

# Food in the Time of Quarantine

May 2021



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## Letter from the Editor

May 07, 2021

Dear Reader,

Today marks the release of the 13th issue of Food in the Time of Quarantine. And exactly one year since the magazine was first published. We hope you've enjoyed our labor of love. For my part I could not be more proud of our publication and impressed at the quality of recipes from my contributors. I am blessed to count so many talented chefs and writers among my friends.

This month I set our theme as “cooking over the coals”. As I started to pore over the submissions I realized nearly everyone, as varied and full of delightful personality as they are, was some type of Kebab/Kabab. Talking it over with my friend Azlin Bloor I learned that Kabab means grilled or broiled, so really anything on the BBQ. You'll see a spectacular variation in Kababs here--from Azlin's Koobideh Kababs (pg. 24), which are spectacular--herby and zesty and oh so flavorful) to Swaty Malik's utterly delightful vegan & GF Chana Dal & Yam Kebabs (pg. 29), which can be enjoyed as a burger, or in any kind of flatbread. If you enjoy new chicken dishes as much as we do, we've included several, including Maria Nasir's fabulously spiced Lahore style Tangdi Kebabs (pg. 20) and Indrani Sen's herbaceous chicken drumsticks (pg. 27), as well as my Shiitake Tsukune, which are savory and sweet Japanese meatballs (pg. 32).

At any good BBQ some of the best dishes are the sides. If you like pasta salad, you'll love Jasmina Brozovic's tasty take on the dish (pg. 18). Jodi Kaplan's lighter potato salad has a fabulous dijon mustard vinaigrette that will make you put away the mayonnaise (pg. 16).

Whether you're looking for starters on the BBQ (in which case you must try Giang Townsend's divine Tequila Shrimp with Prosciutto & Basil [pg. 14] and Lisa's mouthwatering grilled feta and tomatoes [pg. 12]) or condiments (you must try Azlin Bloor's Mexican Pickled Red Onions [pg. 6], which can be enjoyed on burgers, tacos and so much more) you'll find it in these pages.

We hope you enjoy this issue and we hope you find it helpful!

From our families to yours,

Buen Provecho,



Joy Gordon Stewart, Ed in Chief & the FitToQ Team





# These Spicy, Tart Pickled Onions will Become Your New Favorite Condiment

*By Azlin Bloor*

**I** love pickles! Sometimes I think about getting a small fridge just to house all my

spicy condiments like today's red onion pickle and all the chilli pastes I love so much! But where to put the fridge is what's stopped me all these years. When you've

got 4 kids and cook for a living, a kitchen is just never quite big enough!

These pickled red onions are quick, easy and oh, so deliciously tangy! They are perfect with just about anything and any cuisine.

So this red onion pickle is what you'd call a refrigerator pickle; you want to keep it in the fridge, and consume it within a month. However, given its high acidity (from the vinegar), you can give it a water bath to make it last longer and to be able to store it at room temperature before opening the jar.

Just bear in mind that even if you give it a water bath, once it's opened, it'll have to go in the fridge.

### Pickled Red Onion Recipe

This is a very easy recipe, requiring only a few ingredients. At its most basic, pickled red onions will only have the onions, vinegar and some salt. You can please yourself, to some extent, on what else you'd like to add, and that can be herbs, spices and/or chillies. This is what I've got in today's red onion pickle:

red onions  
garlic  
green chillies (only 2 jalapeños)  
bay leaves  
Mexican oregano (more below)

black peppercorns  
salt  
olive oil  
red wine vinegar (use ordinary, if you prefer)

### *Mexican Oregano*

I love Mexican oregano for its hints of lemon, but you can use regular oregano if you like, or even some other herb like thyme or marjoram. Or skip this altogether.

I'll do a post on Mexican oregano soon, but quickly, it belongs to the same family as lemon verbena, and not mint, like the more common Mediterranean oregano.

### *Red Wine Vinegar*

Using red wine vinegar gives a vibrant pink hue to your pickled onions. However, you will still get a beautiful red pickle if you use any regular clear vinegar, so by all means, go ahead and do that, if you prefer.

The anthocyanins (the pigment responsible for red and purple) in the red onion are very sensitive to acid, so any vinegar will leach the colour and spread it all around its environment.

### *How to use Pickled Red Onions*

I use them on everything:

noodles  
sandwiches

burgers  
any sort of barbecues, grills and pulled  
meat

in Mexico, especially the southern parts,  
you'll find these pickled onions served with  
antojitos, which refer to any sort of small  
bites, snacks or appetisers. This is why they  
are also called Mexican Pickled Onions.

I also love adding this onion pickle to salads  
to add a little bit of zing and flavour. I do  
the same thing with kimchi too. So if you  
haven't done that yet, definitely something  
to try.

And now, shall we get our aprons on?

