

# Global GOURMET

*magazine*



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## Letter from the Editor

*September 2023*

Dear Readers,

It is nearly the end of an era for this publication. On the magazine's 3rd birthday next month we will be sharing our final issue. It has been my honor to helm this publication; to share so many talented chefs and food writers; to learn and to grow with this publication. From where I started with the flow and formatting of this magazine to where I am with these elements now has been an immensely valuable journey.

This month our theme is quick meals. Dishes which can be prepared in a half hour or less. Some are meant to be paired with a starch, but not all. For a quick starch pasta or white rice cooks in under a half hour; as well many supermarkets now carry either frozen rice or rice in a pouch which is meant to cook in minutes.

In some cases the starch is included in the recipe, as in Seema Doraiswamy Sriram's delicious Curry Noodles (pg. 14) or Helen Chin's fabulous Broccoli and Salami Orzo (pg. 6). Another such dish is Giang Townsend's delightful and easy One Pan Creamy Gnocchi (pg. 22).

If one pan meals are more your speed, Azlin Bloor's marvelous One Pan Salmon with Vegetables (cover & pg.12) is a perfect choice. As is Swati Malik's Creamy One Pot Spinach Pasta (pg. 16) and Mayuri Patel's mouthwatering and versatile Vegetable Pulao (pg. 4).

Still having a heat wave in your area? Jodi Kaplan's amazing Salmon with Nectarine Salsa (pg.8) is a fabulous way to cool down and enjoy the last of summer's bounty of juicy fruit.

Perhaps you have the opposite weather and it has already started to cool down, in which case Archana Potdar's flavorful and warming Dal (Lentil) Tadka (pg. 19) is a perfect quick meal. My quick and easy Beans and Greens with bacon (pg. 10) is another hearty and satisfying option on a chilly evening.

It has been our pleasure to bring you these recipes and we will miss you, our wonderful readers. Our hope is that you have enjoyed these recipes, these photos and that you will always be surrounded by delicious food.

All the Best,

Joy Gordon Stewart & the Global Gourmet Magazine Team





## This Flavorful Rice Dish is a Perfect Versatile Weeknight Meal

*By Mayuri's Jikoni*

**V**egetable Pulao is a one pot, delicious, aromatic and a filling rice dish. It is a popular Indian Cuisine recipe which every household has its own version of. What I

like about making vegetable pulao is that once you have all the ingredients at hand it makes a perfect lazy Sunday or any day meal. I love making this pulao, pilau, pilaf recipe at least once a week as it allows me



to use a variety of vegetables. Go on, give this recipe a try and add vegetables of your choice. Enjoy the pulao on its own with some yogurt, or serve it with your favourite curry. We love to have it on its own with some poppadams.

I usually make vegetable pulao either on the stove top in a big pan, in the rice cooker or pressure cooker. Also making it in an Instant Post is super easy.

## Vegetable Pulao

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

### *Ingredients*

1 cup basmati rice  
1 cup water  
1 cup coconut milk  
2 cups mixed vegetables raw  
1 cup onion thinly sliced  
1 tbsp garlic minced  
1 tsp green chilli paste  
1 tsp ginger paste  
1 tsp mustard seeds  
1 tsp cumin seeds  
6 - 8 peppercorns  
1 dry red chilli  
4 cardamom pods  
1 inch cinnamon stick  
4 - 6 cloves  
1 star anise  
1 bay leaf  
¼ cup cashew nuts roughly chopped  
2 tbsp raisins  
1 tsp salt  
1 tbsp ghee or oil  
1 tbsp oil  
¼ tsp turmeric powder  
¼ tsp asafoetida  
1 tsp garam masala or pulao spice mixture

### *Instructions*

Wash the rice and soak it in 1 cup of water till you get the vegetables ready.

Prepare the vegetables. Cut them all in almost equal size. I like them to be roughly the size of the peas or corn.

Heat oil and ghee in a deep pan over medium heat. When it is hot, add cinnamon, cardamom, cloves, red chilli, star anise, bay leaf and peppercorns. Stir fry for a few minutes.

Add mustard and cumin seeds.

When they begin to sizzle, add the asafoetida and sliced onions.

Stir fry them till they become soft and light brown in colour.

Add garlic and saute for a few seconds.

Add the ginger and green chilli pastes. Mix well.

Add the cashew nuts and raisins. Stir fry for a few seconds.

Add turmeric powder and biryani masala or garam masala. Stir fry for a few seconds.

Add the vegetables and mix well. Add the rice with the water, coconut milk and salt. Mix well gently.

Cover the pan and cook over low heat till the rice is done. This usually takes about 20 minutes.

Take the pan off the heat when the pulao is done.

Allow it to rest for 5 minutes before you serve.

Serve hot vegetable pulao with yogurt, papad, papdi, raita, kadhi, pickles of your choice.

### *Notes*

You may need an extra ¼ - ½ cup water as the amount required all depends on the rice. Check while the rice is cooking. If the water is over and the rice feels a bit raw add hot water.

