and toasted nuts (if desired).

Global Gourmet Magazines Contributors

Angela Amberden

Contributing Editor

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

She chose to use the pandemic 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. The pandemic has been challenging, and Angela used baking and the subsequent gifting of baked goods to stave off the insanity.

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

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

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