



ARAN GOYOAGA



KAJAL TEJSINGHANI



BEATRIX HORVÁTH-GALLAI

FIVE FABULOUS FOODIE FEMMES



SARA FORTE



CHRISTINA SOONG-KROEGER

Photograph of Christina Soong-Kroeger by Grant Nowell

to inspire you

NOT ONLY A CREATIVE OUTLET FOR SHARING IDEAS, TIPS AND RECIPES, FOOD BLOGGING IS LAUNCHING MANY FOODIE CAREERS. WE TRAWLED CYBERSPACE TO BRING YOU OUR FAVOURITE FOOD BLOGS FROM AROUND THE WORLD. A BLEND OF CULTURES, A DASH OF FRESH PRODUCE AND A SPRINKLE OF COLOUR WILL INJECT A HEALTHY DOSE OF INSPIRED COOKING INTO YOUR KITCHEN

Compiled by TARYN DAS NEVES

Cannelle et Vanille by Aran Goyoaga

CANNELLEVANILLE.COM

Aran is a Basque ex-pat (an ethnic group that primarily inhabits a region straddling parts of north-central Spain and south-western France), who has been living in the US since 1998. *Cannelle et Vanille* (Cinnamon and Vanilla) are the smells and tastes of Aran's childhood, and the blog is filled with nostalgia and recipes from her heritage. A freelance food writer, stylist and photographer, Aran's blog is a journal of recipes, travels and life stories, and with entries titled 'It was all about the sheep, the blossoms, and the food of spring', and recipes like rhubarb and strawberry tartlets scented with orange flower water and vanilla bean, who wouldn't want to spend a few lazy, summer afternoons scrolling through her beautiful pages?

Brown rice couscous, goat's cheese and shiitake zucchini blossoms

Serves 6

- 1 cup cooked brown rice couscous or quinoa
- 12 zucchini blossoms
- ¼ cup shiitakes, sautéed in olive oil
- 1 tbsp goat's cheese, crumbled
- 1 tbsp parsley, chopped
- 1 tbsp basil, chopped
- 1 tsp oregano
- salt and pepper, to taste
- 1 clove of garlic
- 2 tbsp olive oil
- juice of half a lemon
- 1 tbsp butter

- 1 Mix together the cooked couscous, cooked shiitakes, goat's cheese and fresh herbs.
- 2 Season with a bit of salt and pepper, and taste it. Adjust seasoning.
- 3 Stuff the blossoms with about 1 – 2 tsp of the mixture and roll the tops to seal in the filling.
- 4 Heat the olive oil in a large non-stick pan.
- 5 Cook the garlic clove slowly until it infuses with the oil, and then remove it.
- 6 Brown the stuffed zucchini blossoms for about 1 minute on each side.
- 7 Add the lemon juice. Turn the heat off and add the butter.
- 8 Swirl the pan to create a bit of a sauce. Serve immediately.



Aran's book, *Small Plates and Sweet Treats*, was published by Little, Brown in 2012



Aapplemint
by Kajal Tejsinghani

AAPPLEMINT.COM

Kajal Tejsinghani lives in India and is a lover of dark chocolate and baking. She got into cooking knee-deep post marriage, and was fortunate enough to have travelled and lived in a variety of countries with her husband, ranging from Ethiopia to China. Kajal's blog is filled with exotic flavours and to-die-for cake recipes – imagine the aromas from banana pound cake with white chocolate and cranberry or coconut loaf with vanilla buttercream frosting. We loved this fresh and simple summer soup.

Chilled avocado soup with mint, cucumber and lemongrass

Serves 2

- 1 medium-sized ripe avocado
- 1 large green cucumber
- handful of fresh mint leaves
- 3 – 4 stalks of lemongrass infused in 200ml water and then chilled (alternately you can infuse it in some fresh home-made vegetable stock)
- 200ml low-fat yoghurt
- 3 – 4 sprigs of spring onion
- salt, to taste

- 1 Firstly, make the lemongrass-infused water. Smash the lemongrass stalks and boil them in the water. Leave to cool and then chill. Set aside. When ready to use, strain the water.
- 2 Peel the cucumber, then peel and stone the avocado.
- 3 Roughly chop the cucumber and spring onions and place in a food processor along with the avocado and all the other ingredients.
- 4 Whizz it until smooth and if you find the soup a bit thick you can further thin it with some more of the lemongrass-infused water or some more yoghurt. (Personally I like the soup a bit runny and not too thick.)
- 5 Pour into a jug, cover tightly and chill well. To garnish, pour into soup bowls and add some chopped cucumber for that extra crunch, and finish off with a sprig of mint.



