

Global Gourmet

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**FAREWELL
ISSUE**



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Letter from the Editor

October, 2023

Dear Reader,

I regret that this will be our last issue of the magazine. We have had a fun and delicious run and I have learned so much as editor. I have been supremely grateful to my contributors and of course to you dear reader for the opportunity to helm this incomparable publication. As this is our last issue, we might as well go out with a bang. In the spirit of this sentiment, this month we are sharing with you our best recipes.

Azlin Bloor shares Singapore Sling (pg. 23 & cover), a delightful cocktail recipe for a drink with mischievous origins.

Mayuri Patel's lovely and versatile Ugali (pg. 7) is a savory porridge, somewhere between grits and polenta and all the way to filling and comforting. Talking of comfort, Mayuri's crisp, traditional Kenyan Style Biscuits (cookies) (pg. 31) are a classic crowd pleaser and great for the holidays. If you love sweets, Helen Chin's playful Apple Matcha Yogurt Cake (pg. 28) is perfect for a fall get together.

Other fabulous party foods include Swati Malik's mouthwatering Tandoori Gobhi (Cauliflower) (pg. 12) a spiced vegetarian dish that always goes fast. My crunchy, starchy and rich Zucchini and Parmesan Arancini (pg. 9) is another great party food. If you're hosting a brunch, do try my Leftovers Shakshuka (pg. 5); eggs poached in a fabulous zesty tomato and vegetable sauce is such a fun dish to share.

Perhaps you're hoping for a few of our top recipes to enjoy at home, maybe to make a spectacular meal for a special someone. Jodi Kaplan's Turkish Lamb Burgers (pg. 15) and Paprika Roasted Potatoes (pg. 20) are both solid options for a great meal. It doesn't get more outstanding than Helen Chin's Curry Laksa (pg. 17), a spicy noodle dish, packed with toppings and based in a rich coconut gravy. The fresh egg noodles and the extremely flavorful stock make this dish a must try.

It has truly been such a pleasure to compile these recipes for you. Thank you again for your support. Onward and hopefully upward, and may this publication ever be helpful.

Warmest Regards,

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



This Delightful Take On a Middle Eastern One Pot Breakfast is Made From Delicious Leftovers

By Joy Gordon Stewart

Shakshuka. Say it with me Shak (Shahk). Shuka (Shookah). What is it? A fabulously flavorful, spicy, easy egg dish from Israel that can be eaten for breakfast, lunch *or* dinner. Eggs are poached in a zesty tomato and vegetable sauce and it is usually served with warm, fresh pita or crusty bread. I've known I wanted to try it since I first heard of it on Cutthroat kitchen. The camera closeup was of a cast

iron pan filled with a chunky red sauce and dotted with perfectly poached eggs; I was intrigued. After cooking a friend's excellent recipe for Croatian Chicken Paprikash I was left with a lot of the wonderful sauce. I couldn't bear to throw out so much excellent, savory flavor so I decided to add just a few ingredients and turn it into Shakshuka. I added potatoes to my Paprikash and they were full of flavor; a great starch for the Shakshuka. If you make Chicken Paprikash on Friday you can plan on incorporating the

leftover sauce into a Shakshuka on Saturday morning for an easy, delicious breakfast. If you like egg dishes and savory breakfast, I highly recommend trying Shakshuka.

Shakshuka

via joyouskitchen.blogspot.com

1 quart leftover sauce from Chicken Paprikash*
2 (15 ounce) cans chopped tomatoes
6 eggs
2 teaspoons cumin
Salt, to taste
Pepper, to taste

Garnish:

Chopped Italian Parsley
Feta Cheese

Method

In a broad saucepan combine Paprikash sauce, cumin and chopped tomatoes. Bring to a lazy boil over medium heat and cook for 10 - 15 minutes, to thicken sauce.

Crack eggs in one by one, up to five around the edges of the pan and one in the center. Cover, reduce heat to low and cook for 2 - 3 minutes for poached eggs and up to 10 minutes for hard boiled eggs.

Serve garnished with generous helpings of minced parsley and feta cheese.

*I like to add potatoes to my chicken paprikash. 2 large russet potatoes, scrubbed and chopped into roughly 1" pieces; they go into the stew when the liquid does. redients and turn it into Shakshuka. I added potatoes to my Paprikash and they were full of flavor;

a great starch for the Shakshuka. If you make Chicken Paprikash on Friday you can plan on incorporating the leftover sauce into a Shakshuka on Saturday morning for an easy, delicious breakfast. If you like egg dishes and savory breakfast, I highly recommend trying Shakshuka.



This Fabulous East African Porridge is Akin to Polenta, but Enjoyed with Many More Dishes

By Mayuri's Jikoni

Ugali is like porridge but much more dense. It is made from white maize meal or maize flour. It is the staple diet of the indigenous people of East Africa. Also

known as Nsima it is generally enjoyed with a vegetable and/or meat stew. People at the coast and around Lake Victoria enjoy it with fish. Ugali is also served with nyama choma which is grilled meat and kachumbari, a tomato onion salad. One of the easiest

dish to prepare, it is not only rich in fiber but also is a good source of carbohydrates, minerals and Vitamin B. And it is gluten free and vegan friendly.

