

Global Gourmet

magazine

mayuri's jikoni

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Letter from the Editor

Dear Readers,

By now, school has resumed pretty much everywhere. Lots of lunches to pack. My kids enjoy the same lunch combinations...until they don't, at which point it is time to shake things up a little and for that I always like to have some inspiration. Perhaps you're not packing school lunches. Maybe you're packing them for yourself or a significant other. It's always nice to have some new ideas. This issue is filled with lunchbox recipes for precisely those reasons. If you want a delicious, flavorful sandwich, give Priya Vijaykrishnan's delectable Paneer Tomato Grilled Sandwich (pg.) a try. For the meat lovers, Helen Chin's melty and marvelous Salami Croissant Melt (pg.) will be a huge hit. Are you packing a lunch for a picky eater? My younger child will only eat a handful of foods, one of them being rice, so I tried out these Onigiri (pg.), plain, of course, and he actually ate them! If you want something easy to grab on the go that can double as breakfast, or even triple as a snack, Mayuri Patel's fabulous Corn Spinach Muffins (cover & pg.) are for you. Do you like to pack sweets in your lunch box? You will love Jasmina Brozovic's Jam Filled Crescents (pg.).

Hopefully these recipes will help you have delicious lunches! Thank you to all of our readers for perusing and supporting this magazine!

All the Best,

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



These Filling, Versatile Rice Snacks Are a Perfect on the Go Treat

By Joy Gordon Stewart

Onigiri, which literally means rice balls, are a popular, easy to eat on-the-go snack in Japan. The rice ball has an adorable triangular shape to make eating an onigiri an easier one-handed experience and they're often made with some kind of filling inside, although they are sometimes served plain, often after they've been grilled, which makes them yakionigiri. Popular ones include konbu (a type of seaweed), a delicious, light onigiri that as a bonus is vegetarian; mentaiko (seasoned cod roe)--I became quite fond of this flavor from the Japanese supermarket and I was always disappointed to find them out of stock;

umeboshi (pickled plums) which I could never quite get the hang of, the flavor being too strong; sha-ke, grilled salmon, tasty of course; and tuna mayonnaise, my second favorite flavor after the flavored roe. I don't know if this is exactly traditional, but I make mine with sushi rice. And the filling I'll be sharing today is something that isn't quite traditional, it's more a twist on the idea of tuna mayonnaise: a smoky, rich smoked trout in mayo salad with delicate spring onions, which was heavily influenced by a fellow foodie friend's smoked trout mousse (my version uses mustard as opposed to horseradish and Mayonnaise as the creamy element, in the stead of creme fraiche). What gives it

its twist is the spicy and acidic flavor of spicy brown mustard. This version of fish/mayonnaise salad is seriously tasty and you will likely find yourself with extra after making your onigiri. Spread it on crackers; use it to make tea sandwiches. It truly is rich and amazing.

I had a special mold to make my onigiri, but I'm told the technique becomes pretty easy with practice, and involves forming the points by cupping your hands and pressing the rice into the ridge formed in your palm. If you find yourself making onigiri as a snack pretty frequently, I'd highly suggest purchasing the mold as you can get a decent one for rather cheap on a site like amazon.

Smoked Trout & Spring Onion Salad in Onigiri

via joyouskitchen.blogspot.com

*Makes 6 Onigiri**

Ingredients

For the sushi rice (& to form into onigiri):

- 1 1/2 cups sushi rice
- 1 1/2 cups filtered water
- 1 Tbsp mirin (rice wine)
- 2 Tbsp rice wine vinegar
- 1 Teaspoon neutral oil (such as vegetable or peanut)
- 1 Teaspoon soy sauce
- 2 pinches sugar
- 3 - 4 drops toasted sesame oil (optional)
- 4 sheets nori seaweed, cut into 3" wide strips

For the smoked trout salad:

- 1 4 ounce tin smoked trout in oil, almost entirely drained
- 2 Teaspoons spicy brown mustard
- 1 - 2 Tblsp mayonnaise (depending upon taste)
- pepper, to taste

4 spring onions, sliced (white parts only)

Optional garnish ideas:

beni shoga (julienned ginger pickled in shiso leaves), furikake (a sweet sesame/seaweed/salt dry condiment mix), toasted or black sesame seeds

Method

In a heavy bottomed saucepan combine rice and water and bring to a boil.

When the water is boiling, cover the pan and turn heat down to the lowest setting. Set a timer for the rice for 15 minutes.

While the rice is cooking, use a fork to break up the trout filets into small flakes. Mix in all other ingredients for salad, combine thoroughly and then cover and set in the refrigerator while the rice finishes cooking.