Adjust the spices according to your taste.

Vegetable Pulao tastes good when served with plain yogurt, raita or kadhi.

Add vegetables of your choice.



## This Marvelous Risotto is Quick and Full of Fabulous Flavors

*By Helen Chin*

**I** Found orzo on sale today. I initially bought it with the intention of making a replica of a Nigella Lawson recipe: Saffron orzo. However, saffron is way beyond my budget. Instead, broccolini and salami caught my

eye, so I bought them and decided to add them to my orzo.

You might be wondering what orzo is. You may even have had it without realizing. Orzo is small rice shaped pasta, nearly the same size as rice. It has a chewy

texture, like pasta and isn't quite as starchy. It's perfect with salty, spicy and unctuous salami and lightly bitter, lightly funky and lightly anise-like broccolini.

Today, I am challenging myself to cook a one pan meal in 30 minutes. Well, Jamie Oliver's TV cooking programs have a lot of cooking in 30 minutes or less. Got to be brave to try out. My meal is simple, easy, quick, comforting and delicious with few main ingredients. Let's cook using one pan in only 30 minutes!

### **Broccolini Salami Orzo**

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

#### Ingredients

1 1/2 c orzo  
3 c water  
2 Tbs oil  
1 Tbs minced garlic  
2 bunches broccolini, removed stem and cut to bite size  
150 g salami, cut into half  
50 ml white wine  
1 1/2 Tsp Italian seasoning  
Parmesan Pecorino cheese  
salt  
black pepper

#### Method

In a large deep cast iron pan combine orzo and water on medium high heat. Bring to boil briefly, then reduce to a simmer and cook covered for 10-12 minutes. Keep stirring to prevent orzo from sticking to the bottom of the pan. Check orzo 5 minutes into the cooking. Orzo is cooked when all the water is absorbed and orzo has the same soft texture as cooked pasta.

You might need to add more water if orzo is undercooked, or water has evaporated too fast. When orzo has finished cooking (about 5-6 minutes), remove the pasta from the heat and transfer to a large bowl; cover with foil to keep warm.

Rinse broccolini under cool water and shake off excess water, divide stems and bite size florets. Using the same cast iron pan, on medium high heat, add oil, and garlic is fragrant for 30 seconds. Then add in stems of broccolini and toss around for 3-5 minutes. Next add the rest of broccolini, and wine cook until broccolini is bright green and wine is reduced down, about 3-5 minutes. Season with salt, Italian seasoning and black pepper.

Add cooked orzo, some cheese and salami, stir everything to mix well for about 2 minutes. Check seasoning again. Remember Parmesan Pecorino cheese is a bit salty. Spoon onto pasta bowls, sprinkle some more cheese and black pepper. Enjoy with a glass of white wine.





## This Quick & Delicious Salmon Dish Uses the Best of Late Summer Produce

*By Jodi Kaplan*

**I** bought a big bag of nectarines without thinking what to do with them, or how I was going to eat all those nectarines all by myself. Sometimes my eyes get ahead of my brain. Uh oh, now what?

But, I had previously bought salmon from them and frozen it. I thought, well the sweet nectarines should pair beautifully with the fish.

So, the answer was pan-fried salmon with nectarine salsa!

Nectarine makes a refreshing change from the usual tomato. They're sweeter, juicier, and a perfect foil for the tangy lime and spicy jalapeño. And summer is the ideal time to take advantage. The salmon was simply pan-fried with a squeeze of lime and a few seasonings. This made a bit more salsa than I needed for just the salmon. But, it was fantastic over eggs the next day.

## Salmon with Nectarine Salsa

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

*Prep time:* 5 minutes

*Cook time:* 50 minutes

### *Ingredients*

#### *Salsa*

2 small nectarines, diced

1/4 C onion, chopped

1 T lime juice

1 tsp jalapeño pepper, chopped

pinch dried cilantro (or 1/2 tsp fresh)

1/2 tsp sugar

pinch salt

#### *Salmon*

1 salmon fillet, about 4-6 ounces

salt and pepper to taste

generous squeeze of lime juice

1 T olive oil

### *Preparation Instructions*

Mix all the salsa ingredients together in a bowl and let them sit while you prepare the salmon (longer is better).

Season the salmon with the salt, pepper, and lime juice.

Heat the oil in a small skillet.

When the oil is hot, add the salmon and sear quickly on each side (about a minute or two per side).

Then turn down the heat and cook 5-6 minutes more until the salmon is opaque.

Plate the salmon and spoon the salsa over it.



## **This Hearty, Filling, Plant Based Meal is a Quick and Easy Favorite**

*By Joy Gordon Stewart*

**W**hen I say beans and greens, what comes to mind? I'll tell you how I've come to think of it: as an idea with legs. This is because my foodie friend, Justine, casually

mentioned she was serving it for dinner in a vegetarian mole pie topped with savory cornbread. It sounded very intriguing. What sort of beans? What kind of greens? Whatever she has on hand!