Ugali

via mayuris-jikoni.com

Ingredients

1 cup maize meal / corn meal
2 cups normal water

Instructions

Heat water over medium heat in a deep pan. Make sure you take a pan with a handle.

Sprinkle about 1 tbsp of the maize meal while the water comes to a boil.

Add the maize meal or cornmeal and keep on stirring with a strong wooden spoon.

Keep stirring and pressing the mixture against the sides of the pan to break up the lumps.

As the mixture becomes thicker, it becomes more difficult to mix but keep mixing and breaking up the lumps.

The mixture will begin to come away from the sides of the pan.

Allow it to cook for 2-3 minutes.

At this point either transfer the ugali to a platter from the pan. Place the plate over the pan and turn it upside down.

Or you can transfer to a small heatproof bowl. Pat it down into shape. Place a plate over the bowl and turn it over.

Enjoy piping hot ugali with your favourite stew or curry.

NOTES

It is important to keep mixing the mixture and break up the lumps. Don't serve ugali with lumps.

For a softer consistency, add ½ - 1 cup extra water.

Best to prepare Ugali just before you are about to have your meal.

Cooking Time will vary according to the quantity of ingredients used.



If You've Never Tried These Creamy Rice Fritters with a Crunchy Exterior, You're In For a Real Treat

By Joy Gordon Stewart

Traditional arancini is one of the dishes in my “next 100 ideas” post. Why? Because fried rice balls with savory ground beef and pea filling in tomato gravy is just amazing. And I’m definitely going to share a traditional arancini recipe one of these days. However,

zucchini are just coming into season, which gives this recipe precedence. Also, it was really fabulously tasty and I highly recommend trying it right away. You might compare these small bites to crispy yet also creamy risotto fritters. As for the taste: sharp, nutty and delectably meltable parmesan was a glorious

counterpoint to sweet, caramelized zucchini and starchy rice. And the crunchy outside! Wow.

Serve warm.

These rice balls were easier to keep together when they were cold, so if you notice them start to fall apart as you handle them, put them in the fridge or freezer for a bit before dipping them in egg wash and breadcrumb.

Zucchini & Parmesan Arancini

via joyousktichen.blogspot.com

Yield: 12 - 16 (depending on size)

1 1/2 cups cooked short grain white rice
2 zucchini, sliced lengthwise to matchstick length (1/8 inch)
3 ounces finely grated parmesan
1 egg, beaten
3/4 cup breadcrumbs
1/2 teaspoon olive oil
Salt, to taste
Pepper, to taste
Oil, for frying (any neutral oil, such as vegetable or peanut)

Preheat the oven to 400. Toss sliced zucchini with olive oil and season with salt and pepper. Lay zucchini in a single layer on a cookie sheet and then roast until soft, about 12 minutes.

Allow zucchini to cool, then dice and mix with rice and cheese. Season with salt and pepper. Form arancini into small balls and press firmly to compact. If they are too warm after handling cool them down. Fill a small pot with about 1" of oil and heat over medium flame. Dip arancini in egg, then roll in breadcrumbs. Lay arancini in a single layer in oil and cook until the underside has become golden brown, 3 - 5 minutes, depending on size of fritter. Flip and cook an additional 3 - 4 minutes.



Flavorful, Smoky Tandoori Cauliflower is the Perfect Starter for Your Next Party

By Swati Malik

Tandoori as a method of cooking originated in Northern India and is now very popular across India – in fact all over the world. Tandoori snacks are one of the most ordered snack or starter items in Indian restaurants. Tandoori cooking is similar to grilling where food is marinated in special tandoori

masala/marinade and grilled in Tandoors or traditional clay ovens. Cooking in Tandoors gives a charred effect to food and a distinct aroma too. Tandoor cooked vegetables or chicken are served as a starter or added to gravies (Paneer Tikka Masala, for example). Tandoori Naan or Tandoori Rotis are the

famous flat-breads that are popular all across the world.

With the convenience of ovens, grills ,electric tandoors and now **air fryers**, one can easily make these dishes at home also. Tandoori cooking or grilling is one of the healthy ways of cooking veggies, as the nutrition is retained (as opposed to deep frying).

Tandoori Gobhi served with mint yogurt chutney is a perfect snack or starter for your next party.

I'm using only cauliflower here as I recently made this for a get together with friends. You can make this with a mix of veggies(cauliflower, broccoli, mushroom, capsicum whatever is available to me) along with Paneer. Friday movie night, game day or get together or parties, one can make ahead these snacks and keep in the oven or reheat and then serve warm.These are one of the best, crowd pleasing appetizers/snacks that you will see vanishing as soon as they are served.

Marinade for Tikka or Tandoori snacks is made with yogurt, besan/chickpea flour and a combination of spices and herbs.

You can marinate any kind of veggies, paneer or even chicken in this marinade. Only the grilling time varies with the kind of veggie or meat used.

Mustard Oil is traditionally used in marinade which gives a rustic taste to tikkas. Any other oil can also be used if you don't use this oil.

Kasuri Methi or Dried Fenugreek leaves is another ingredient that adds on the flavor and taste of tikkas.