With the exception of the nori sheets, whisk together the rest of the ingredients for the sushi rice in a small bowl, heating the mix in the microwave in 30 second increments until the sugar is dissolved (shouldn't take more than 2 30-second long increments).

When the rice has been cooking for 15 minutes, remove from heat, but leave it covered. After 5 minutes, fluff it with a rice paddle while slowly drizzling the warmed mixture together (vinegar, mirin, soy sauce, etc.).

When the rice has cooled completely, dampen your hands or mold and press half full with rice. Press tight. Fill with smoked trout mixture (about 2 Teasp each).

Cover with the same amount of rice, then press together. If you are forming them by hand, now is the time to try your corner making technique.

Wrap each onigiri with a strip of nori and sprinkle with condiments of your choice.



This Spin on Grilled Cheese Makes for an Amazing Lunch

By Priya Vijaykrishnan

Paneer Tomato grilled sandwiches are a perfect choice for packing in kids' lunch box or even for adults when you want to carry something filling at the same time, not messy to eat at your desk.

You can also serve this as an after school snack or even makes for a perfect light dinner when paired with some warm Italian style Tomato soup.

Paneer takes care of the protein quotient for the day and the tomatoes keep the sandwiches moist and don't let it get too dry and stuffy. Adding some mozzarella cheese gives a nice gooey and melt in mouth texture.

I love to work with different fillings that go into the sandwich and this is yet another successful attempt as my family loved the flavor and the crisp grilled bread.

For the spice, I have used only red chili powder and 1 small green chili chopped. Some boiled corn was added for the crunch and tomatoes used were firm

and deseeded to prevent the sandwiches from getting soggy.

Paneer Tomato Grilled Sandwiches

via sweetspicytasty.com

Makes 3 sandwiches

Ingredients

6 slices of bread

100 gms paneer

2 medium firm tomatoes

3/4th cup boiled sweet corn

1 tsp Chilli powder /chilli flakes

Salt as needed

Fresh corriander chopped

1 green chilli

Grated mozzarella cheese as needed

Butter to apply on bread

Method

Firstly grate the paneer, crush 3 tbsp of corn kernels with green chilli in a blender and de seed the tomatoes and dice into small cubes.

In a mixing bowl mix the Tomatoes, crushed corn , paneer, boiled corn ,chilli powder ,salt, chopped corriander and mix it all well . Let it rest for 5 to 10mins . Our filling is ready .

Donot let the filling sit for extra time because the tomatoes will release water when mixed with salt and the filling will become soggy .we don't want that

Heat the grilling pan, apply butter on one side of the bread , place some filling on it ,spread grated mozzarella cheese as per your wish ..close using the other slice of bread .

Apply some butter to the grilling pan and grill the sandwich on both sides until crisp and golden brown .

Cut the sandwich into wedges and enjoy .

If packing for lunch, then place foil paper in the inside of the lunch box ,place the cut sandwiches once they have cooled down .this will prevent the sandwiches from getting soggy.



A Quick & Easy Melt that's Sure to be a Crowd Pleaser

By Helen Chin

With kids going back to school and due to the Covid pandemic, it's better that our kids have food from home than buying from the canteen. It's much healthier to have what we know it's clean and cheap. Most kids like croissant with cheese. We can get creative by adding salami, tomatoes and salad which will fill them up and of course some fruits and yoghurt as accompaniment. It's easy, colourful, healthy,

delicious and quick to make them and pack them ready for the kids to take to school. Let's get the kids lunch ready before the school bus comes!

Salami Croissant Melt

via helenscchin.com

Ingredients

1 croissant, cut into half lengthwise
1 tomato, sliced
1 piece of melting cheese, cut into half, of your choice
4 pieces of salami
salad
pepper
butter

Method

Spread butter on both sides of the croissant. Place some salad, tomato slices, salami and the cheese on top. Microwave about 10-12 seconds just to melt the cheese a bit and then sprinkle some pepper over it. Get cling wrap ready to wrap croissants and pack them into lunchboxes with fruit and yoghurt. Also water bottles.

Notes: You can add avocado, bacon, egg or flavoured tuna. You can use bread, bagel, bun, brioche and cheese of your choice.



Take These Delightful Savory Muffins for Breakfast, Lunch or Anytime on the Go

By Mayuri's Jikoni

Corn Spinach Muffins are so good for kids to take in their lunchboxes for either mid morning snack or for lunch. Healthy, filling and delicious, these muffins are very easy to prepare. I have used wheat flour (wheat pastry, atta flour).