As she made the dish again and again, over time the mole sauce fell by the wayside - instead evolving to use bacon and crushed red pepper to develop as complex a flavor. The cornbread got served alongside. As a combination it sounded like a rich southern dish, sure to become a classic with how easy it is to make-- which is where my idea of it differed from hers. She is a master at cooking quick beans in her pressure cooker, whereas I do not have one. Yet. What we do share in common is access to a wonderful variety of delicious canned beans. And what I lack, these days, is enough time in the kitchen (as well as a time saving pressure cooker).

Originally this was a Mark Bittman recipe. Its versatility makes a lot of sense. The beauty of many of Bittman's recipes is that they're more guidelines than a concrete idea of a dish. These types of recipes are often very open ended--ideas with legs, you might say. I looked up his original recipe and was surprised to see it had from scratch chickpeas and broccoli rabe, made rich and delicious by an abundance of olive oil and a generous amount of garlic. It sounds amazing and I am certainly going to try it one night when I have more than 90 minutes to simmer those beans to perfection.

The brilliant touches of adding rich bacon fat and a pinch of hot pepper were added by Justine as she improvised and let her own take on the recipe evolve. I have made a quick version of this idea with canned pinto beans and red chard. It takes less than 20 minutes of cook time and is great for a quick weeknight meal. It'll even be done before your cornbread, depending on your recipe. I like shortcuts and don't have a good recipe for it, so I used a box mix from Krusteaz to make my cornbread and was delighted with how long I was able to keep it moist and fresh tasting.

## Beans n Greens

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

*Serves 4*

2 (15oz) cans pinto beans, drained\*  
4 slices bacon, chopped into 1" pieces  
12 oz bunch Swiss chard  
1/2 yellow onion, diced  
1 large clove garlic, minced  
1/4 teaspoon crushed red pepper flakes  
Salt & pepper, to taste  
(Optional) up to 1 cup chicken stock (see notes)

### *Method*

In a large frying pan over medium heat, sweat the bacon until it has just begun to render (~5 minutes). Add the onion and saute until soft. Add garlic and crushed pepper flakes. Saute another minute. Add chard, salt and pepper to taste, and continue to cook until just tender (roughly another 5 minutes). Add beans and stock (or can liquid; see notes). If you are not adding any liquid (see notes), continue to saute chard until it is to your liking for the finished dish and add beans at the end.

*Notes:* I used the canned beans un-drained, and using the liquid from both added too much gravy to the finished dish. I would use the bean liquid again, but some do not like the tin taste that sometimes lingers. If you are of that camp but find the finished dish too dry sans liquid, use up to a cup of stock until it reaches your desired consistency.

Can be served over rice or with crusty bread in place of the recommended cornbread.



# This Delightful Salmon and Veggies is Great as is or With Rice or Pasta

*By Azlin Bloor*

**T**his one pan salmon with vegetables recipe is very easy and very fluid. It'll probably take you about 10 minutes of prep time, and no more than 10 minutes of cooking time. That means the total time shouldn't take more than 20 minutes. Perfect for busy weeknights! But just as great on weekends.

What do I mean by fluid? It's a salmon recipe, right? So we stick with that. Everything else is negotiable, completely depending on what you have or what you fancy. That's the oil, aromatics, vegetables and sauces.

The recipe is for 2, using salmon fillets, you can scale up or down just double, triple or halve, if serving one.

Be sure to use a large frying pan so that the vegetables can be cooked in a single layer initially, and the same goes for the salmon. When the salmon fillets go in, the veggies are fine to overlap each other.

**What Vegetables to Use?**

You can use any veggies you like. As you can see in the images here, I've got shredded cabbage, tenderstem broccoli, some tomatoes and padrón chillies. The chillies are completely optional, I have so many still growing, that I couldn't resist throwing some in.

So what can you use? You can cook this one pan salmon with bell peppers, courgettes (zucchini),

cauliflower, asparagus, quartered onions, green beans, kale and so much more.

### *Make it a One Pot Meal*

If you wanted to complement the protein and vegetables and turn it into a complete meal, then just throw in some potatoes.

Now you have a choice on how to cook the potatoes. Get baby ones, slice them thinly, and fry them in a little oil in the same pan. Then, add the garlic and ginger as in the recipe card below.

Or, be a rule breaker, use a second pot and pre cook your spuds by boiling in salted water for about 10 minutes, depending on size. Cook them until they are just done, then throw them into your pan before adding the salmon.

The entire meal will still not take more than 30 minutes to cook up.

Or serve your potatoes on the side.

### *Aromatics and Sauces*

I'm keeping it simple. I tend to do that with salmon because it has such a commanding flavour on its own (which I totally love), that it doesn't really need much to carry a meal. This Smoked Salmon Curry is one of those rare times where I pile on the flavour.