Use thick plain yogurt/curd/dahi preferably greek yogurt. If it is not available, strain the extra water from yogurt before using it for marinade. For a vegan

friendly tandoori gobhi you can use any plant based yogurt or cashew cream.

Chickpea flour/Besan for binding masala on vegetable or paneer here Gobhi.

How to make Tandoori Gobhi

To make Tandoori Gobhi, clean and cut cauliflower into bite florets.

I have also taken bell peppers(red and green and onions) cubes. You can skip these if you don't want to add these.

Heat water in a pan and put cauliflower in it for about 10 minutes. This will soften the florets.

After 10 mins discard water and set the florets aside. If damp, pat dry on a kitchen towel.

Roast Besan or Chickpea flour in a pan for a minute or till it gives the roasted aroma.

Heat mustard oil till smoking point, let it cool before adding to the marinade mix.

In a bowl mix all the ingredients under the marinade section.

Add cauliflower florets, bell pepper/capsicum cubes and onions.

Cover the bowl with lid or cling film and refrigerate for an hour at minimum. You can make the marinade mix a day ahead of making gobhi tikkas.

When ready to make, arrange the veggies on skewers. If using wooden skewers soak it in water for 5 minutes before grilling. Pat dry on a kitchen towel before

arranging the veggies on it. This avoids the charring of skewers while grilling on high temperature.

You can also arrange veggies on a baking tray if not using skewers.

Brush with oil before and after grilling the veggies.

You can also grill on gas-stove in grill pan or directly on flame. Add some oil in grill pan and roast till the veggies start to char.

Tandoori Gobhi/Cauliflower Tikka

via foodtrails25.com

Prep Time 15 minutes

Cook Time 10 minutes

Marinade resting time 1 hour

Serves 4

Ingredients

10-15 Cauliflower florets
1 Cup Mixed Bell Peppers(Cubed)
½ Cup Onions(Cubed)

For Tandoori Marinade

¼ Cup Besan/Chickpea Flour
½ Cup Plain Thick Yogurt/Greek Yogurt
2-3 tbsp Mustard Oil
1 tbsp Ginger Garlic Paste
1 tbsp Lemon Juice

Spices and Herbs for Marinade

1-2 tsp Kashmiri Chili Powder
½ tsp Turmeric Powder

1 tsp Garam Masala Powder
1 tsp Kasuri Methi/Dried Fenugreek Leaves
1 tsp Chaat Masala
½ tsp Ajwain/Caraway Seeds
1 tsp Salt (or as per taste)

For Garnish

1 tsp Chat Masala
1 tsp Dried Mint Leaves optional

Mint Yogurt Chutney

½ Cup Thick Yogurt/Greek Yogurt
1-2 tbsp Mint Cilantro Chutney

Instructions

Clean and cut cauliflower florets.
Boil water in a pan add ½ tsp of salt and add florets in it for 10 minutes.
Drain florets and discard water.
Roast Chickpea flour/besan in a pan for a minute or till it starts to give it's characteristic aroma.
Heat Mustard oil to it's smoking point.
In a bowl add yogurt, chickpea flour, all the spices, oil and mix well..
Add cauliflower florets, bell pepper and onion cubes.
Mix well and coat all the veggies in marinade.
Cover the bowl with lid or with a cling wrap and refrigerate for at-least 1 hr or till ready to serve.

In Air Fryer

Start the air fryer on Air Fry Mode at 345°F or 180°C.Set Timer for 10 minutes.
Add marinated veggies on the tray when the indicator says ADD FOOD.

Air Fry till the set time or check when the veggies are grilled and start to char.

Brush with oil if you feel veggies are drying.

In the Oven

Preheat oven to 425°F or 200°C

Bake tikkas for 15-20 minutes . Then turn off the baking mode, switch on the grill/broiler mode and grill on HIGH for 5 minutes, to give a slightly charred tandoori effect.

On the Stove Top

On a gas-stove in a grill pan or directly on flame. Add some oil in a grill pan and roast till the veggies start to char.

Before serving sprinkle a mix of some chaat masala and dried mint leaves.

For Mint Yogurt Chutney

Mix Yogurt with Chutney and serve with tikka.



These Turkish Lamb Burgers are Flavorful, Filling, and Just a Little Bit Messy

By Jodi Kaplan

They're worth the mess though. The burgers are rich from lamb, slightly salty from the feta and spicy/warm from cumin and garlic. Adding mint to both the burgers and the yogurt cucumber sauce adds a fresh, cool flavor to balance out the spices.

Start with making the lamb mixture, let that rest in the fridge, and then make the sauce while the lamb is cooking.

Serve the burgers in pita bread topped with the yogurt dill sauce, then add garnishes to suit your taste.

Turkish Lamb Burgers

via singleservingchef.com

Prep time: 15 minutes

Cook time: 8 minutes

Wait time: 2 hours

Ingredients

Lamb Burgers

1/2 lb. ground lamb
2 1/2 T (which is 7 1/2 tsp) bread crumbs
1/2 egg, beaten lightly (break the egg, pour into a small container, mix with a fork, then pour off half into the lamb mixture; save the rest for another use)
1/3 C onion, minced
1/2 tsp garlic, minced (about one small clove)
2 oz. feta cheese, crumbled
1/3 tsp dried oregano
1 T fresh mint
1 tsp cumin
2 tsp lemon juice
generous pinch salt
generous pinch pepper
olive oil

Yogurt Dill Sauce

1/3 C Greek yogurt
1/3 C diced cucumber
1/3 tsp dried dill
2/3 tsp fresh mint
salt and pepper to taste

Instructions

Lamb Burgers

Get a medium size bowl and add all the burger ingredients together. Mix it all thoroughly. It's best to use your hands for this (like a meatloaf) until all the ingredients are completely incorporated.