### **Mexican Pickled Red Onions**

Prep Time: 5 minutes

Cook Time: 4 minutes

Servings: 8 (makes about 300g/10.5oz)

#### *Ingredients*

2 medium red onions  
2 green jalapeños  
2 medium garlic cloves  
2 Tbsp EV olive oil  
5 black peppercorns  
2 dried bay leaves or fresh  
1 pinch oregano  
125 ml red wine vinegar or vinegar of your  
choice, but not balsamic, which is too  
strong for this

#### *Instructions*

##### *Prep Work*

Peel the onions, halve, then slice thinly.  
Quarter the chillies lengthwise.  
Peel the garlic but leave them whole.

##### *Making Red Pickled Onions*

Heat the olive oil in a medium saucepan  
over medium heat and add the jalapeños,  
garlic, peppercorns and bay leaves. Stir  
occasionally and fry for 1 minute.  
Add the onions, oregano and salt, and cook  
for 2 minutes, stirring occasionally.  
Pour in the red wine and stir to mix  
everything well. Cook for 1 minute on the  
same heat.  
Take it off the heat and transfer to a clean  
jar and, loosely cover with kitchen paper,  
and leave to come to room temperature.  
Cover with an airtight lid and store in the  
fridge for up to a month. The pickled  
onions are ready to eat immediately but are  
better the next day, improving with age.

#### *Notes*

I've given the number of servings as 8, I  
think that's probably quite generous, it  
really depends on each person's  
preference.



## These Creative, Mouthwatering Paneer & Naan Bites Make an Easy Yummy Snack

*By Mayuri Patel*

**T**his month the theme is cooking over coals - BBQ, grilling, etc. Kenyan Cuisine is famous for what is called its Nyama Choma.

Nyama In Kiswahili nyama is meat and choma is to burn. Being a vegetarian, If I ever got invited to a Nyama Choma party, I'd have to stick to salads as its an all meat



affair. On several occasions, I've been to a Nyama Choma party hosted by my cousin but for vegetarians we usually make one pot meals.

There are many BBQ options nowadays with Vegan becoming a trend world over. Frankly, I cannot stomach the 'meat flavoured' vegan options. Where the Indian cuisine is concerned, we have the famous tikka.. which is grilled over charcoal or in a special clay oven called a tandoor. Tikka is generally made from meat, chicken, fish, paneer, mushrooms, cauliflower, and even tofu ( a good vegan option). Basically pieces of whatever you use are marinated in spices and yogurt for a few hours and then grilled. The charming thing about making tikka is that if you don't have a charcoal grill then you can easily grill it in the oven or in a pan.

The recipe I'm going to share today is the only BBQ attempt by me, personally. It was during our visit to Montreal that my son decided on a Sunday BBQ over his tiny grill! I marinated paneer and chicken. First we prepared the paneer and used that as a starter option as that was way too much paneer just for me. The grilling of chicken was left to the two men team - son and hubby.

With this recipe you have the option of baking the marinated paneer cubes in the oven to provide as a starter. I used ready made naans, as the one my son gets from the supermarket near his home are super

soft and fluffy. I also used ready made tandoori paste, which is easily available in supermarkets or Indian Shops.

## **Paneer and Naan Bites**

*Makes 36*

### *Ingredients*

2-3 big naans cut into 36 squares ( I used ready made naan)  
400g paneer or 36 bite size paneer cubes, firm  
4 tbsp tandoori paste (I used ready made)  
4 tbsp plain thick yogurt  
2 tbsp thick tomato paste  
1 tsp ginger paste  
1 tsp garlic paste  
½ tsp salt  
½ tsp red chilli powder  
½ tsp kashmiri red chilli powder or paprika  
½ tsp sugar  
2 tbsp oil  
36 spinach leaves or any green salad leaves

### *Marinate the Paneer*

Cut the paneer into approx 1" cubes.  
Mix tandoori paste, yogurt, tomato paste, salt, sugar, ginger, garlic, chilli powders and oil in a bowl.  
Add the paneer cubes, mix gently till the paneer is coated with the tandoori mixture.  
Cover the bowl with cling film.  
Let the paneer marinate overnight in the fridge or for 4-6 hours.



#### *Method 1:*

Fire up the grill or BBQ stove.  
Thread the marinated paneer through the skewers.  
Place it over the BBQ grill.  
Make sure you keep turning the skewers to prevent the paneer burning up.  
Brush the remaining marinade over it.  
As soon as you see that the edges of the paneer begin to turn brown, and the marinade on it appears dry, the paneer tikka is ready.  
Remove from the fire and using a fork, gently slip it off the skewers.

#### *Method 2:*

Line a baking tray with aluminum foil.  
Preheat the oven to 180°C.  
Spread out the paneer cubes along with the marinade onto the prepared tray.  
Bake the paneer for 30 minutes. After 15 minutes of baking, turn the paneer pieces over.