“It's the ideal soup for summer... light yet filling and not to mention healthy. The smooth texture and kick from the lemongrass and mint just bowl me over every time.”



Somewhere Over the Kitchen by Beatrix Horváth-Gallai

SOMEWHEREOVERTHEKITCHEN.BLOGSPOT.COM

Beatrix Horváth-Gallai is an architect living in Hungary who has fallen in love with cooking and food photography (beatrixgallai.com). Currently at home with her two little children, her English blog is one of the prettiest we've seen and it's filled with gorgeous images and tranquil recipes, offering a glimpse into the life of a very stylish European. This cake just sounds too good to be true!

Strawberry cake with chocolate and salted mousse and almond sponge

- 750g strawberries, peduncles removed and cut into halves (if we have larger strawberries)
- 6 tbsp strawberry jam

FOR THE ALMOND SPONGE

- 10 tbsp flour
- 12g baking powder
- 10 tbsp almonds, toasted and ground
- 10 eggs, yolks and whites separated
- a pinch of salt
- 10 tbsp sugar
- 1,5 tsp almond extract

FOR THE CHOCOLATE & SALTED CARMEL MOUSSE

- 240g sugar
- 120g butter
- 900ml whipping cream
- 1 level tsp salt
- 200g milk chocolate, chopped
- 2 leaves of gelatine (4g)

- 1 Preheat the oven to 170°C.
- 2 For the almond sponge, sift the flour and the baking powder into a bowl and mix them with the ground almond.
- 3 Start beating the egg whites with the salt, then gradually add the sugar, beating the egg whites until stiff peaks form. Add the egg yolks while stirring the mixture constantly. Finally, add the almond extract.
- 4 Fold the dry ingredients into the whipped

eggs, and pour the mixture into a round cake pan (22cm in diameter) that has been greased with butter and sprinkled with flour. Reduce the oven temperature to 160°C, and bake the sponge until it turns golden brown. Remove it from the baking pan and let it cool down to room temperature on a cooling rack.

- 5 For the mousse, warm 400ml whipping cream in a pan. In another pan, caramelise the sugar together with the butter, stirring constantly. When the caramel is golden brown, add the warm whipping cream, and warm the mixture until it is completely smooth. Remove from the stove and add the chocolate, stirring until it melts completely.
- 6 Soak the gelatine leaves in ice-cold water for 4 minutes, then press out the excess water. Warm 100ml whipping cream, remove from the stove and dissolve the gelatine leaves in it. Then mix it into the chocolate mixture. Cool to room temperature.
- 7 Whip the remaining whipping cream and fold it into the chocolate mixture.
- 8 Cut the sponge into three layers. Place the first layer back into the cake pan, spread 2 tbsp strawberry jam on it and top with some strawberries. Pour some of the mousse onto the strawberries. Place the second layer of almond sponge on top of the first layer and repeat the process, adding the strawberry jam, strawberries and mousse. Repeat with the third sponge layer. Put the cake into the fridge until the mousse sets (several hours). Finish the cake with a layer of mousse.

“I like to rethink traditional recipes or serve classic flavour combinations in unusual ways.”



The Hungry Australian

The Hungry Australian by Christina Soong-Kroeger

HUNGRYAUSTRALIAN.COM

Christina Soong-Kroeger is a writer, recipe developer, photographer, stylist and consultant. Known as an ABC – an Australian Born Chinese – her Chinese parents moved to Adelaide in the 1960s, and her love of food stems from them. After university, Christina spent 13 years working in the UK, China and Australia, eating her way happily around big cities and tiny villages. In 2011 she moved back to Adelaide. It was in mid-2011, during an extended maternity break, that she began *The Hungry Australian* and fell in love with blogging. The rest is history. With a huge variety of recipes, from Asian salads to cool, crisp drinks, Christina's blog is testimony to her adventurous nature in all things culinary. We hope you enjoy her gorgeous summer salad – the colours will liven up any table!