Refrigerate the mixture for a few hours, or overnight for better flavor.

Preheat your toaster oven to broil.

Separate the meat mixture into two patties and brush lightly with olive oil on both sides.

Cook for about 4 minutes, turn patties over, and then cook another 4 minutes until lamb is medium. When the burgers are nearly done (about 7 minutes in), put the pitas on top of the hot toaster oven to warm.

Yogurt Dill Sauce

While the lamb is cooking, make the sauce by combining all the ingredients together in a small bowl.

Place the burgers in the pita and top with the sauce.



This Fantastic Coconut Milk Curry Noodle Dish is One Everyone Should Try

By Helen Chin

I am trying my hand at making this curry laksa. Back home curry laksa is with Assam and sardine. The Malaysian style curry chicken laksa is “Traditionally made with rice noodles, prawns, chicken, tofu puffs and fish balls, this Malaysian Curry Laksa is not a dish

of subtlety. A balance of sweet, sour, salty and spicy elements, popular accompaniments include Vietnamese mint and fried Asian shallots.” “Laksa is a popular spicy noodle soup from Peranakan culture. Curry laksa (sometimes called just laksa) is a coconut soup made with prawns, beef, bean sprouts and chili.

It is very spicy but can be made milder by leaving out some of the chilis. Laksa is a popular food in Singapore and Malaysia. The laksa paste is made from garlic, galangal or ginger, lemongrass, chiles, dried shrimp, and ground spices. It's a deeply flavoured and fragrant base for the soup. Classic toppings for curry laksa are chili paste, chilies, bean sprouts, lime wedges, and chopped fresh herbs."

We used to eat out a lot in Malaysia. This is one of my favourite dishes that I do miss terribly. Out there, you can search for the recipes. Today, this is a trial and error experiment I use Action 1 A1 curry chicken paste. My mother bought some yong tau foo ingredients and I bought some hot pot dumplings to add into my chicken curry laksa. I made drumsticks and prawns head stock to made the chicken curry soup and drumsticks meat to add in. I added the prawn heads in to make the stock as I don't want to waste it. It sure will help boost the flavour of my curry laksa soup. Hooray! My first trial and error curry laksa is spicy, creamy, deeply flavoured, fragrant, and satisfying delicious. Let's cook!

Curry Laksa

helenscchin.com

Ingredients

Drumsticks and prawn heads stock

12-14 prawn heads
 1 Tbs minced garlic
 12 drumsticks
 4-6 c water, just enough to cover the drumsticks slightly above 1"
 5 garlic cloves
 1 c chick stock, bought
 1 Tsp chicken powder stock (OPT)

1" ginger
 salt
 black peppercorns
 3 c water, plus extra water
 oil

Chicken curry soup

750 g drumsticks meat pieces
 6 curry leaves
 1 packet A1 Action One chicken curry paste, about 200 g
 600 ml drumsticks and prawn heads stock
 250-350 ml water
 400 ml coconut milk
 6 dried chilies
 4 garlic, peeled
 3 candle nuts
 1 Tbs light soy sauce
 1 Tbs garam masala
 2 Tbs chili paste, bought from jar
 1 "ginger, peeled and sliced
 1 lemongrass, white part only
 oil
 salt
 pepper

Noodles and assorted accompaniments

3 blocks vermicelli, blanched for 3 minutes, and drained
 1 packet Hokkien mee, blanched for 5 minutes and drained
 8 squid rolls
 8 cuttlefish balls
 8 fried fish balls
 8 tofu pok
 4 lobster flavoured balls
 4 eggplants yong tau foo
 4 deep fried yong tau foo
 4 red capsicum yong tau foo

4 bitter melon yong tau foo
Crispy fried shallots
spring onions
chili oil, bought

Method

Chicken and prawn stock

Cook prawn heads with oil and minced garlic until turned red, add some water and smashed then set aside. In a pot, add drumsticks, 4 c water and bring it to a simmer on low heat about 35 minutes. As it simmers, skim the foam (impurities) off the top with a fine-mesh strainer or a spoon. When it is done, strain stock through sieve into another pot (I usually line it with a muslin cloth). Add remaining stock ingredients into pot with drumsticks except chicken stock and 3 c of water. Simmer very gently for 1-2 hours. The longer the stock, the more flavour it will have, but the drumsticks will lose flavour. Remove the drumsticks from the pot once it has cooked. Let it cool and remove meat from bones. Keep in an airtight container in the fridge.

Add in 1 cup of chicken stock, powder stock and cooked prawn heads with 3 c of water first into stock. Bring it to boil for more stock flavour about 30 minutes, give a couple of stirs and check seasoning. Cover with lid. When it has cooled completely, transfer to sterile jars and keep in the fridge for about 4-6 weeks.

