Continental Food

BBOOKS First Edition, Vol.4

August, fourth week, 2012.

http://bbookmagazine.wordpress.com
Thanks to the contributors

http://grubblog.wordpress.com

http://eighthavenue.wordpress.com

http://staciapriscilla.com

http://rometti.wordpress.com

http://theraysofsunshine.wordpress.com

http://noweatthat.wordpress.com
Editorial

We at BBOOKS are committed to bring to you excellent content from the blogs all over the world. Our mission is to help the bloggers to get their content to a wider audience and also provide our readers a channel to read good blogs and communicate with the authors.

I hope you will like this edition on “Continental Food”

I would like to thank my contributors who have submitted in a short notice.

I have received around 20 entries and it was a difficult task to screen the articles to 6 good ones.

For shortlisting them, I have kept the theme in mind and also omitted those submissions which were not from the author but referred to someone else.

BBOOKS is all about you, your stories, your style and your likes. The articles shared here are original and in the non-fiction genre.

Do vote for the authors after reading....

There is also some interesting stuff at the end added by me to aid your knowledge about FOOD BLOGGING.

Akanksha

Founder, Promoter, Editor and Designer
IIT Graduate, SAP BI Consultant
Founded BBOOKS in 2012

BBOOKS – Continental Food
COOKIE MONSTER CUPCAKES
I've been longing to try these little wonders for months. I adored Sesame Street when I was little and still have a big fluffy Oscar lurking at the back of the cupboard.

Fortunately my girlfriend, Jane, is a fantastic baker – she could make you fat in a matter of days! I don’t have the patience to sit and decorate cupcakes so when she suggested she make some cookie monster cupcakes I jumped up and down like a small child.

They would make a child’s (or adults!) birthday party the best ever! And I am sure they would be the envy of all their friends.

I’m away to eat a cookie monster and re-live my youth!

Cookie Monster Cupcakes

*Makes 10 Cupcakes*

*Ingredients:*

For the Cupcakes: 100g Self Raising Flour, 100g Caster Sugar, 100g Unsalted Butter, 2 Eggs, Vanilla Essence, 10 Paper Cases

For the Icing: 250g Unsalted Butter, 300g Icing Sugar, 2 Tbsp Milk, Vanilla Essence, Blue Food Colouring

For the Decoration: 200g Desiccated Coconut, Blue Food Colouring, 20 Giant White Chocolate Buttons, Chocolate Piping Icing, 5 Small Choc Chip Cookies
Method:

For the Cupcakes:

1) Pre-heat the oven to 160C. Line a muffin tray with the paper cases.

2) Using an electric whisk, beat the butter and sugar until light and fluffy.

3) Add the egg and a dash of vanilla essence to the mixture and beat well. Fold the flour into the mixture.

4) Spoon the mixture evenly into the paper cases and bake in the oven for around 20 minutes or until cooked.

5) Allow the cupcakes to cool.

For the Icing:

1) Mix the butter, icing sugar and vanilla essence together with an electric whisk.

2) Add the milk to the mixture and beat.

3) Add enough blue food colouring to the mixture to tint it the required blue and mix well.

To Decorate:

1) Make the blue coconut frosting by combining the desiccated coconut with enough blue food colouring to colour as desired. Lay the mixture on grease proof paper and allow drying out for a short while.

2) To make the eyes, place a small dot of chocolate piping icing (the type that comes in tubes) onto each white chocolate button.
3) Next, cover the cupcakes generously with the butter icing.

4) Sprinkle the cupcakes with the desiccated coconut mixture until well covered. Then insert two eyes into each cupcake at the top.

5) Halve each small cookie for the mouth. Make a slit where the mouth is to be and insert the cookie some way into the cupcake.

Now sit back and admire your handy-work. Try not to eat them all at once!

About:

I'm Andrew, from Scotland. I love to eat, love to cook, love talking about food, love thinking about food, love writing about food. I love food! I hope to spread the delight of good grub through insightful recipes and reviews. My blog: http://grubblog.wordpress.com
A Lunch date at Hanam’s

Hanam’s serves a wide range of authentic Kurdish and Middle Eastern cuisine, with a prime location in Central Edinburgh near the famous Edinburgh Castle. In addition, they also have a dry bar featuring a whole range of non-alcoholic beverages as well as an outdoor balcony for shisha (they have both tobacco and non-tobacco flavours). I dare say it’s a true Middle Eastern experience, especially since my companion was a Syrian who recommended the restaurant to me with great enthusiasm.
We began with Salata Shawan, a traditional salad of finely diced vegetables seasoned with lemon juice, olive oil, black pepper and yoghurt.
And followed with my favourite Dolma! It is made of aromatic rice warp by vine leaves, warmed through and served.

I simply can’t get enough of this!
After the starters, the main dish makes its appearance! I ordered qozy lamb, which is tender braised lamb on the bone served on Hanam’s special fragrant rice. It even comes with a side portion of shilah sauce.
My dear friend order the pomegranate rice made of luxurious Persian basmati rice cooked in pomegranate puree, and adorned with dried mixed berries.

I stole a spoonful of it and LOVED it!
We ended lunch with traditional Kurdish cardamom chai. A strong tea that helps calm down the tummy after a great stuffing.

If you should pass by Edinburgh, even for just a while, you have to try out Hanam’s! It was the best dining experience I ever had, and it was so delicious!

I guess I should head there again when I return next month!
About:

I am merely a young woman who is trying to enjoy every aspect of life, and that definitely includes eating! Though I am not good with words, I do my best to blog about the awesome experience I had to promote places that deserve it!