So in this one pan salmon, we've got garlic and ginger for the aromatics. You could add a couple of sliced spring onions (scallions) and some red chillies, if you like.

As far as flavouring is concerned, we've got light soy sauce and a little oyster sauce, that's it. And I finish it with a squeeze of lemon juice. You could, if you like,

finish the whole dish off with a very light drizzle of sesame oil or any generic chilli oil, or chili crisp, as it's called in the US.

### *How to Serve this One Pan Salmon with Vegetables?*

I have it with rice, whether that's jasmine or basmati, it doesn't really matter. You could also serve it on a bed of noodles, of whatever type. And that can be white or brown rice, whatever rocks your boat.

In the same vein, any grain will work too, like quinoa or millet. Or for a low carb meal, go with cauliflower rice, or have it as it is.

And interestingly, I've also stuffed baguettes and sandwiches with the leftovers the next day. Remember my kids are vegetarian? So I always make this portion and keep half for the next day. Sometimes for lunch in a sandwich, sometimes dinner.

And there you have it, quick, easy and totally satisfying!

Shall we get our aprons on?

### **One Pan Salmon with Vegetables**

via [linsfood.com](https://linsfood.com)

Prep Time: 10 minutes

Cook Time: 10 minutes

*Servings:* 2

#### *Ingredients*

100 g white cabbage

100 g tenderstem broccoli

1 large clove garlic

2.5 cm ginger



4 padrón chillies (optional); shishito can also be used, or just bell peppers  
½ Tbsp vegetable oil (or sesame or chilli oil)  
2 salmon fillets preferably skin on, so the fish stays intact  
1 Tbsp light soy sauce  
½ Tbsp oyster sauce  
juice of half a lemon (or lime)

### *Instructions*

#### *Prep Work*

Rinse then slice the white cabbage thinly.  
Trim any unsightly ends off the broccoli and slice any that are particularly large.  
Lie the garlic flat on your chopping board, and with the side of your knife, bash down hard on the garlic. Peel off the skin and discard, we'll be using the garlic as it is, bruised and in 2-3 piece. Or one, if it remained whole, it doesn't matter.  
Thinly slice the ginger.

#### *Let's get Cooking*

Heat the oil in a medium-large wok or frying pan, on medium heat.  
Fry the garlic and ginger for 30 seconds.  
Toss in the cabbage, tenderstem broccoli, chillies (if using), soy sauce and oyster sauce. Stir to mix well and bring up to a simmer.  
Leave to cook, uncovered, over a low flame for 3 minutes. If your vegetables are getting dry, add a splash of water.  
Increase the heat to medium-low, and push the vegetables to the side. Place the 2 salmon fillets, skin side up, in the middle. Leave to cook for 2 minutes.  
Very gently, turn the salmon over, so skin side down, and cook for another 3 - 5 minutes. This will depend on the thickness of your fish as well as how well done

you like it. I like to finish mine when the middle is still a touch pink.

Pile some of the vegetable over the salmon to add a little flavour.

When done, take it off the heat and finish with the lemon juice drizzled over, and freshly ground black pepper and serve as discussed in the post (with any grain or on its own, as a low carb meal).

You could also finish it with a light drizzle of sesame oil or chilli oil.



# These Flavorful Asian Inspired Curry Noodles are Perfect For Keeping Autumn Chill at Bay

*By Seema Doraiswamy Sriram*

**Y**ou can make this recipe using Rice noodles, soba noodles or even angel hair pasta. The flavours of Thai curry make the dinner easy and perfect pair with any protein of your choice.

## **Curry Noodles**

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

### *Ingredients*

4 oz noodles  
3 cups drinking water  
1 tbsp peanut oil

1 tbsp thai green curry paste  
1 large red bell pepper capsicum, sliced  
1 medium yellow bell pepper sliced  
1 medium green bell pepper sliced ( i did not have any)  
1/2 can coconut milk

### *Cooking instructions*

Cook the noodles as per pack instructions. Drain and set aside.

Into the wok add the peanut oil and fry the green curry paste. Add the bell peppers and saute them. Add the coconut milk and bring it to a simmer. Now add the drained noodles and saute well.



# This One Pot Meal is Surely Going to Be Your Next Favorite Pasta Recipe

*By Swati Malik*

**O**ne Pot Creamy Spinach Pasta is a delicious and nutritious meal with the goodness of fresh spinach and homemade béchamel sauce. A 4 ingredient meal which is cooked in the Instant Pot/Pressure Cooker.

This pasta is a good way to include spinach in your or kids' meal and for those who don't like to have spinach as vegetables. My kids eat most of the things without making any fuss, except for broccoli... I don't know why but till now both of them don't like the taste of it.

Spinach is something they both are okay with it. Be it their favourite Palak Paneer, or even my Kale and Spinach Curry with Koftas. But if you want to sneak in spinach in your kids diet then this creamy Pasta with fresh greens is the best way to start.