#### *To Assemble the Paneer and Naan Bites:*

Warm the naan under a broiler or on the BBQ grill for 3-4 minutes.  
Cut the naan into squares.  
Make sure the naan squares are about the same size as the paneer cubes.  
Put a folded spinach leaf on a naan square.  
Pick up the paneer square with a toothpick and stick it into the spinach and naan.

Repeat the above step till all the paneer cubes, spinach and naan pieces have been assembled.

Serve as a starter.

#### *Tips:*

Feel free to use homemade naan.  
If you don't get Kashmiri Red Chilli Powder, use a chilli powder of your choice that adds the natural red colour without it being too hot. Usually tikkas served as street food contain red food colouring.  
To serve paneer tikka on its own, skewer them with large chunks of onion, sweet pepper and tomato. Brush with marinade and grill all together.



## Grilled Feta & Tomatoes are a Marvelous Starter: Easy & Delicious

*By Lisa Watson*

**I**t's hot up here in the Northern hemisphere; so hot that you could just about cook an egg by cracking it on the terrace outside our house. It would be

covered in dust and bird-poo, so maybe wouldn't be that great to eat. By the way, thinking of bird-poo, if anyone has an idea for scaring magpies away without using a gun, I'd love to hear it. I'm sure they're

messing up our terrace on purpose because I keep hiding the cat biscuits that they love to steal. Anyway, bird problems aside, this post is actually about a delicious and easy recipe to make on the barbecue with feta cheese and tomatoes. Actually, those are almost the only ingredients, so it's easy to shop for the ingredients too.

### *Where did this great idea come from?*

I learnt how to make this when I lived in Heidelberg, Germany years ago. My German friends just loved to light up the barbecue as soon as the weather got warm enough (that meant when you didn't have to wear a winter jacket to go outside), and this was something that they almost always made. I love it as it tastes great, especially when tomatoes are in season. Whenever I eat it, it brings up many happy memories of hanging out with the group of friends I made there. I'm always thankful that they welcomed me with open arms when I arrived in Germany. They were all born near Heidelberg and had known each other for years before I came along, yet they took me into the group, cooked for me, gave me furniture and cutlery for the apartment they found for me to rent, helped me with any bureaucracy I came up against, helped me to learn to speak German, and always made an effort to speak English when I was around (until I learnt German) to make sure I felt part of the group. Though, one very good friend wasn't that helpful when he taught me German. The first words he got me to learn were Achterbahn

(roller-coaster), Nilpferd (hippotamus), Scheiberdach (sunroof) and Handschuhfach (glove-box). Although a lot of my German vocabulary has disappeared, those words still remain. One day I am determined that I will use them in a sentence. I'm so happy that fate led me to Heidelberg. Southern Germans are the warmest people I have ever met. Without them, my few years of living in Germany would not have been half as good as they were.

### *Tweaks to the recipe*

As I was saying before I started to get sentimental, the tomatoes go really well with the feta cheese, and the herbs you sprinkle over can change. It depends what you have in the cupboard. I usually use thyme or oregano. Either fresh or dried herbs work fine too.



This photo of Augsburg in Bavaria, Germany is taken from the bell-tower called der Perlachturm which sits in the central square of the town. The climb up the narrow stone steps to the top is completely worth it for the views, once you wipe the sweat out of your eyes. This tower was built as a watchtower way back in the tenth Century. After Augsburg was destroyed by Charlemagne in the 8th Century they probably thought it was a good idea to build the tower so that the citizens wouldn't be taken by surprise again. They were, but that's a story for another time. Augsburg is a beautiful town to visit, and like everywhere in Germany, has fabulously delicious cakes!

## Grilled Tomatoes with Feta Cheese

### *Prep Time*

5 mins

### *Cook Time*

5 mins

### *Total Time*

10 mins

### *Ingredients*

150 g Feta Cheese 5.2 oz/1 slab

1 Tomatoes

Thyme or oregano to taste

1 Tbsp Olive Oil

Salt and Pepper To taste

### *Instructions*

Slice the tomato in thick slices

Put the feta cheese on a sheet of aluminium foil.

Place the tomato slices on top of the feta, overlapping them if necessary.

Sprinkle with herbs, salt, and pepper.

Drizzle the oil over the top.

Close the foil by bringing all the edges up and squeezing them together.

Place on a heat bbq grill (or in a hot oven) for 5 minutes.

Eat immediately with crusty bread.





# These Delightful Tequila Marinated Shrimp Skewers are Sure to Become a Favorite

*By Giangi Townsend*

Somehow we have managed to have five bottles of tequila open in our house. I am not a tequila drinker: however, I love to use it in my cooking. The rich flavor of the tequila agave flavor comes out wonderfully in cooking as well as in marinades. Seeing all those bottles open it was only natural

that I put one to the test with the shrimps. My advice to you: do not let them marinate longer than a couple of hours as the tequila will literally drunken your shrimps and not be appropriate for the young crowd. They taste as delicious as they look. Jumbo shrimps, or prawns if you wish, marinated with tequila, olive oil, and basil. Then

wrapped in a basil leaf and thinly sliced prosciutto di Parma. Grilled to perfection in a few minutes.