Chicken curry soup

Marinate drumstick meat pieces with 2 Tbs of A1 Action One paste and 1 Tbs of light soy sauce for 30 minutes and put in the fridge. Meantime, soak dried chilies in hot water for 10-15 minutes. Pound candle nuts, lemongrass, and sliced ginger then add to

blender with soaked dry chilies, garlic, and 3 Tbs A1 Action One paste.

Heat 1 Tbs oil on high heat, add blended curry paste, garam masala and A1 Action One paste into the pot and stir until aromatic. Add drumstick meat pieces, make sure to coat all the drumstick meat pieces well and stir for 1 minutes. Add 250 ml water and cover the pot and lower the heat to medium.

Bring the curry chicken to boil and then lower the heat, add the assorted accompaniments except crispy dried shallots and spring onions.

Add curry leaves, and simmer for 20 minutes or so or until the meat pieces become tender and accompaniments are cooked and puffed up.

Add the coconut milk, 600 ml stock, chili paste, 100 ml water for soupy and bring it to boil for about 10-15 minutes. Add salt and pepper to taste and stir to mix well. Let it stand for about 20 minutes to absorb the aromatic flavour more (Optional). I prefer to wait for 20 minutes. You can ladle the curry soup immediately.

Plating up

Divide vermicelli and Hokkien mee into 4 bowls. Ladle 2 big spoonful of chicken curry soup and the assorted accompaniments onto the bowls. Garnish with crispy fried shallots and spring onion. Drizzle chili oil around (OPT). Serve immediately with a cold beer. Enjoy!!

Notes: If chicken curry soup is cool, warm up again, you can add in bean shoots, calamari or prawns if you like or chicken breast pieces. Garnish with coriander or parsley. Or add chili paste.



These Crispy Potatoes Make For a Marvelous, Filling Side

By Jodi Kaplan

Roasted paprika potatoes are one of my favorite comfort foods. My grandma used to make them (on semi-special occasions). There's an ongoing big family "argument" about whether she used olive oil or something else. However, I say olive oil, and it's my recipe so olive oil wins!

The potatoes end up slightly crispy on the outside and fluffy on the inside. The name says roasted paprika potatoes, but it's really like making extra-flavorful French fries. Plus, you only have to use a little bit of oil, instead of filling a whole fryer with it. It's a lot less messy, less wasteful (unless you don't mind reusing the oil), and considerably easier to clean up.

These potatoes make a great side dish with a simple roast chicken or a lamb chop.

Roasted Paprika Potatoes

via singleservingchef.com

Prep time: 5 minutes

Cook time: 75

Ingredients

One potato, washed, and eyed, and cut into wedges
(you don't have to peel it)

1 T olive oil

pinch salt

1/4 - 1/2 tsp paprika (depending on how big your
potato is)

Instructions

Remove the tray from your toaster oven and preheat the oven to 400 degrees.

Fill a small saucepan with cold water and bring the water to a boil. Once the water is boiling, add the potato and let it cook for about five minutes.

Remove the potato wedges from the pan and drain them in a colander. Shake it a bit to make sure all the water drains out.

Place the pieces on your toaster oven roasting tray.

Pour the olive oil over the potato and sprinkle with paprika and salt.

Toss everything so that the potatoes are coated evenly.

Put the tray in the oven and roast the potatoes for one hour at 400 degrees, tossing them again about halfway through.



You're Going to Adore This Fruity Cocktail with a Fun Origin Story

By Azlin Bloor

This Singapore Sling Recipe is the one you'll find served in The Long Bar, Raffles Hotel, in Singapore. It's sweet, fruity, herbal and fairly potent. You'll find 2

more recipes on LinsFood, including the Cricket Club Sling.

The Long Bar

The Long Bar is home to the Singapore Sling, an iconic drink in Singapore's short history. It's decorated to evoke an atmosphere of times gone by, when Singapore was still part of the old Malaya, and the bar, a popular watering hole for gin and whiskey loving gentlemen.

This is probably the only place in Singapore where littering is not a crime punishable with a fine, and I'll tell you why. The floor is a messy carpet of peanut shells!

For as long as The Long Bar has been around, peanuts have always been offered to the clientele, free of charge, to accompany their drinks. And instead of providing the customers with bowls for the shells, they are encouraged to just throw them on the floor!

This practice of chucking the shells on the floor can be traced back to the early 20th century.

That was a time when Singapore was full of coconut, pineapple and nutmeg plantations, far from the concrete jungle we know it to be today. The plantation owners and higher ups would often find themselves in The Long Bar after a long day out in the fields. They took along a terrible habit.

These guys, back in their own offices, were used to having their every need taken care of by the menial workers. And that included clearing out rubbish on the floor, like the shells of whatever nuts they were snacking on. These shells would, at some point, be swept away by the labourers. This was the habit they carried over to The Long Bar.

Over time, throwing peanut shells on the floor became a tradition, instead of a nasty habit. One that lives on until today, providing cheap entertainment for the tourists.