Spinach needs no introduction here.. One of the healthiest greens and widely available. Rich source of iron and calcium along with fibers, it can be sneaked in – sneaked as it has no after taste. I like to use



spinach in curries like Lehsuni Dal Palak, add puree in Pulao, tortillas, cutlets and many more.

We all, especially moms and busy professionals, love one pot nutritious meals that can be made in jiffy . This Instant Pot Creamy Spinach Pasta, is quick and easy and requires only one pot(inner pot of Instant Pot) to cook.

### *Ingredients\**

\*scroll down to see the full recipe

Any Pasta of Choice like Penne, Rotini, Farfalle or Spaghetti.

Fresh Spinach(pureed/finely chopped).

Creamy White Pasta Sauce/Alfredo Sauce/Béchamel Sauce. In case you don't have any of these, you can add same amount of fresh cream(Amul Cream or Heavy whipping Cream), with grated cheese/parmesan cheese.

Finely Chopped or minced Garlic, Onions . For no garlic no onion recipe, you can skip garlic and onion.

Italian Seasoning or Mix of dried herbs like Basil, Oregano, Thyme use any whatever is available.

Black Pepper or Red Chilli flakes.

### *Method\**

If you are cooking pasta for the first time in Instant Pot, cook time for pasta is just half the time of the cook time given on the box instructions.

So if the Pasta Cook Time is 10 mins. set the Pressure Cooker timer to 5 mins. Do the Quick Release

Pressure. This cooks Pasta to Al-Dente. If you want softer pasta, set the Timer to 6 mins.

I have used Rotini Pasta, with cooking Time 7 mins. So, Instant Pot Cooking Time for this is 4 mins.. Many people keep 1 min. less than half of the actual pasta cooking time. But, 4 mins for soft pasta that my kids like to have.

If adding other veggies, I sauté those first and then take out, cook pasta and then add them back with pasta. This keeps veggies like Bell Peppers Crunchy.

For every 1 Cup of Pasta add about the same amount of water. So if you are cooking 2 cups of pasta then add 2 Cups water.

### **Instant Pot Creamy Spinach Pasta**

via [foodtrails25.com](http://foodtrails25.com)

*Prep Time* 10 minutes mins

*Cook Time* 6 minutes mins

*Servings* 4 portions

via [foodtrails25.com](http://foodtrails25.com)

### *Ingredients*

2 Cup Pasta any of your Choice

1 Cup Spinach Pureed / Finely Chopped

1 Cup Creamy White Sauce(Alfredo/Béchamel

2-3 Cloves Minced Garlic

½ Cup Finely Chopped Onions

½ tsp Freshly Ground Black Pepper

1 tsp Italian Seasoning

Red Chilli Flakes as required

Salt as per taste

Vegetables like mixed bell peppers/corn as desired

### *Instructions*

Switch in the Instant Pot On, to SAUTE MODE for 5 mins.

Once the display shows HOT, add oil to it.

Then add finely chopped onions, minced garlic and sauté for about a minute.

If adding veggies, add now and sauté lightly. Take out before adding spinach puree. I added corn, and cooked along with pasta.

Add pureed spinach. I had spinach puree, so I used that. You can add fresh finely chopped spinach sauté for about 1 one minute.

Add sweet corn(optional) and then add pasta.

Add pasta and then add water. Since I added spinach puree, I added 1¾ Cup, ¼ Cup less water. For 2 Cups pasta you can add 2 cups water when adding finely chopped spinach.

Cancel the SAUTE MODE, put on the lid and Switch on the PRESSURE COOK MODE. Set the Timer to 4 Mins.

Check the time for cooking on pasta box and set accordingly .

I have used Rotini Pasta, with cooking Time 7 mins. So, Instant Pot Cooking Time for this is 4 mins.. Many people keep 1 min. less than the half of actual pasta cooking time. But for me, 4 mins gives us soft pasta that my kids like to have.

Once time is done, do the Quick Release of Pressure.

Open the lid.

Add cream, black pepper powder, Italian herbs and grated cheese.

Mix everything lightly.