Very easy recipe to prepare. It can be enjoyed as a single appetizer or a main course with salad or Rice with Peas and Butter.

Too hot outside to grill, our temperatures are above 100F, thus used a grilling plate above my stove. If you do not have metal skewers and using bamboo ones, please soak them in cold water the whole duration that you will marinate the shrimps. This step will ensure that they will not burn when grilling them.

### **Tequila shrimps with prosciutto and basil**

1 cup tequila

1 cup olive oil

½ cup freshly squeezed lemon juice

2 tablespoons Dijon mustard

½ cup freshly chopped basil

A few rounds of fresh cracked pepper

24 large shrimps, peeled and deveined, tail off

24 whole large basil leaves

24 thinly sliced prosciutto

Combine tequila, olive oil, lemon juice, mustard, chopped basil and pepper and pour over the shrimps in a shallow bowl to cover them. Marinate in the refrigerator for a couple of hours. If the marinate does not cover them fully, turn the shrimps once.

On the stove heat up a grilling plate over high heat.

Remove the shrimps from the marinate and reserve the marinate. Wrap the middle of each shrimp first with a leave of basil and then with the prosciutto. Thread 4 shrimps lengthwise on each of 6 metal skewers. (if no metal is on hand, use bamboo skewers that you will have submerged in water for a couple of hours so they will not burn when grilling).

Grill the shrimps basting with the marinate for several minutes on each side.

Serve immediately.



## **This Light, Delicious Potato Salad is a Perfect Side for Your Decadent BBQ Recipes**

*By Jodi Kaplan*

**A**nymore else here a starch fiend (waits and looks for raised hands)? I just love potato salad, but I'm not that crazy about the usual heavy versions loaded with mayo.

This Dijon mustard vinaigrette potato salad is different. It's French, for one thing, which means there's no mayo in it. Instead, it has olive oil, lemon juice, and Dijon mustard for a bit of bite.

It's really easy to make, without a lot of fussing. You can eat it warm out of the pan, at room temperature, or chilled. Since there's no mayonnaise, it also travels well if you're going on a picnic or to a barbecue (make more!).

No peeling (oh, the scandal)! That makes the prep time faster. And, you get more vitamins too.

Dijon Mustard Vinaigrette Potato Salad

Prep time: 10 minutes

Cook time: 25 minutes

### **Dijon Mustard Vinaigrette Potato Salad**

#### *Ingredients*

2 medium Yukon gold potatoes (skin on),  
about 1 3/4 to 2 cups

kosher salt to taste

1 1/2 teaspoons chicken broth

3/4 teaspoon fresh lemon juice

1/4 teaspoon Dijon mustard

3 tablespoons olive oil

salt to taste

lemon pepper to taste\*

1 teaspoon chopped green bell pepper for  
garnish

\*lemon pepper is dried lemon peel mixed  
with black pepper; if you don't have it use  
lemon zest and a grinding of black pepper.

#### **Instructions**

Fill a two quart saucepan with water, and  
set it on high heat to boil.

While the water is heating, cut the potatoes  
into small chunks (quarters, or eighths,  
depending on how big the potatoes are).

Drop the potatoes in the boiling water and  
add some salt.

Cook the potatoes about 15-20 minutes,  
until they are fork tender, then drain.

While the potatoes are cooking, make the  
dressing.

Measure the chicken broth, lemon juice,  
mustard, salt and lemon pepper into a  
small bowl and mix together.

Slowly drizzle the olive oil into the mustard  
mixture, and whisk together until it all  
combines to make a dressing.

Pour the dressing over the potatoes and  
toss gently until they're thoroughly coated.  
Sprinkle green bell pepper over the  
salad.

Serve warm or chilled.





**This Versatile  
Pasta Salad is  
Perfect to Throw  
Together for a Last  
Minute BBQ**

*By Jasmina Brozović*

**T**his is one of those dishes that you make from what you find in the fridge! Fresh seasonal vegetables make this cold pasta salad a perfect lunch or dinner during spring and summer.

I love to use macaroni or penne pasta for these salads, but there are some other fun pasta shapes that would be perfect, like farfalle, cavatelli or rotini. You can make your own unique salad each time changing pasta types and vegetables.

### **Spring Pasta Salad**

#### *Ingredients*

250 g (2 1/2 cup) pasta of your choice  
100 g (3/4 cup) gouda/cheddar cheese diced or grated  
100 g (3/4 cup) cooked ham diced or grated  
1 medium tomato, cut in cubes  
1 medium cucumber, cut in cubes  
1 medium red pepper, cut in cubes  
2 spring onions ( leave green parts for garnish)

125 ml (1/2 cup) Greek yogurt or sour cream  
125 ml (1/2 cup) mayonnaise  
salt and black pepper to taste

#### *Preparation*

Cook pasta as per instructions on the package.

