

# Global GOURMET *Magazine*



MARCH 2023

## Global Gourmet Magazine Table of Contents

<b>Letter from the Editor</b> .....	pg. 2
<b>Pepper Cumin Rasam/Milagru Jeera Rasam</b> .....	pg. 4
<i>By Priya Vijaykrishnan</i>	
<b>Snap Peas and Avocado Salad</b> .....	pg. 5
<i>By Mayuri Patel</i>	
<b>Spring Onion &amp; Garlic Noodles</b> .....	pg. 8
<i>By Swati Malik</i>	
<b>Chicken Apple Sausage, Gruyere &amp; Asparagus Frittata</b> .....	pg. 10
<i>By Joy Gordon Stewart</i>	
<b>Thandai</b> .....	pg. 12
<i>By Archana Potdar</i>	
<b>Lemon Orange Butter Cake</b> .....	pg. 14
<i>By Helen Chin</i>	
<b>Dandelion Tea</b> .....	pg. 16
<i>By Seema Doraiswamy Sriram</i>	
<b>Global Gourmet Magazine Contributors</b> .....	pg.s 17 - 19

## Letter from the Editor

March 2023

Dear Readers,

Spring has sprung! Slowly and seemingly with great trepidation, the warm weather is returning. Buds are forming, sprouts are unfurling their first true leaves. We want to introduce you to all the delights of this transitioning season. This month's issue is all about early spring recipes.

Speaking of transitions, are you the type to get sick as the seasons change? It happens to me and also to Priya Vijaykrishnan's family; her contribution this month is a comforting, delicious soup (Milagu Jeera Rasam, pg. 4) she always makes for them to help chase away a cold.

As we transition the weather is heating up. Less clothes means many of us are looking for lighter fare. Mayuri Patel's gorgeous Snap Pea & Avocado Salad (cover & pg. 5) is perfect for a light, healthy meal. If you'd like a quick, healthy vegetarian meal you'll love Swati Malik's bright and fabulous Spring Onion & Garlic Noodles (pg. 8). As well, Seema Doraiswamy Sriram's delightful Dandelion Tea (pg. 16), which is bursting with lovely spring flavors, is a light and refreshing beverage.

Have you started seeing those lovely asparagus pop up in the market? My Chicken Apple Sausage, Gruyere and Asparagus Frittata (pg. 10) makes good use of those tender vegetables. As the weather warms up we can all appreciate a cooling drink. Thandai (pg. 12), Archana Potdar's spiced milk based drink is quite refreshing.

And let's not forget about dessert. Helen Chin's Citrus Bundt Cake (pg. 14), decorated with strawberries, stars the fruits associated with Holi and is a delight.

We hope you enjoy this lovely time of year and that many blessings, as well as heaps of good food, are headed your way.

All the Best,



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



## **This Fragrant Soup is Perfect for those Season-Transitional Colds**

*By Priya Vijaykrishnan*

**J**eeru Milagu Rasam is a comforting meal which is a soothing Indian style soup flavored with fresh ground pepper and cumin enhanced with the aroma of fresh curry leaves and ghee tempering.

There are many recipes with mild variations to make this aromatic and tasty milagu jeera Rasam, but today I'm sharing with you my amma's recipe, which has been a favorite since my childhood.

Growing up, I used to come down with a cold and cough with every single weather change and this yummy rasam mixed with soft rice and ghee used to be a staple . It used to be so soothing and calming to the sore throat and would also give the dull taste buds a quick rejuvenation.

Even to this day,I make jeera milagu rasam (saathamudhu) when even one person in the family is under the weather.

Having said that, the last couple of days one after another, people at home are coming down with sore throat , cold ,cough due to the sudden change in weather in my city. Jeera milagu rasam has been on the menu ever since and hubby loves to sip on hot rasam with fresh ghee tempering which smells of fried asafoetida and crackled jeera .

To make jeera milagu rasam, we don't use the regular rasam powder; instead we make a fresh spice mix by roasting pepper corns , jeera ,red chilly and pigeon peas (thoor dhal).