Singapore Sling

I spent many an evening at The Long Bar in my 20s, pretty much doing what one does in one's misspent youth. I also enjoyed "fiddling" with my order from time to time – easy on the juice, heavy on the lime, cut the soda – that kind of thing. So I consider myself a Singapore Sling expert, I mean, you know what they say about experience and all that!

I wrote a comprehensive article on the Singapore Sling over at LinsFood, talking about the history of this gin based drink from its days as the Straits Sling or the Gin Sling. And its transition to the pretty cocktail it is now.

In the early 20th century, women were prohibited from consuming alcohol in public, being forced to just stick to juices and hot drinks. Cue enterprising bartender.

The acknowledged inventor of the Singapore Sling, Ngiam Tong Boon, decided to tap this potential market by adding pineapple juice to the Sling and turning it into a pink-hued girly looking, drink with the addition of cherry brandy and grenadine. Much to the delight of the ladies, they could now indulge happily while looking like they were sipping on a tall glass of mocktail!

Raffles Hotel Singapore Sling

This is the recipe I give you here, freely available on printed cards at The Long Bar. At least, it used to be, I haven't been back in far too long!

The Singapore Sling does require a few spirits, so be prepared to get your hands on them to make this drink. This is what we'll need:

Gin

D.O.M. Bénédictine (click to read my article on it on LinsFood)

Cointreau (or any Triple Sec, article also on LinsFood)

Cherry Heering (or any cherry brandy liqueur)

Angostura Bitters

Grenadine

Lime Juice

Pineapple Juice

Soda Water (Fizzy Water)

What does Singapore Sling Taste Like?

Singapore Sling is a little on the sweet side, given the pineapple juice and grenadine. You'll forget that it's a pretty potent drink because of that! With so many liqueurs in it, the drink is just bursting with various flavours, every sip an absolute delight:

fruity

citrusy from the Cointreau and lime juice

herbal from the gin, Benedictine and bitters

hint of bitter from the cherry brandy and

bitters

Always make an extra serving. Trust me.

And making it is just a case of shaking (or mixing) everything up and topping with soda water.

Shall we get to it?

Singapore Sling (Raffles Hotel Recipe)

via singaporeanmalaysianrecipes.com

Prep Time 5 minutes

Total Time 5 minutes

Servings 1

Ingredients

30 ml Gin affiliate link, as all below

15 ml Cherry Heering (or any cherry brandy liqueur)

7.5 ml D.O.M. Bénédictine

7.5 ml Cointreau

2 dashes of Angostura Bitters

100 ml Pineapple Juice

15 ml Lime Juice

10 ml Grenadine

4 ice cubes

sparkling/soda water to top up

garnish with a slice of pineapple and cherry

Instructions

Pour the gin, cherry brandy, Bénédictine, Cointreau, Angostura Bitters, pineapple juice, lime juice and grenadine in a cocktail shaker and mix it all up. Or just stir everything together in a jug.

Drop about 4 ice cubes in a tall, Collins glass and pour the Sling over.

Top with soda water, garnish with the fruit and serve.



This Glorious Pumpkin Bread with Nutella Will Become Your Fall Favorite

By Swati Malik

Fall is almost knocking on the door, leaves have started turning to red, yellow and orange hues, and there is a nip in morning and evening air. Everything looks so beautiful all around. Just a week for the official Fall season in the USA.. for many it's time for lots of baking, having warm and comfort food.

Fall season, as it's often called in the USA, is known as Autumn in India and many European countries. The

time of the year when the days start getting shorter and evenings cooler. It is characteristic of changing leaves colors by trees and then falling of leaves, hence Fall. The season is also known as the Harvest Season and everyone seems to get ready for the long gloomy winters. Even the animals and birds prepare for the long and harsh winter months.

Fall in the USA is mainly the Harvest season. Stores are laden with the fresh produce of Apples, Pumpkin,

various varieties of Squash , Brussels Sprouts, Cranberries , Cabbage, Sweet Potatoes, turnips and many other fruits and vegetables rich in Vit. C, beta-carotene, which prepares the body increases the immunity to face the coming winters.

Pumpkins are mainly associated with the Fall Celebrations and it signifies the New Beginnings or New Life. It was fall season when I first came to the USA, there were colors everywhere, colors on trees, different colored vegetables too like the purple corn, purple yams, endless varieties of apples and of course big and humongous pumpkins! Everything was so magical all around us!! We were also very much intrigued by the beautiful big and small pumpkins decorated outside the homes and porches.

Reading more about it I came to know through various online sources that the tradition actually started in Ireland , Scotland and England and the immigrants from these countries brought the tradition of picking, decorating and making pumpkin dishes to North America.

Though there are a lot of fruits and vegetables that are freshly produced in Fall, Pumpkins, Apples dominate the food scenes from pies, cookies, and breads. Various varieties of squash come next for hot savory and comforting dishes.

To celebrate this beautiful Fall season I decided to bake one of my family's favourite, Nutella Swirl Pumpkin Choco Chips Bread.

To make this eggless bread I used store bought pumpkin puree . The baking aisle is full of cans of pumpkin puree for cakes, breads, pies, and it is very convenient.

Chia seed gel and buttermilk are used as substitutes for egg. I like to use Chia gel along with buttermilk for baking in cakes and breads, as it makes the bakes soft

and moist and also adds the nice crunch of antioxidant rich Chia seeds.