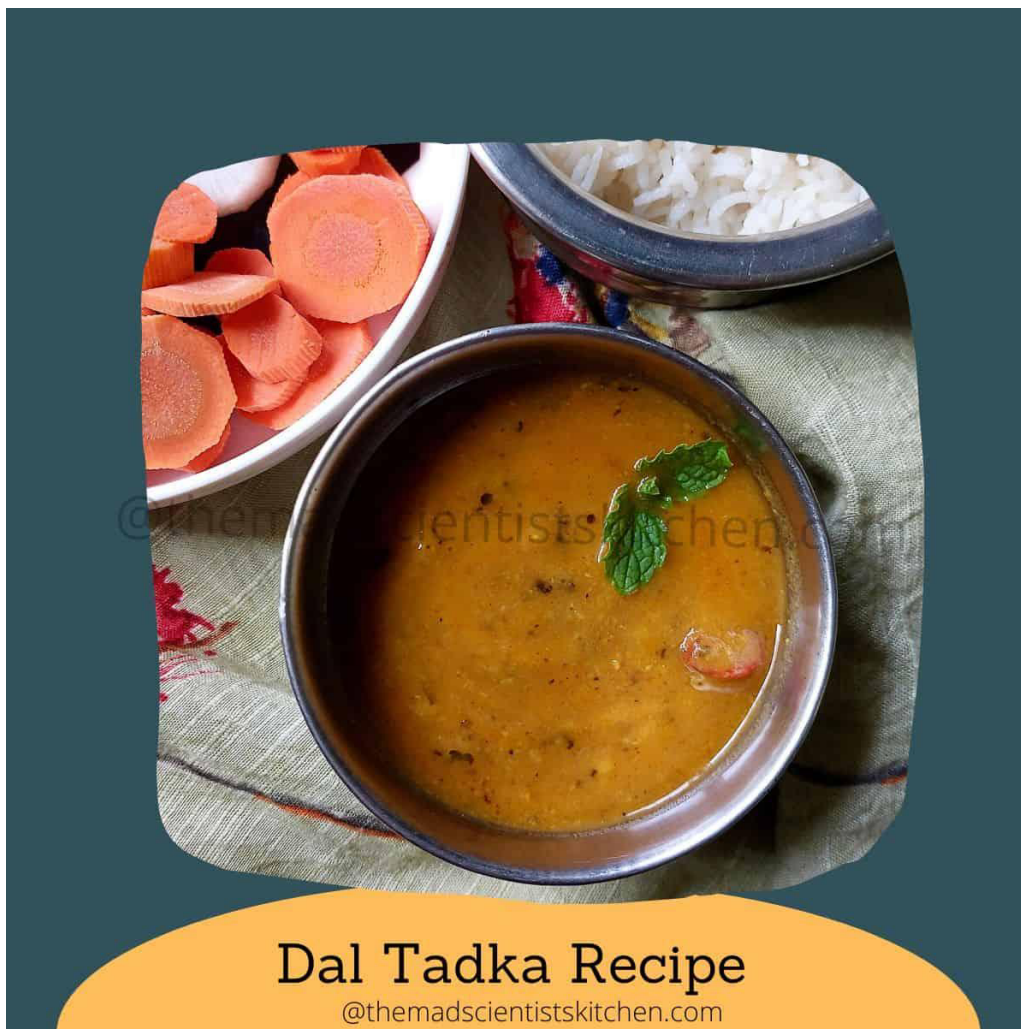
Serve hot.

### *Indian Pressure Cooker Method*

Follow the steps till adding pasta and water, then cook for 2 whistles.

Release pressure immediately and check pasta.

Add Cream cream, seasoning and mix well, sprinkle cheese before serving, and serve hot with garlic toast!



## Dal Tadka is a Delicious, Indian Style Spiced Lentil Stew That's Perfect for a Cool Fall Evening

*By Archana Potdar*

**D**al Tadka or the Dhaba style Yellow Tadka dal is the most common form of cooking lentils (dal). To make this curry, cooked lentils (or dal) are tempered or seasoned with a mixture of spices called a tadka. Simple and delicious, this curry is commonly eaten in the Indian subcontinent. Paired with roti or rice, this is everyday food in Indian homes. Every household has

a different way of cooking this dal and this post is about how I make it.

### **Dal Tadka**

via [themadscientistkitchen.com](https://themadscientistkitchen.com)

*Prep Time:* 10 minutes

*Cook Time:* 30 minutes



*Serves:* 4 people

### *Ingredients*

1 cup pigeon pea lentil or toor dal  
3 cups water  
½ teaspoon turmeric powder  
2 tablespoon ghee or oil  
½ teaspoon mustard seeds  
1 teaspoon cumin seeds  
1-2 dry red chillies broken into pieces  
5-6 curry leaves  
1 onion chopped  
1 tablespoon ginger-garlic paste  
2 tomatoes chopped  
Salt to taste  
1 teaspoon red chilli powder  
½ teaspoon garam masala powder  
2 tablespoon coriander leaves chopped  
1 tablespoon lemon juice

### *Instructions*

Rinse the lentils with water 2-3 times. Add 3 cups of water and let the lentils soak for 15-20 minutes. This soaking is optional.

Cook your lentils with water and turmeric powder. I prefer to cook them in the pressure cooker with my rice. Let it cook for 3-4 whistles.

In a pan, heat the clarified butter. Splutter the mustard seeds, then the cumin seeds. Add the dry red chillies and curry leaves.

Saute the ginger garlic paste till the raw smell goes away.

Saute the finely chopped onions till light golden brown.

Add the tomatoes and cook till the tomatoes are mushy. Use a teaspoon or 2 of water if needed.

Pour in the mashed lentils and mix well.

Simmer for 5-10 minutes till you get the consistency you like. Add salt and jaggery and garam masala powder.