I use tomato as well as tamarind in this recipe, but you can skip the tomatoes and make it just with tamarind and spice mix .

### **Milagu jeera Rasam / Pepper Cumin Rasam**

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

*Preparation Time* - 5 mins

*Cooking Time* - 15 mins

*Serves* - 2 to 3

#### ***Ingredients***

*For the spice mix*

1.5 tsp pepper corns /milagu

1 tsp cumin /jeera

1/2 tsp thoor dhal

2 dry red chillies

Pinch of asafoetida

For the rasam

1 medium sized tomato

Small lemon sized tamarind

3 cups water

Salt as needed

Tempering

2 tsp ghee (use cooking oil for Vegan version)

1/4 tsp jeera

1/4 tsp mustard

1/2 tsp pepper powder

Pinch of asafoetida /hing

Fresh curry leaves and coriander

Method

Dry roast the ingredients mentioned under the spice mix and blend it to a fine powder . Set aside .

Blanch the tomatoes along with the tamarind for 5 to 6 mins .

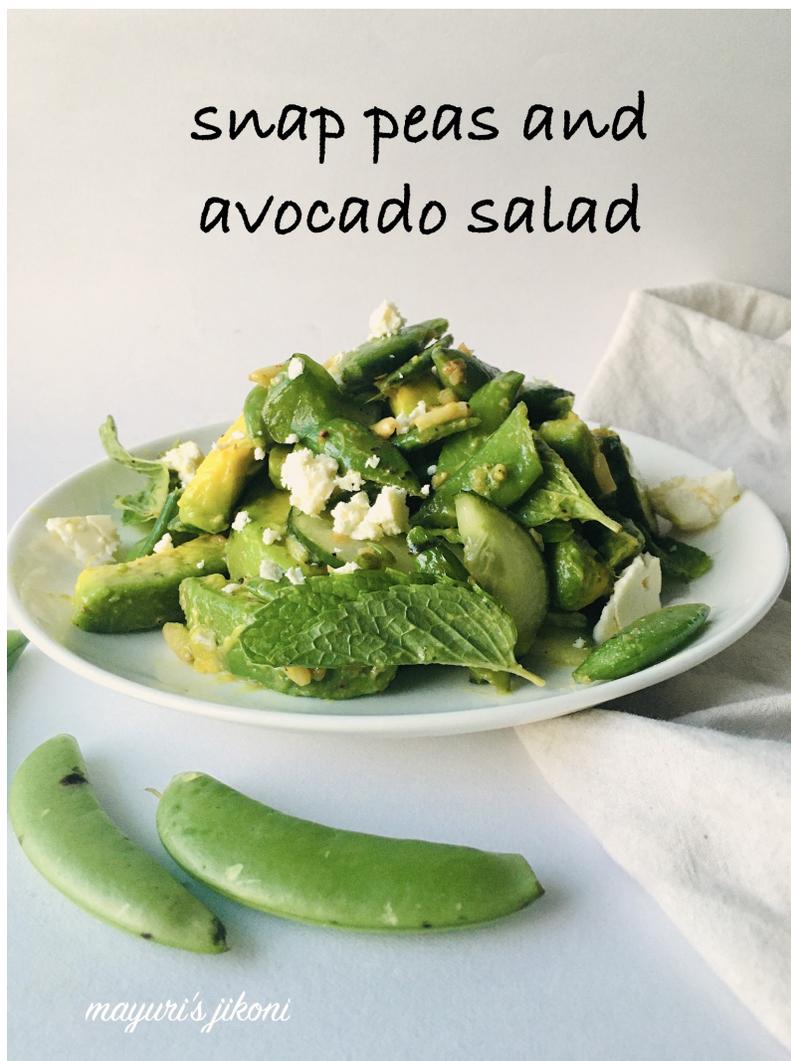
Once it cools down, squeeze out the puree from the tamarind and tomato. Pass it through a sieve and collect it in a thick bottom vessel.