Buttermilk is made with Almond Milk and Apple Cider Vinegar that makes this pumpkin bread vegan friendly. You can also use eggs in the recipe, in case you want to bake it with eggs . Substitute 2 eggs for Chia gel and Buttermilk with about 1/2 cup of milk.

Pumpkin Spice in bread adds to the warm and comforting flavour. It also gives a rich, nice aroma.

For the bread I have used Whole Wheat flour(WWF), you can also use All-purpose Flour(APF) or Maida or a mix of both as per your preference. With WWF the bread is more dense than the one baked with APF.

Also, we like moderate sugar on the lesser side in desserts so I have used 1/2 cup of Coconut Sugar. You can add 3/4 Cup Sugar if you like sweeter cakes and breads. Also, you can use castor sugar or brown sugar.

Kids love Nutella and so do mine.. Once in a while I add it to my cakes and breads or muffins.

Since I have used Nutella and Choco-chips here so these balance out the sugar content in bread. You can skip the Nutella if you want plain Pumpkin Bread. For more crunch you can add nuts into the batter or add on a top layer with choco chips.

Kids love to take this for snack time in school and even love to have it with a warm glass of hot chocolate. My hubby and I love it with our evening Chai or Coffee!

Nutella Swirl Pumpkin Choco Chips Bread

via foodtrails25.com

Prep Time 10 minutes

Cook Time 45 minutes

Ingredients

1½ Cup Whole Wheat Flour
½ Cup Pumpkin Puree
½ Cup Nutella
¼ Cup Choco Chips
1 tsp Baking Powder
½ tsp Baking Soda
½-1 tsp Pumpkin Spice
1/2 Cup Coconut Sugar/Brown Sugar use ¾ cup if you like more sweeter bakes
¼ Cup Olive Oil or any other odorless plant oil

For Chia Gel

1 tbsp Chia Seeds
¼ Cup Water/Almond Milk

For Buttermilk

1 tbsp Apple Cider Vinegar or any synthetic Vinegar
½ Cup Almond Milk any plant based milk

Instructions

Preheat the oven at 350°F or 180° C.
Sieve together Whole Wheat flour, Baking Soda, Baking Powder and Pumpkin Spice.
Make Chia gel with 1 tbsp of Chia Seeds in ¼ cup of water or almond milk(or any plant based for vegans).
Make Buttermilk, add 1 tbsp of Apple Cider Vinegar to ½ Cup of almond milk.
In a bowl or mixing cup, add and mix oil, coconut sugar(or any other organic sweetener).
Add pumpkin puree and mix in oil sugar mix and transfer it to the flour mix.
Also, add chia gel and buttermilk to the flour. Mix and fold the batter lightly. Do not beat the batter too much as wheat will develop gluten and baked bread will be hard.

Add almond milk to the batter if the batter is on the drier side. It should be of thick dropping consistency. Transfer the batter to a loaf pan , lined with parchment paper or lightly oiled and dusted with flour.
Bake in a preheated oven for 45-50 minutes at 350°F or 180°C.
Check the doneness with a toothpick test. It should come out with little crumbs or clean. If batter sticks to it and the top of bread is brown, cover the bread with aluminium foil. Bake for another 10 minutes and leave the loaf tin in the oven for the next 10 minutes.
Leave bread on a wire rack, and cut when it cools completely.

Notes

You can use dairy milk in place of Plant based milk, if not following veganism or lactose intolerance.
Castor Sugar can be used instead of Coconut Sugar. Use ¾ Cup or adjust as per your preference.
All purpose Flour/Maida can also be used in place of Whole Wheat Flour or can use 50:50 ratio.
In case you do not have Pumpkin Spice, use a mix of powdered cloves, Cinnamon powder, ginger powder or even try Garam masala!



This Fun, Fabulous Cake is Perfect for a Potluck

By Helen Chin

One of the best things about a lavish reunion lunch at a friend's home is that you can enjoy all the delicious food that everyone brings to share. Imagine the table: vibrant and colourful, with cheese platters, perhaps, followed by hot nourishing bowls of soup in this chill season; accompanied by garlic bread, various rolls, salad, quiche, juice and to finish strawberries with cream and coffee. There are jokes shared and everyone getting to know each other in a deeper sense of loving, caring and encouragement.

If you are looking for a versatile fuss-free focus for a celebratory meal you want family and friends to enjoy, end the meal with an irresistible dessert: a homemade

cake from the heart. Make this cake your centerpiece for your important festive or reunion meal.

If you've never had the pleasure of trying it, Matcha is the finely ground powder of specially grown and processed green tea leaves.

You and your family are going to love this cake. It is healthy, beautiful, fruity, crunchy, moist, with mellow vegetal grassy notes, natural sweet nuttiness, a touch of bitterness and a pleasant savory ending. Let's bake with Love!