Add chopped coriander leaves and lemon juice, and stir well. Cover and set aside for the flavours to mingle.

Transfer to the serving bowl. Serve with flatbreads or rice.

### *Notes*

#### *How to serve:*

You can serve it with rotis, naan, or the Malabar parathas.

Plain steamed rice or jeera rice, ghee rice is also delicious with it.

For a restaurant look-alike dal fry some sliced garlic cloves till brown in oil. Switch off the flame and add Kashmiri chilli powder. Pour this oil over the dal.

#### *Some MSK pro tips to make Dal Tadka:*

Fresh and good quality lentils cook fast and taste better too.

Rinse the lentils' reasons are obvious. But after that soak the lentils for at least 30 minutes. When in a hurry, soak in warm water for 15 minutes.

Use fresh ginger, garlic, tomatoes, coriander leaves and lemon juice for better flavours.

Your tempering of mustard, cumin and red chillies in hot clarified butter or oil must splutter and be fragrant.

The second tadka is a lot of oil/clarified butter do it occasionally. But the flavours are amazing.

Cover and set the dal aside for some time. This gives the flavours a chance to mingle.

Garnish with coriander and lemon juice makes the dal just delicious. Try it.



# **Creamy Gnocchi with Sundried Tomatoes is a Super Easy Dinner Recipe that is Decadent**

## **& Ready in 15 Minutes**

*By Giangi Townsend*

**N**othing will stop you from devouring these soft gnocchis again and again.

Gnocchis are those fantastic pillowy Italian potato dumplings that we all enjoy and are versatile. Not only do they cook in a few minutes, but you can enjoy them with all types of sauces.

They are made of small lumps of dough composed of potatoes, flour, and egg. When freshly made, they are just divine.

Although I must forewarn you, you will have to use old potatoes, meaning thicker skin. New potatoes will absorb all the cooking water and disintegrate in the cooking process.

My younger brother and I experienced that one late night when we were still living at home in Paris. An experience not easily forgotten as that perfectly cut gnocchi dissolved in the water and went down the drain. Yes, the sink enjoyed them as we looked in disbelief at what was happening. However, store-bought gnocchi is the perfect substitute, as I did here with the recipe to keep it easy for a quick evening dinner. This wonderful recipe is ready in 15 minutes and will be prepared all in one pot; how fabulous is that?

*Is gnocchi pasta or potato?*

Although you will find gnocchi with the pasta at your grocery store, it is not a form of pasta; it is a dumpling made of potatoes. The similarity with pasta is that you

can serve your gnocchi with various sauces: tomato sauce, cream, and pesto. As well as adding toppings such as cheese.

One big difference between pasta and gnocchi is that pasta is made traditionally with wheat flour and water. The gnocchi is made with potatoes, flour, and eggs.

Pasta comes in all shapes; gnocchi is formed into solid dumplings. Either an inch-long perfectly shaped or cut or pressed in the back of a fork to give it a slight ridge indentation. In some parts of Italy, they will add cheese to the potato mixture.

I was raised eating gnocchi, and when we lived in Rome, my mom would get them often, if not weekly. The fresh pasta store had them once a week, and you had to get in early, or you would not have them for lunch.

### *What part of Italy does gnocchi come from?*

The gnocchi pasta is one of Italy's most popular dishes. You can bet that you will find it on restaurants' menus all over Italy. A favorite of kids and adults alike. Gnocchi originated in Northern Italy because colder weather was a better climate for growing potatoes than grain.

In Italy, you will find two types of gnocchi: Gnocchi di Patate or potato gnocchi, which is the recipe here, and Gnocchi alla Romana, which are made with semolina flour, milk, or water.

Both are delicious but not the same dish.

However, the love for those tented pillows -- that is what I call them -- is not limited to Italy. You will find potato gnocchi with a creamy or tomato sauce worldwide.

### *Tips and how to make this gnocchi recipe to perfection*

One pan dinner is a favorite of all of us. Less cleaning, less mess in the kitchen, and no cooking timing to be concerned about as everything is right there under your watchful eye.

To start, you will need a large enough saute pan with a well-fitted lid.

Bring all your ingredients to room temperature before starting cooking. This will help the cooking process along.

Slice the garlic: you will enjoy the flavor of the garlic more once it softens with the butter and wine. I do not recommend chopping it as it will alter the flavor of this dish.

Sun-dried tomatoes are best in this dish if they are oil-packed. Softer with lots of flavors.

Use good Dijon or French mustard. French mustard has a creamy, rich consistency yet a mild flavor.

With all wine in my recipes, use the same wine that you will enjoy a glass of. This is something that I am adamant about. The richness of a full-body wine is irreplaceable in cooking.

Peas: Use frozen that you will have thawed before cooking.

Heavy cream is rich, giving that wonderful creamy texture once you cook with it.

Lots and lots of parmesan cheese. Let's face it, everything tastes better with cheese, right?