Add 2 cups of water to the tamarind tomato puree with some salt and boil it till the raw flavor of tamarind is lost. This will take about 8 to 10 mins.

Make a paste of the spice mix with little water and add this to the boiling tamarind water and cook on low flame till you see the rasam frothing . Turn it off at this stage and garnish with fresh coriander leaves.

Heat ghee in a pan and splutter the mustard seeds, followed by jeera and curry leaves. Turn off the stove , add asafoetida and pepper powder. Pour this tempering over the rasam.

Sip on the hot rasam as is or mix it with steamed rice and enjoy with some roasted papads and simple potato stir fry /urulai kaara curry.



## This Fresh, Delicious Salad is Reminiscent of the Emerging Sprouts

*By Mayuri Patel*

**S**nap Peas and Avocado Salad is a healthy, filling and simply delicious salad. It's got the crunch, the crispiness, tanginess and above all it is nutritious. For Snap Peas and Avocado Salad I've sautéed the snap peas in a bit of olive oil and garlic paste. After it cooled down, add avocado, mint, feta, salt, pepper and lemon. This is one salad that doesn't really require dressing. However, if you want to add a dressing, you can use a

creamy Italian Salad Dressing or Yogurt Dressing. Trust me, it tastes awesome without any dressing.

### **Snap Peas and Avocado Salad**

via [Mayuri's Jikoni](#)

### *Ingredients*

250 g snap peas  
1 tbsp olive oil  
1-2 cloves garlic  
1 small avocado  
1 medium cucumber sliced  
1 tbsp pine nuts roasted  
10-12 mint leaves  
100 g feta crumbled or cubed  
½ tsp salt  
½ tsp pepper powder  
1 tsp lemon zest

### *Instructions*

Wash and pat dry the snap peas. Cut off both ends and chop up the peas into half.

Peel and mince the garlic.

Heat olive oil in a wide pan over medium heat.

Add minced garlic and stir fry for a few seconds.

Add the snap peas. Stir fry for about a minute.

Take the pan off the heat. Cover the pan. The heat will further cook the snap peas.

After about 2-3 minutes remove the lid. The snap peas should be crunchy and not over cooked at all.

Peel and slice the avocado. Add to the snap peas.

Slice the cucumber and add to the snap peas mixture.

Add the roasted pine nuts, feta, mint leaves, salt, pepper, lemon zest and lemon juice.

Toss the salad gently.

Serve on its own or with pita chips.

### *Tips:*

Can add salad leaves, baby spinach if you like.

Remember feta is salty so add salt accordingly.

Add a dressing of your choice if you want to.

Add any fresh herbs of your choice like basil, dill, oregano, etc.



## Garlic & Spring Onion Noodles are a Quick, Vibrant and Delicious Meal

*By Swati Malik*

**T**hese are no fuss noodles and can be made in jiffy. These pair up so well with any stir fry or asian curry. Or relish these just like that with some refreshing drink. Prepared within 30 minutes these no fuss noodles are perfect to make for your parties and potlucks.

Made these noodles a few days back when there was a sudden demand from kids for noodles. There were no

bell peppers or cabbage in the refrigerator. Used lot of garlic for the flavour, along with spring onions, I paired it with broccoli and mushroom stir-fry in chinese sauces. A quick and hearty meal that was ready in just 30 mins..

**What can be Paired up with these Noodles**

You can also pair it with Chilli Paneer(or add tofu for vegan version) or kids favourite Vegetable Manchurian.

These noodles, bursting with the taste of garlic, reminded me of the Delhi Chinese thellas(carts) that serve some of the best chow mein and other variety of stir fried noodle dishes.. Have you ever tried the Chinese food that is served in Delhi as street food? Trust me that is something which can beat even the best Chinese joints and was a rescuer in my hostel days in Delhi for the sudden hunger cravings. The thellas are out there till late at night and you can see a lot of bachelors coming back from the office or staying in nearby hostels lined up to enjoy the stuff. Piping hot noodles with hot and soup used to be a delight in chilli Delhi winters.. If you haven't tried yet and if you are going to visit Delhi keep it in your do list.. or make these noodles as these are just like the ones you get there.