Cut all ingredients and place them in the large bowl.

Mix in cooked pasta with chopped ingredients.

Season with salt and pepper.

At the end mix in yogurt and mayonnaise.

Cool in the fridge before serving.

Before serving, garnish with green parts of spring onions.

This salad is also perfect for parties, BBQ or potlucks!



## **You'll Love this Fabulous Zesty Pakistani BBQ Style Grilled Chicken Drumstick**

*By Maria Nasir*

**W**hen you have to cook chicken at least 5 days a week, like me, you keep thinking of variations in flavour that you can possibly create.

On one of our culinary adventures, we visited this BBQ place in Lahore and we had these Tangdi Chicken kebab there which my daughters liked a lot. So I recreated this

recipe for them at home. Tangdi means chicken leg and kebab culture was brought into the subcontinent with Persians but was adapted to local palate and cuisine totally.

Usually kebab is roasted, fried or grilled meat without bones but in these tangdi chicken kebab the bone is a requirement. It actually adds to the flavour depth. Roasted gram flour and spices give it a slightly, earthy, smokey flavour even if you don't grill it.

Gram flour and yogurt keep the chicken legs moist as well, no matter whichever way you decide to cook them – fry, grill or bake!

### **Tengdi Chicken Kebab (Grilled Chicken Drumsticks)**

Serves 4-6

#### *Ingredients*

12 chicken legs, skinless  
2 tablespoons ginger-garlic paste  
1/2 cup yogurt  
4 tablespoons lemon juice  
1 teaspoon red chilli flakes  
1 teaspoon black pepper  
1 teaspoon cumin seeds  
2 tablespoons gram flour/besan/chickpea flour  
2 teaspoons Salt or to taste

#### *This Is What You Do:*

Heat a skillet on high, toast gram flour, cumin seeds and chilli flakes till the flour changes colour slightly and the aroma from toasted chillies and cumin seeds wafts through your kitchen.

Add this toasted mix to yogurt, ginger-garlic paste, lemon juice, black pepper and salt in a big mixing bowl.

Make horizontal incisions on chicken thighs. Rub the marinade over chicken, cover and leave for at least 2 hours.

To cook, you can simply grill the chicken on a medium hot grill for 30-35 minutes, turning it every 6-7 minutes.

Or oven roast it covered for 30 minutes, then another 10 minutes uncovered or till the juices run clear.

Or you can pan fry it as I did...for pan frying heat 2 tablespoons vegetable oil in a frying pan on medium high heat. Place chicken legs in the pan and sear them on all sides. Reduce heat to low, add 1/4 cup water, cover and let simmer for almost 20 minutes.

Wrap the bone ends into foil wrapper for easier handling.

Squeeze some lemon juice before you serve these hot, with mint raita.





## These Mouth-Watering Shawarma Skewers Will Make Greek Night a Part of Your Week

*By Joy Gordon Stewart*

**I**t's grilling season once again! These lemon-y, shawarma-spiced chicken skewers are flavorful and tender--perfect with fries or rice and a yogurt dressing. The skewers are more yakitori style than Greek kabob style and this makes them more moist. Best of all, it's an easy, healthy dinner on the grill with an easy cleanup!

### Chicken Shawarma Skewers

Serves 4

#### *Ingredients*

2 chicken breasts (approximately 1 lb total)  
4 chicken thighs, fat somewhat trimmed (approx. 1 lb total)  
juice of 1 lemon

zest of 1/2 lemon  
2 Tablespoons olive oil  
1/2 Teaspoon cumin powder  
1/2 Teaspoon smoked paprika (sweet Hungarian paprika)  
1/2 Teaspoon ginger powder  
1 Teaspoon cinnamon  
6 spice cloves, ground in the mortar  
1/4 Teaspoon allspice  
1/4 Teaspoon nutmeg  
1/4 Teaspoon cayenne pepper  
salt, to taste  
pepper, to taste

### *Method*

Soak 12 skewers in water.  
Grate zest of 1/2 lemon into a flat-bottomed bowl or storage container.  
Chop chicken into bite sized pieces and lay over lemon zest.  
Add lemon juice, spices and olive oil, salt and pepper. Toss to coat.  
Allow to marinate, covered, in the refrigerator for about 20 minutes while you build your coals.  
Set 2 skewers vertical and parallel on a dinner plate with the pointed ends facing the ceiling. Add a piece of breast meat chicken, piercing the chicken with both skewers. Add another piece of breast meat and push down next to the first piece. Keep adding pieces until the chicken covers the skewers from about 3" from the bottom and about 3" from the top (see photo). Now repeat the process with all thigh meat pieces. Continue until you have about 6 or so skewers.