### *Ready to cook?*



Melting the butter will be fast. Once melted, add the garlic to be softened along with the butter. Do not overcook it.

The sauce base is your sun-dried tomatoes, white wine, and Dijon mustard. Dilute the mustard with the wine.

Add the gnocchi, peas, and cream to the pan. Stir well to coat all the gnocchi. Lower your heat and cover with a well-fitted lid. Cook for 5 minutes.

Stir well and add half of your parmesan cheese. Taste the gnocchi to ensure the cooking process is done and the seasoning is perfect. They should be tender to the bite but not fall apart.

One-Pan Creamy Gnocchi, Sun-Dried Tomatoes And Peas

Prep Time: 5 minutes minutes

Cook Time: 6 minutes minutes

Total Time: 11 minutes minutes

Servings: 4 people

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

### *Ingredients*

1 tablespoon butter

3 tablespoons sun dried tomatoes

2 garlic cloves, sliced

1 teaspoon Dijon mustard,

½ cup white wine

1 cup heavy cream

1 cup frozed peas, thawed

1 pound gnocchi,

¼ cup parmesan cheese, grated

### *Instructions*

Melt the butter in a skillet over medium-high heat

Add the sliced garlic to the skillet can cook for 30 seconds. Needs to get soft but not cook.

Add the sun-dried tomatoes, white wine, and the Dijon mustard. Stir well and cook for 2 minutes.

Add the gnocchi, peas, and cream to the pan. Stir well and cover with a lid. Lower the heat to medium and cook for about 5 minutes.

Stir half of the parmesan cheese, and give it a couple of stirs. Taste and season accordingly. Give it a couple more minutes if the gnocchis are not ready.

Serve immediately and sprinkle more cheese over it.

## **Global Gourmet Magazine September 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 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 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 joined 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 on 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.

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 world over.

See more of Mayuri's mouthwatering cuisine at: [www.mayuris-jikoni.com](http://www.mayuris-jikoni.com)

### **Archana Potdar**

*Contributing Editor*

I am Archana Potdar and I am the Mad Scientist of the "Mad Scientist's Kitchen" here. I love cooking, baking and experimenting with food. I am constantly reinventing the food we eat at home. Throwing together leftovers and unpopular ingredients into something that is loved by all. However, My blog focuses on nutritious and wholesome meals that are safe for everyone, from kids to the elderly.



My blog focuses on: Simple food that is easy to cook and healthy. Food that is tasty and quick to make. Vegetarian alternatives to non-vegetarian food. A reduced carbon footprint and a zero-waste kitchen that prefers local ingredients. A home-cooked alternative to take-out. A healthier adaptation of your favourite restaurant meals.

I live in Goa, India with my husband who is my friend more than my husband and the support. He has held my hands when I have been happy and sad. The head of our family is my FIL who lives with us. I have 2 daughters Apeksha and Akanksha both are moving to Bangalore for work and study respectively. All of them are my chief critics and support.

I incorporate the best of flavours and balance healthy with junk and reach a median point.

My blog is very versatile, as my family has a very versatile taste. Today if we enjoy pancakes tomorrow it will be idlis. You will find a mix of Indian, Fusion and World Cuisine on my blog. We are vegetarians at home and the fish and chicken dishes we eat outside are the ones I try to replicate. Like my Xec-xec here.

My favourite thing is baking as it relaxes me. You can find bread, cookies and cakes on my blog.

I take orders for bread and simple cakes. So if you want some delicious goodies do place your orders with me.

For more of Archana's fabulous food visit: <https://themascientistskitchen.com/>

### **Seema Doraiswamy Sriram**

*Contributing Editor*

Hi, I am Seema Sriram. Stepping into the 8 th year of food blogging as Mildlyindian, we believe in simple fuss-free food, heavily influenced by our travels. Enjoy our Indian inspired vegetarian blog and the unique ideas we try out in our family kitchen.

Enjoy more of Seema's delicious recipes at [mildlyindian.com](http://mildlyindian.com)

### **Joy Gordon Stewart**

*Editor in Chief*

I am mother to two young boys and I love to cook for my family, especially from ingredients sourced from my mountain home. I've been blogging about food at The Joyous Kitchen for almost a decade. I worked in catering for over a decade. I love to cook and write recipes and share them with everyone!

You can find more of my recipes at:

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

### **Giangi Townsend**

*Contributing Editor*

Like many working moms across the world, I was caught up in the madness searching for healthy ways to feed my family and had limited time to spend in my kitchen during the work week. I was struggling to find easy, simple and fast recipes that combined gourmet creativity and healthy eating.

As a result, I started creating as well as modifying recipes to allow me to make them in less than 45 minutes.

I had no idea that so many people were in the same boat as me and wanted to create quick and easy meals for everyday cooking using simple, fresh and whole food ingredients. What started out as a personal pastime has emerged into a thriving digital platform, with so much room for growth.

See more ofangi's fabulous food at: [www.giangiskitchen.com](http://www.giangiskitchen.com)