#### GARLIC AND GREEN ONION NOODLES INGREDIENTS.

A big wok or non-stick/heavy pan is needed to cook noodles. First of all cook noodles in lots of water until al-dente. Drain noodles when cooked and always spread in a flat plate,add a tsp of oil and keep aside. This prevents the noodles sticky noodles.

I have used Angel Hair Spaghetti to make these. You can use any noodles of your choice Chings, Soba or the Udon noodles. Even the zoodles(Zucchini Noodles work fine here)/

For the sauces, soy sauce is a must add along with sriracha/chilli sauce. I added a bit of Tomato sauce, vinegar use any(I used apple cider yes that also works fine) and sugar or any natural sweetener(I used Agave Nectar), this is totally optional.

Sesame seeds add the toasted flavour with slight crunch and freshly crushed black pepper combine with garlicky to enhance the flavor.

Use lots of garlic. I loved this simpler version as I could taste the tiny garlic bites which would have been lost if I added more vegetables just like the Chowmein . Spring onions add the much need crunch, use both parts.. the white and the green part.

Vegetables and Protein... adapt the recipe as per your liking, add more veggies like Cabbage, Bok Choy, bell peppers, mushrooms, carrots or paneer, tofu(for vegan version) or even chicken or any other non-vegetarian meat.

#### **Garlic and Spring Onion Noodles**

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

Stir fried quick and easy Garlic Noodles with crunchy spring onions and sesame seeds.

*Prep Time* 10 mins

*Cook Time* 15 mins

*Total Time* 25 mins

*Serves* 4

#### *Ingredients*

16 ounce Noodles should be around 2 cups when boiled.. sufficient for 4

7-8 Garlic Cloves

1/2 Cup Spring Onions chopped

1 tbsp Sesame Seeds

1 tsp Freshly ground Black Pepper

Salt to taste

#### *Sauces*

2 tbsp Soy Sauce

1 tbsp Vinegar

1 tbsp Tomato Ketchup  
1-2 tbsp Chilli Sauce/Sriracha  
2+1 tbsp+tsp Oil(Sesame preferred)

### *Instructions*

In a big pot boil enough water to boil. When the water comes to a roaring boil, add noodles to it and cook till al-dente.

Once done, add drain noodles and add 1 tsp of oil, mix lightly and nicely (can use hands) and spread on a flat plate/dish.

Very finely chop/mince garlic. Chop spring onions white and green part, keep the size as per your preference.

In a wok or pan, once it is hot add garlic and saute till the raw smell goes away.

Add the white of spring onions. Saute for a few seconds.

Mix together all the sauces in a bowl, add to the pan and mix well. Add noodles and stir fry on high flame.

Once done add spring onion, add toasted sesame seeds on noodles with black pepper and serve garnished with spring onion greens.

Serve with the side of your choice.

### *Notes*

You can add any vegetables of your choice.

Add sauces as per your taste and spice level. You can also add finely chopped green chillies here; I skipped adding any chillies because of my younger child.



## This Delightful Frittata is Bursting with Spring Flavors

*By Joy Gordon Stewart*

**I** may be taking some liberties with the concept of a frittata. The consistency of this baked egg dish is very similar--light and fluffy, but it is not fried or flipped. And it has potatoes, much like a Tortilla Espanola. Whatever I decide to call it there's no doubt this combination of vibrant, earthy roasted asparagus, melty and nutty gruyere and slightly sweet, incredibly flavorful chicken apple sausage is a winner. If you're searching for new ways with asparagus, I highly recommend this. There were two reasons to use chicken apple sausage: the first is because it goes

really well with the other flavors and the second because the South Bay Area loves themselves some chicken apple sausage. My husband and I have never seen a breakfast place in the bay area that did not offer a chicken apple sausage item on their menu. So, to honor my new (ish) home I used their favorite sausage.