Brush grill with olive oil and add chicken skewers. Cook over medium-high coals for 3 minutes on each side, then flip it over a third time and cook for another 3 minutes. You can check for doneness by peering in between the largest pieces on a skewer. Serve on or off the skewers.

I served this dish with baked potato fries and a cucumber and grape tomato salad with a tzatziki salad dressing. Yum!



## **Kabab Koobideh is a Wonderful Zesty Meat Skewer & a Must Try**

*By Azlin Bloor*

**K**abab Koobideh is a beautiful, lightly spiced, herby (if you want it to be), Persian kebab. Traditionally, these are fashioned as long, cylindrical kebabs wrapped around flat, sword-like skewers, which can be barbecued, grilled, cooked in an oven and even on the stove top. Take your pick.

### *Kabab Koobideh Recipe*

It's such an easy recipe to make. All we do is:

Chop up the onion, herbs and chilli  
Add it to the minced meat.  
Add all the other seasonings and mix it all up, squeezing the meat.  
Place it back into the fridge to marinate for at least 2 hours.  
Then barbecue it or cook it in the oven.  
I often also make them into little patties, serving them as finger food, or just shape them without skewers.

### *What meat to use for Kabab Koobideh?*

Traditionally, lamb is the meat of choice but you can use beef, if you prefer, or even a mix of the two.

### **Kabab Koobideh**

Prep Time: 20 minutes

Cook Time: 10 minutes

Servings: 6 (Makes 6 kebabs)

### *Ingredients*

500 g minced lamb, beef or a mix of the two  
1 medium onion  
1 small handful fresh coriander cilantro leaves  
1 small handful fresh flat leaf parsley  
1 mild green chilli  
1 Tbsp Sumac  
½ tsp turmeric powder  
1 tsp salt  
¼ tsp coarsely ground black pepper

### *Basting Sauce*

1 Tbsp olive oil  
sprinkle sumac  
1 tsp lemon juice ¼ tsp lemon juice  
small pinch of salt

### *Instructions*

Finely chop the onion. Then, using a couple of kitchen paper, squeeze the onions dry as much as is possible. Place in a large bowl. Next, chop up the green coriander, parsley and green chilli. Add to the bowl. Tip the mince in, and using your hands, mix thoroughly, for at least 1 minute, ensuring that every last bit of the meat is coated.

Then, lift up the meat and throw it back into the bowl from a little height, 20 times, 30, if you have the patience. This kneading and “slapping of the meat”, stretches the protein, which will contract upon refrigeration, twisting to create a bond. So your kabab doesn't fall apart.



Cover with cling film and leave in the fridge to marinate all night or a minimum 6 hours.

Make the basting sauce by mixing all the ingredients together.

When you're ready to cook them (barbecue, grill, etc), shape the kababs around the skewers.

Place the kababs on the barbecue/under the grill and cook for about 5 minutes each side, depending on thickness, basting at least once per side.

### *Notes*

Total time does not take into account, chilling and marinating times.



## **This Fabulous Herby Grilled Chicken Will Become a New Family Favorite**

*By Indrani Sen*

**M**urg Pahari kebab is a dish from the hills in North India dark green in color

imparted by greens like spinach, coriander and mint leaves.

Kelwa Beach is situated about 80 kilometres towards the north on the outskirts of Mumbai. The residents of Kelwa beach are mainly from the Koli community who are involved in the fishing industry due to the proximity of Satpati, Maharashtra's biggest fishing centre. Even the ladies at home are efficient in drying fishes and both dry and fresh fishes are available in abundance over here. This used to be one of the virgin and serene beaches of Mumbai which is clean, safe and beautiful. We thought of doing a barbecue here during one of our weekends. Though after coming here, to our utmost shock the beach was full of local crowd. I had recently bought a portable barbecue stand and was very eager to test it. We had coal, not charcoal which took a while to catch fire. We used paper, wood and dried leaves from the adjoining jungle to pep up the fire. It was fun. We grilled mushroom, potatoes and chicken tandoori and pahari kebabs. The chicken was perfectly tender, soft and had that nice charred smoky flavor. I am sharing the recipe of Murg Pahari kebab here which is originally a dish from the hills in North India.

### **Murg Pahari tikka kebab**

Prep Time 2 hours

Cook Time 25 minutes

Servings 3

#### *Ingredients*

Chicken boneless cut into chunks 450 gm

Ginger paste 4 tsp

Garlic paste 4 tsp

Green Chilli paste 1 tsp

Garam masala 1 tsp

Hung Curd or thick unsweetened yoghurt 1 cup

Coriander leaves A bunch

Mint leaves A bunch

Spinach 3 to 4 leaves

Lemon juice 2 tsp

Onions 100 gm

Lemon 1 no

Mustard oil 2 tsp

Salt To taste

Lemon and Onion rings To garnish

Ghee clarified butter or oil 1/2 cup

**Instructions**

**Method**

Marinate chicken chunks with salt, ginger garlic paste, chilli paste and lemon juice and curd overnight. Keep it aside.