What I like about these muffins is that the whole family can enjoy them as an in between meals snack, carry as travel food. Adults too can pack these as in their lunch boxes with a hearty salad.

Double the recipe for more muffins.

Corn Spinach Muffins

via mayuris-jikoni.com

[Watch How To Make Them](#)

Ingredients

3/4 cup wheat flour
1/2 tsp baking powder
1/8 tsp baking soda

1/4 tsp red chilli flakes optional
1/2 tsp dried herbs optional
1/4 tsp salt
1/2 cup spinach finely chopped, lightly packed
1/4 cup corn
2 large eggs room temperature
50 g butter melted
1/4 - 1/2 cup milk room temperature
1/4 cup cheddar cheese grated

Add any type of cheese of your choice. Feta, mozzarella, parmesan, paneer work well.
Add any fresh or dried herbs of your choice.

Instructions

Preheat the oven to 180°C.

Brush the muffin tray or cups with some melted butter or oil.

Sieve flour, salt, baking powder and baking soda together.

Add herbs and chilli flakes (if using any) to the flour mixture. Mix well.

In a mixing bowl add egg, melted butter and milk. Whisk it well.

Add chopped spinach, cheese and corn kernels. Mix well.

Add the flour mixture and fold gently till the flour becomes wet.

Add batter to the prepared muffin tray. Divide equally between the muffin cups.

Bake the muffins for 20 minutes.

Insert a toothpick in the middle. If the muffins are done, the toothpick will come out clean.

Remove the muffins from the tray. Allow them to cool on a wire rack.

Can be enjoyed warm with some salad.

If the muffins are for lunch boxes, allow them to cool completely before packing.

Notes

Use frozen corn instead of fresh. Just make sure you cook it as sometimes it remains a bit raw even when baked in the muffins.

Can use canned corn.



These Delightful Cookies are a Great Way to Sweeten up Your Lunch

By Jasmina Brozovic

Don't have a bakery nearby? No worries! These easy-to-make traditional Croatian jam rolls will be part of your go-to sweets recipe collection in no time. They will make you drool with whatever filling you choose. I used plum jam for this batch and the flavor was exquisite!

Croatian Jam Filled Pastry

via zvonimirfras.com/food

Ingredients

300 ml (1 1/4 cup) sunflower or canola oil
150 ml (3/4 cup) boiling water
10 g (1 tbsp) baking powder
500 g (4 cups) all-purpose flour
200 g (1 1/2 cup) powdered sugar for coating
10 g (1 tbsp) vanilla sugar for coating
favorite jam or Nutella for the filling

Preparation

Preheat the oven to 200 °C (395 °F).
In a large mixing bowl combine oil and water.
Add baking powder and mix well.

Gradually add flour mixing with spatula until you form the dough. You can use a stand-up mixer or your hands as well.

Divide the dough into same-sized balls – I got 16 balls from this dough.

On the floured surface roll each ball (with the roller or with hands) until thin and put a tsp of jam on each one.

Roll them and place them on a baking sheet covered with parchment paper.

Bake until golden, for about 15-20 minutes.

Hot rolls coat in the mixture of powdered and vanilla sugar.

Global Gourmet Magazines Contributors

Jasmina Brozovic

Contributing Editor

Jasmina is the author of the 'Beyond the Cake' book. With her husband Zvonimir Frasc, 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.zvonimirfrasc.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

Mayuri Patel

Contributing Editor

Hi I'm Mayuri Patel, an Indian born and brought up in Kenya. A retired teacher, I began my blog Mayuri's Jikoni in 2012. Started off as a remembrance for my mum from whom I learnt how to cook the basic Gujarati Cuisine. Initially I just wanted to jot down recipes that I learnt from her, my mother in law and my aunt. However, requests and interest led to me venturing out from my comfort zone to include recipes from world over. It soon became an

endeavor to make Vegetarian Food more exciting, and a way to portray that vegetarians too enjoy different cuisines from around the world.

See more of Mayuri's mouthwatering cuisine at: www.mayuris-jikoni.com

Joy Gordon Stewart

Editor in Chief, Contributor

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

Priya VijayKrishnan

Contributing Editor

I started blogging when I moved to the US to ward of boredom and started my experiments in the kitchen. This slowly turned into passion and I started recording some traditional vegetarian Indian recipes from the south indian cuisine. This was further explored on my return to India and I am trying to blog some forgotten healthy recipes at <https://www.sweetspicytasty.com/>.

My love for photography also helped me in clicking pictures for the blog and that is how I turned into a home maker cum food blogger from a software professional . I am now exploring my skills even in photography and am enjoying that as well.