**Asparagus, Chicken Apple Sausage and Gruyere Frittata**

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

*Yield* one 9" x 9" frittata

*Ingredients*

4 eggs  
2 egg yolks  
1 cup half n half or 1/2 cup each milk and heavy cream  
salt, to taste  
pepper, to taste  
10 stalks roasted asparagus (see notes), chopped into 1" pieces  
2 chicken apple sausages, sliced into about 1 centimeter pieces  
3 ounces gruyere cheese, mostly grated (see notes)  
2 medium yukon gold potatoes, sliced the thickness of kettle potato chips (about 1/16")

*Method*

Preheat oven to 400. Toss potato slices with olive oil to coat and season with salt and pepper. Arrange on a baking sheet in a single layer. Roast until tender, about 15 minutes. Set aside to cool.

(optional) in a medium saucepan over medium heat, brown sliced sausages in olive oil and set aside to cool. Mix egg batter: whisk together the eggs and egg yolks, then add half n half (or milk & cream), asparagus, gruyere (in both forms) and sausages. Add salt and pepper to taste.

Lower oven heat to 350 and grease your baking dish.

Lay potato slices three layers thick across the bottom of your baking dish. Pour in egg batter.

Bake for 30 minutes, or until the top begins to brown.

Lower the heat to 275 and cook for an additional 20 minutes, or until a fork inserted in center comes out clean. Serve alongside a simply dressed salad.

*Notes:*

To roast asparagus, toss whole spears (trimmed of fibrous ends) to coat in olive oil and season with salt

and pepper; bake in a single 375 degree oven until tender, about 12-15 minutes, depending on stalk thickness

To prepare the cheese to mix into the egg batter first use a vegetable parer to shave 10 or so pieces from your hunk of gruyere, then grate the rest



# This Marvelous Cooling Drink is Perfect for the Weather Heating Up

*By Archana Potdar*

**T**handai (pronounced as tan'd^I) also called sardai cools you in the hot sweltering Indian Summers. What more we use all the goodness that nature has in her bounty to make thandai. Aerated cold drinks and packaged juices are popular now. They are harmful to health and you end up with empty calories. A glass of thandai, an Indian cold drink and sweet milk-based drink is great for your health and cooling too. The almonds and the spices fennel, cardamom and saffron and pepper make it a perfect cooling drink. Especially served on festive occasions like Maha Shivaratri and Holi festival.

Relax and enjoy!

## **Thandai**

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

Prep Time: 10 minutes

Soaking Time: 3-4 hours

Total Time: 4 hours 10 minutes

Servings: 8 glasses

## *Ingredients*

*For the Thandai Paste:*

1 cup water  
3 tablespoon almonds  
¼ cup melon seeds  
2 tablespoon poppy seeds  
1 tablespoon fennel seeds  
½ teaspoon whole black pepper  
1 pinch saffron  
3 green cardamoms  
2 tablespoon pistachios optional  
2 tablespoon dried rose petals optional  
½ cup sugar

*For the Drink:*

8 cups cold milk  
ice cubes as required

*For Garnish:*

rose petals  
Pistachios chopped  
Saffron

*Instructions*

Soak the almonds, melon seeds, poppy seeds, fennel seeds, black pepper and saffron. Add the pistachios and dried rose petals (if using) in water. Mix and let the mixture steep for 4-5 hours. If you plan to let it sit overnight, keep it in the refrigerator.

Grind the mixture in the blender till fine. Once you have a fine paste add sugar, cardamom and saffron blend till the sugar is well mixed. Refrigerate till needed.

To make your thandai drink you can use thickened milk. For that heat the milk till it thickens. Once you have ¾ of the original quantity cool and then blend with the paste.

Or use the packaged milk and blend in the thandai paste. You can use a spoon but I like to use the blender with some ice cubes and run the blender. Transfer to a glass and garnish with chopped nuts and rose petals.

If serving a large party, blend the paste and refrigerate. Use as needed.

*Notes*

*Protips:*

Use chilled milk to make the thandai.