Grind coriander leaves, mint leaves and spinach together into a fine paste.

Add this to the marinated chicken chunks.

Add mustard oil. Keep the chunks in the refrigerator for half-an-hour.

Remove the chunks from the refrigerator at least 10 minutes before cooking.

Grill the chunks on skewers over flame or on a grill clay oven.

Drizzle ghee on the meat

Rotate the skewers intermittently and drizzle oil or ghee

Cook until chicken becomes brown and tender.

Garnish with onion rings, slices of lemon and vegetables.

Serve hot with mint chutney.



## **Delicious Chana Dal & Yam Kebabs are Vegan, Gluten Free and Melt-in-Your-Mouth-Tender**

*By Swaty Malik*

**C**hana Dal Kebabs are made from Chana Dal or Split Chickpea Lentil (Chana Dal) and Yam. They are easy, super yummy and healthy.

If you're looking for an easy and healthy snack recipe for your parties and special occasions these Chana Dal Kebabs are a must add to your list.



If you are a fan of Wraps and Rolls, stuff these into tortilla or any flatbread of your choice, along with some yummy yogurt-mint dip, onions and lettuce, you have the roll that tastes as good as any of your favorite tikka rolls.

Pair up with burger buns with some mayo and ketchup and indulge in some healthy burger eating. Use gluten-free flatbread and buns for having gluten-free wraps, rolls or burgers.

### **Chana Dal & Yam Kebabs**

#### *Ingredients*

1 Cup Split Chickpea Lentil(Chana Dal)  
½ Cup Yam(Suran/Jimikand)  
1-2 tbsp Chickpea Flour(Besan) or add more if required  
¼ Cup Fresh Coriander Leaves  
½ Cup Finely Minced Onion  
1" Fresh Ginger piece  
4-5 Garlic Cloves  
1-2 Green Chilies or as required  
1 tsp Cumin Seeds  
1-2 tsp Coriander Powder  
1 tsp Chaat Masala  
½-1 tsp Red Chilli Powder as required  
1-2 tbsp Oil for patties and as required for grilling  
1 tsp Salt or as per taste

#### *Instructions*

Wash nicely and soak Chana Dal for 4-5 hrs. Take roughly chopped onion, ginger, garlic and green chilies. Take thoroughly washed coriander leaves.

Add all the ingredients in a food processor except chickpea flour, salt and oil and grind coarsely. Don't add water to it. If the mixture is too tight, add 1-2 Tbsp of water not more than that.

Add chickpea flour, oil and mix well. You can make the mixture 1-2 hrs before making the patties/kebabs.

Refrigerate the mixture covered with a cling film if you want to make it later and don't add salt if you are not making it immediately, as the mixture can leave water.

When ready to make, mix in salt and heat a non-stick pan or a grilling pan on the stove-top.

Add 1-2 Tsp of oil, divide the mixture into equal portions, shape into patties and grill on medium heat from both sides.

It takes around 10-15 minutes for kebabs to completely cook on both sides. You can also shape these like seekh kebabs on skewers. Once cooked on both sides, serve hot with the dip of your choice. Goes best with mint yogurt dip.

#### *To make Kebab Wrap*

To make vegan rolls take any flatbread or tortilla, add some lettuce or salad leaves, place kebabs on the leaves, add lots of mint-(vegan) yogurt dip and onions with lemon juice, sprinkle chaat masala and enjoy the vegan wrap. Take any gluten-free flatbread to make it gluten-free wrap/roll.

#### *Notes*

## Storing the Kebabs

You can also refrigerate these Kebabs in an airtight container or freeze for a week in the freezer friendly container.

For Vegan Friendly Mint-Yogurt Dip use Vegan/Plant based yogurt.



## **These Sweet & Savory Japanese Grilled Chicken Meatballs are Going to Become Your New Favorite Meatball**

*By Joy Gordon Stewart*

**S**hiitake Tsukune: Char Grilled Chicken Meatballs with Shiitake Mushrooms

Recently I wrote a review of a local restaurant for another website. This restaurant serves one of my favorite kinds of Japanese food: Yakitori. Yaki means

grilled and tori originally referred to grilled chicken, but yakitori skewers can be ordered as everything from vegetables to seafood to beef and bacon. And chicken. Of course chicken. Some of the best skewers are chicken meat skewers. I'm a big fan of the crispy chicken skin skewers, crackling and deliciously greasy with fat. The delectably tender tiny chicken wings are also quite delightful. My favorite chicken skewer--in fact my favorite yakitori skewer, period--is the sumptuously tender and flavor filled dark meat chicken meatballs called tsukune. The restaurant I reviewed does a variant with minced mushrooms called shiitake tsukune. The smoky meatballs, made from the more succulent dark meat, are enhanced by the earthy, chewy mushrooms. The rich sweet yet savory tare sauce that is brushed onto them at the end makes them irresistible. Seriously. We finished these meatballs in one night. No leftovers. Granted, we had to roll to bed, but it was worth it. So worth it!