Fig, prosciutto and pear salad

Serves 2 – 4 as a side salad

- 80 grams mixed lettuce leaves, washed and spun**
- 1 pear, peeled and cut into 8 pieces**
- 6 figs, cut into 6 – 8 pieces each, depending on size**
- 6 slices prosciutto**
- 3 tbsp best quality virgin olive oil**
- 1 tbsp best quality balsamic vinegar**
- ½ – 1 tsp honey**
- freshly ground black pepper**

- 1 Lay salad leaves in a large shallow bowl or plate.
- 2 Arrange pear slices on top, and then the figs.
- 3 Tear each piece of prosciutto into halves or thirds and then roll each piece into a mini log.
- 4 Lay prosciutto on top and then make the dressing by whisking 3 tablespoons olive oil with 1 tablespoon balsamic vinegar, and a squeeze of honey.
- 5 Spoon dressing on top and give the salad a good grinding of black pepper to finish.



SPROUTED KITCHEN

a tastier take on whole foods

AVOCADO TARTINES WITH GRIBICHE EGG SALAD

FRIDAY, NOVEMBER 10, 2011 AT 11:50PM



Sprouted Kitchen by Sara Forte

SPROUTEDKITCHEN.COM

This beautiful American blog is inspired by fresh, clean, simple food with a strong focus on all things healthy and seasonal. Sara's intention is to make food taste good through using natural ingredients – whole grains, healthy fats and natural sugar alternatives.

"I started *Sprouted Kitchen* as a canvas for me to learn to be a better cook. My thoughts on health and eating well continue to change, and grow and work into what our lives look like. I try to make as much real food as possible, keeping things produce-focused... I try to make sustainable food choices and get a variety of seasonal items."

Sara's partner, Hugh, is a self-taught photographer, and the blog is their great adventure together. Sara is currently writing her second cookbook while working at a market and catering for events.

Salmon skewers with cucumber yoghurt sauce

Serves 4

- 8 skewers**
- 1½ lbs (about 700g) Wild Alaskan salmon, skinned and deboned**
- 2 zucchini**
- 2 lemons, sliced very thinly and seeded**
- 2 tbsp extra virgin olive oil**
- 1 tbsp fresh lemon juice**
- 1 tbsp maple syrup**
- ½ tsp sea salt**
- ¼ tsp paprika**

- ½ tsp Italian seasoning**
- ¼ – ½ tsp red pepper flakes**

YOGHURT SAUCE

- 2 garlic cloves**
- ½ tsp each salt and pepper**
- ½ a large English cucumber, roughly chopped (about 1½ cups)**
- zest of one lemon**
- 3 tbsp fresh dill**
- 2 tbsp fresh mint leaves**
- 1 cup full-fat Greek yoghurt**

- 1 Preheat your grill or broiler. Soak the skewers in water if using wooden/bamboo ones. Prepare a parchment-lined baking sheet.
- 2 Cut the salmon into 2" chunks, you want them similar in size to cook evenly.
- 3 Slice the zucchini into thin coins. Layer your skewers with a piece of salmon, a slice of lemon (folded in half) and a chunk of zucchini. Repeat three times, depending on the size of your skewers, and lay them on the baking sheet. Repeat the process with remaining ingredients.
- 4 In a small bowl, mix the oil, lemon juice, maple syrup, salt, paprika, Italian herbs and red pepper flakes. Give it a little mix and brush the oil mixture liberally onto all sides of the skewered goodies. Move a rack to the upper third of the oven and broil the skewers on the sheet for about 8 minutes until the edges just begin to brown and the salmon feels barely firm. Salmon is best under opposed to overdone, so keep an eye out.
- 5 To prepare the sauce, whirl the garlic in a food processor. Add the salt, pepper, cucumber, zest and give it a few pulses to chop. Add the dill, mint and yoghurt, and give a few more pulses to combine. The texture should be a bit chunky.
- 6 Transfer to a small bowl and serve with the skewers and grain of choice.

“*Sprouted Kitchen* is my community to nurture people working their way towards wellness every day.”