Apple Matcha Yoghurt Cake

via helenscchin.com

Ingredients

300 g sour cream
250 g butter
225 g castor sugar
200 g plain flour
170 g yoghurt
4 apples, thinly slice
4 eggs
1 1/2 Tsp Vanilla extract
1/2 Tsp baking powder
1/4 Tsp salt
matcha powder
Dark chocolate in strawberry shape moulds
80 g dark cooking chocolates broken into pieces
1 Tsp truffle infused oil

Garnish

1 chocolate strawberry
6 blueberries
6 raspberries
salted caramel candy bites
matcha powder, dusting

Method

One day in advance

Place enough water in a pot on medium heat. Put a glass bowl that can sit on top without touching the water and cover the pot to prevent steam from escaping. Put dark chocolate into the bowl, stir from middle out until chocolate melted completely. Remove and stir in oil. Set to cool for about 30 seconds.

Then spoon chocolate into strawberry shape moulds. Freeze chocolate until needed or about 4-6 hours; best overnight.

The next day

Preheat the oven to 170 degrees C. Grease and line a 23 cm springform pan and set aside. Mix flour, baking powder and salt together in a deep bowl. In the bowl of your stand mixer, beat butter until it becomes very creamy, about 2 minutes on medium speed. Gradually add 1 big spoon of sugar each time and continue beating well for about 4 minutes. Slowly add in all the sugar and beat until light and fluffy. Reduce speed; add one egg at a time, beating well with each addition and remember to scrape down all the sides. Next, add the vanilla, followed by sour cream. Then add flour mixture, alternating with yoghurt and folding until combined. Scrape down the sides frequently the time. Line apple slices in a circle in the prepared pan and sprinkle some matcha powder over the apple slices. Spoon some batter on to apple slices with matcha powder. Smooth the top, add another circle of apple slices and matcha powder. Repeat with batter followed by apple slices and matcha powder. Then the last remaining batter, smooth the batter and gently push in the last remaining apple slices into the batter. Sprinkle some more matcha powder over the slices of apple. Give a couple of gentle knocks on the bench top. Bake for 70 minutes or until the skewer comes out clean. Switch oven off when skewer out clean, leave cake in oven 45 minutes, with door ajar (use a wooden spoon to keep door open a little bit), then remove from the oven to a wire rack to cool in the pan for 1 hour. Transfer to a cake plate mat or plate when the cake had cooled completely.

To decorate the cake:

Just before serving, place one dark chocolate strawberry in the centre of the cake, then alternate blueberries and raspberries around the chocolate strawberry followed by sprinkling matcha powder at a height all over the top of decorations.

Next, sprinkle the salted caramel candy bites. Enjoy the cake with lightly beaten cream, tea, or coffee.

Notes:

If cake turn brown quickly after 30 minutes cover with a big metal bowl or foil. My oven is old and at time play up. Watch your cake to prevent browning quickly. You can make any decoration of your choice. You can add more chocolate strawberries or just dusting with icing sugar. Create your own crafty ideas.



These Sweet, Crisp Cookies Will Have You Longing for Just One More

By Mayuri's Fikoni

How these homemade biscuits got the name Kenyan Style Biscuits or Kenyan Biscuits, I have no idea. The only thing I know is that most Asian homes in East Africa in the 50s to 70s era made them. Most common flavoured ones were cardamom. But some made

ginger flavoured ones. For me it was when the women of our family spent time together, doing their share in baking these biscuits. During Diwali we would bake a huge batch as we then shared them with our neighbours, relatives and friends. Basically flour, sugar, butter, milk and leavening agents are used to make these super delicious biscuits.

KENYAN STYLE BISCUITS

via mayuris-jikoni.com

Ingredients

500 g plain flour
250 g sugar
250 g salted butter
½ cup warm milk
4 tbsp custard powder
1 tsp baking powder
1 tsp soda bicarbonate
1 tsp cardamom powder

Instructions

Sieve together flour, cardamom powder, custard powder, baking powder and soda bicarbonate together in a big bowl.

Add butter and sugar in a mixing bowl.

Cream butter and sugar till it becomes soft, fluffy and nearly whitish.

Add milk and mix well.

Add flour mixture and bring the mixture together into a dough. Don't over knead the dough.

Cover the bowl with a damp cloth or a lid. Allow the dough to rest for 30-60 minutes.

Preheat the oven to 180°C.

Lightly grease the baking trays with butter.

Dust the worktop very lightly with flour.

Take about a grapefruit size of dough and roll it out using a rolling pin. Roll gently. I like to roll it out on a rolling tray or chopping board as this allows me to turn it when rolling.

Roll it to about 3mm thickness.

Using a cookie cutter to cut out the biscuits. Remove the extra dough.

Place the cut biscuit shape on the baking tray, an inch apart.

Bake them for 10 -13 minutes or until the edges turn light brown.

While the biscuits are baking roll out the next batch of dough and cut out the biscuits using a cookie cutter.

Remove the tray from the oven.

Gently remove the biscuits from the tray using a spatula and allow them to cool on a wire rack.

Store the biscuits in an airtight jar.

Notes

Use up all the dough. Its easier to mix the extra dough with the new one.

To replace cardamom powder with ginger powder, use about 5-6 tsp, depending on gingery you want the biscuits to taste.

Do not knead the dough too much otherwise it will become too glutenous.

You can reduce the sugar to 200g.

Global Gourmet Magazine Sept 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 sensational 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/>

Jodi Kaplan

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 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.

You can read more of Mayuri's outstanding recipes at 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