I want to share my attempt at recreating this dish at home. As a base I used [this recipe](#) from Serious Eats, with some tweaks. The amount of meatballs you can make depends on how large you make them, but I estimate you can make 10 - 12 skewers with 4 meatballs each on them. If the meatballs are too loose to stay on your skewers, add some more panko to your meatball mix and try again. Also, if you buy your shiitake mushrooms whole, as I did, the stems make an excellent stock after

they've been roasted, then simmered in a stock pot for about 1 hour.

## **Shiitake Tsukune - Char Grilled Chicken Meatballs with Shiitake Mushrooms**

### *Ingredients*

#### *For the tare sauce:*

- 1/2 cup low sodium soy sauce
- 1/2 cup mirin (rice wine, similar to sherry and different from sake)
- 1/4 cup sake
- 1 Tablespoon Rice Wine Vinegar
- 2 Tablespoons light brown sugar
- 1 Teaspoon whole black peppercorns
- 1/2 Teaspoon sesame seeds
- 1/2 Teaspoon toasted sesame oil
- 2 cloves of garlic, pressed or minced
- 1" piece of ginger, grated

#### *Method:*

In a small heavy bottomed saucepan over medium heat, toast sesame seeds for 2 - 3 minutes.

Add all ingredients, bring to a gentle boil, then lower heat down to a simmer.

Simmer for about 30 minutes uncovered, to reduce.

Remove from heat and pour into a storage or serving container, straining through a sieve.

Brush sauce on tsukune before serving

#### *For the tsukune (chicken meatballs):*



1 3/4 lbs ground dark meat chicken,  
preferably chicken thighs\*  
1/2 yellow onion, roughly diced  
1 shallot clove, roughly diced  
2 garlic cloves, pressed or minced  
1/4 cup shiitake mushroom caps, roughly  
chopped  
1 jumbo egg  
2 Tablespoons Mirin  
1/2 cup panko  
1 Tablespoon vegetable oil  
soy sauce, to taste  
freshly ground black pepper, to taste

*Method:*

Caramelize the onions and shallots: in a heavy bottomed saucepan over medium heat, add oil, then shallots, then onions, and a small dash of soy sauce stirring frequently.

After about 5 minutes, add mushrooms and black pepper. Cook until all ingredients are thoroughly cooked through and the onions and shallots leave brown residue on the bottom of the pan.

Add sherry to deglaze, stirring vigorously to bring the caramelized sugars up from the pan.

Add garlic and cook for one minute.

Remove from heat, taste and adjust seasoning. Allow to cool, then pulse in a blender until the mixture forms a rough paste. About 3 pulses 3 seconds each.

When mix has cooled and been blended, mix all ingredients together and form the mix into meatballs.

Place four meatballs on each skewer. Cook on a covered grill, just indirect of the heat, for about 5 - 7 minutes at about 350. Flip skewers and cook, covered, for another 5 - 7 minutes, or until meatballs are cooked all the way through.

Brush with tare sauce and serve.

## **Food in the Time of Quarantine 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/>

**Jasmina Brozovic** Jasmina is the author of the 'Beyond the Cake' book. With her husband Zvonimir

Fras, 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.zvonimirfras.com/jasmina/>

### **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>

**Maria Nasir**  
*Contributing Editor*

Formerly, I was an English language and literature teacher. My husband and daughters are my inspiration for cooking. They love to eat and I love to cook. To me cooking is an expression of love, generosity and warmth. My blog [foodaholic.biz](http://foodaholic.biz) reflects these qualities where I have something for everyone. Besides cooking, I paint and read.

I'm a hands on mom - I've raised two happy, healthy daughters. I can handle parties for over fifty people at home single-handedly and recently started my own catering business. I'm author of three e-cookbooks.

**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 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.

**Indrani Sen**

Contributing Editor

I am a foodie, recipe developer, food blogger, food writer,  
Data Scientist, corporate trainer in Data Science and Machine Learning. I am a

mother to my daughter and love cooking food for family and friends!

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**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.

**Lisa Watson**

*Contributing Editor*

Lisa grew up on a sheep farm in New Zealand. As soon as she was able, she followed the gravel road with grass growing down the middle of it that started outside the gate and left to discover the world. Many adventures and countries later, she now lives in France with her Italian husband. She writes whenever she can and travels as often as possible. Lisa has a blog called [www.italiankiwi.com](http://www.italiankiwi.com) that she feeds with posts every so often.