Use fresh ingredients to make the paste.

In case you do not have dried rose petals and do not want to use gulkand avoid them.

Frequently asked Questions:

What are the disadvantages of thandai?

The full-fat milk, sugar and bhang used in thandai are what work against you.

You may see a spike in your blood sugar.

Longer-term use can increase your cholesterol.

Bhang is cannabis definitely something not recommended for long-term use. Remember moderation is always the best way to enjoy life to the fullest.

Can you add alcohol to thandai?

Thandai is traditionally spiked with cannabis or bhang. However, thandai can be served without these additives. Add rose, mango or saffron and almonds to get variations. These can be served to toddlers too. If my guests insist on spiking their drink I add alcohol to their glasses.



# This Festive Cake with Bright Fruit Flavors is Perfect for a Celebration

*By Helen Chin*

**T**here are many things to look forward to in Spring: longer and warmer days; getting to take advantage of seasonal produce; planning meals ahead to lift your spirits and expand your culinary repertoire. I am glad to use lemon from my backyard and oranges from my sister. I decided to bake a citrus cake using the fruits of the festival of Love and Springtime (Holi). My festive cake is moist, bursting with fragrant citrus and made beautifully shiny with strawberries and icing sugar. Best of all, it tastes delicious. Let's bake a simple cake that shines bright and celebrate Spring time!

## **Lemon Orange Butter Cake**

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

### *Ingredients*

250 g butter, softened, chopped  
1 Tbs finely grated orange zest  
1 Tbs finely grated lemon zest  
300 g caster sugar  
4 eggs  
225g self-raising flour  
75g plain flour  
125 ml orange juice, from 1 orange and bought orange juice  
60ml lime juice (bought in bottle)

### *Method*

Preheat the oven to 140 degrees C. Grease and line with baking paper a 23cm-round cake pan. In a mixing bowl, beat butter, zest and sugar until light and fluffy. Add eggs, one at a time, beating until just combined each addition. Fold sifted flours and juices in two batches. Spoon batter into the prepared pan. Bake for about 1 hour 10 minutes or until skewer comes out clean. I had put in a further 10 minutes as some part has batter. Test again, skewer out clean, switch off oven, leave cake in for 35 minutes with door close. Time up, remove from oven leave cake in pan for 20 minutes before turning onto a plate to cool completely.

The next day, I lay my design sheet in the middle of the cake. Cover the outer sides of the design sheet. Dust some icing sugar. Then remove the design sheet. Cut one strawberry into flower and the other strawberry just take both sides and lay across the design and flower strawberry. Just before cutting lit the candle and place opposite of flower. Serve with coffee, tea or dessert wine. Enjoy!!!!

Note: You can use lemon juice instead of lime. You can use freshly squeezed orange for juice. You may need less or more time as oven temperature vary. You can garnish with berries, or orange and lemon segments or you can make candied citrus slices: 220 g castor sugar, 125 ml water, 1 medium orange and 1 lime, thinly sliced.



## This Vibrant Tea is a Perfect Brew for the Season

*By Seema Doraiswamy Sriram*

**T**he golden brew of gently simmered dandelion flower tea is not just refreshing, it is a perfect spring pick-me-up uploaded with medicinal benefits the dandelion tea is relaxing and easy to prepare. Enjoy the medicinal benefits of the common garden weed .

### **Dandelion Tea**

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

#### *Ingredients*

10-15 dandelion flowers

4 cup drinking water  
1/2 tsp fresh ginger root grated  
1 slice lemon

#### *Instructions*

Collect 10 to 15 dandelion flowers.  
Check them thoroughly; wash and drain flowers.  
Add the water to a saucepan or a kettle and bring it to a boil.  
Add the flowers, ginger and lemon slice when the water has started a rolling boil.  
Remove from heat and let the tea steep.  
Sweeten and sip warm tea after about 5 minutes.

## **Global Gourmet Magazine March 2023 Contributors**

### **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/>

### **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.

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://themadscientistkitchen.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)