This post is on the amazing lunch I had at an Kurdish/Middle Eastern restaurant, Hanam’s, in Central Edinburgh

http://eighthavenue.wordpress.com
Recommended restaurant: A Continental drift

I confess: I wouldn’t recommend this restaurant if you are looking for a wholesome experience. I always do my reviews based only on the quality of food served, without taking into account of other factors such as the price range, quality of service, and its ambiance.

Despite so, what keeps me coming back (this my fourth time, though a first for lunch) is its foreign allure – high ceilings indoor, open airs outdoor, and an open kitchen, all set under the backdrop of true blues and jazz tunes.

Nestled in the heart of Jakarta, it’s an ideal location for a lunch-break rendezvous and cocktail parties alike. For most, it’s a go-to downtown escapade from the bustling city, thanks to its impressive interiors.
Complimentary tin of crusty garlic breads and cheese sticks: Excellent nosh for a starter, though a little too salty. Classic dressing of olive oil and balsamic vinegar does the trick to neutralize the sodium.
Al Salmone Insalate: This is something new on the menu. An exquisite presentation, I must say, with great attention to detail. Warm, pink salmon slices were poached just tender enough to savour slowly. Pink peppercorn spiced up the dish a bit. Double the pink with grapefruit zest spritzed on to bed of greens and radicchio. Perfect texture, but too bland. A dash of salt would go a long way for this peachy delicacy. Nevertheless, it is a suitable salad. (Note the clever plate design to let the forks rest nicely on each end).
Linguine al Cartoccio, Ocha style: Another polished presentation. I was curious about this dish as it was marked as an all-time favourite on the menu. Being a seafood junkie, this was close to heaven for my taste buds. Prawns, clams, squids, seabass slices, and mushrooms tangled in linguini al dente. Traditionally, before placing the platter into the oven, it’s essential for baked pasta dishes like this to first boil the pasta just tender but still firm enough for the husky teeth to bite. Baked with herbed and spiced seafood galore, the palate was elegantly wrapped in Carta Fata for its finishing touch. The result- It’s gentle, it’s crisp. And each spoonful is biting to the lips. A definite pleasure for the romantic!
Pesce del Giorno al Cartoccio: Another latest addition to the menu. Warning: The grand gusto requires at least 20 minutes of preparation until it’s ready to serve, but it was worth trying. I lost my appetite by the time the dish finally came around. It was not written on the menu, and the waitress gave us no notice about the waiting time when she took our orders. Yet once I dug deep into the meat, I was enticed.

This is a whole sea bass stuffed with sizzling dried tomatoes, drizzled over olive oil and showered in white wine, and topped off with more sprinklings of cherry tomatoes, traces of dried dill, fresh clams and mushrooms before it’s then left to bake. Dish was then bundled “in a bag”, or “Cartoccio style”, preserving the raw flavours percolated into the mild flesh.

Besides binding the rich tang of seasonings together, the bag acts like an off-white canvas to complete the colourful presentation. There’s a wealth of sensations in the aftertaste. Sweet and sour, umami and bitter and ample saltiness to taste are hearty relish for both the health-conscious and the lustful belly. Squeeze just one or two lemon zest on the soft, aromatic plump... then dig in!
About

Stacia Priscilla has just embarked upon her freelancing career as a writer. She recently graduated from the Academy of Art University in San Francisco, with a major in Illustration. To her, learning to communicate visually has helped her develop greater depth to the art of storytelling.

Ever since she was a kid, she learns to love the movement of her pen. It can dance in any way its heart wishes to. Writing has become almost effortless, pretty much like how her pen dances. It helps her connects the dots, assemble the letters, discover meanings and share stories to bring cloisters of people to come together. It continues to be a rewarding experience for her, whether it is for earning a living or purely for the love of art.

http://staciapriscilla.com
Cook N Bake French Series: Bouillabaisse A La Marseillaise

Last week we started out with a very simple yet delicious French cuisine dish, this week we’re elevating to something a little more complicated, a recipe from Marseille, *la Bouillabaisse*. 
Marseille is the second biggest city of France after Paris, the capital of the Provence-Alpes-Cote d'Azur region and the oldest city in France (it was founded by the Phoenicians in 600 BC)! Its economy has always evolved around the port, both for the trade and for the transportation.

Today Marseille is one of the most visited cities in France because of its naturally beautiful landscapes and breath-taking coastal scenery, the art scene, the restaurants and the cafes that extend along the port.

*La Bouillabaisse A La Marseillaise* is a traditional dish similar to a seafood stew made with at least five kinds of fish (or seven, the more the better!), a classic Mediterranean recipe that originated from the lower class as a meal for the fishermen returning from their trips. Initially they used shellfish and rockfish that restaurants refused to serve, eventually, as the city developed in its richness, more ingredients were added to refine the recipe and the dish started to be served in restaurants for the upper class.

Like many other dishes, Bouillabaisse’s rich flavour is the anthem for Summer, but since we’re almost at the end of Summer, we’re sure that its savoury, garlicky, seafood and herbs combination will take you back to those sunny days with just one sip!

**Ingredients (serves 6):**

- 3 pounds of at least 3 different kinds of fish fillets, fresh or quick frozen (thaw first)
- 1/2 cup Olive oil
- 1-2 pounds of Oysters, clams, or mussels
- 1 cup cooked shrimp, crab, or lobster meat, or rock lobster tails
- 1 cup thinly sliced onions
4 Shallots, thinly sliced OR the white parts of 2 or 3 leeks, thinly sliced
2 cloves garlic, crushed
1 large tomato, chopped, or 1/2 cup canned tomatoes
1 sweet red pepper, chopped
4 stalks celery, thinly sliced
2-inch slice of fennel or 1 teaspoon of fennel seed
3 sprigs fresh thyme or 3/4 teaspoon dried thyme
1 bay leaf
2-3 whole cloves
Zest of half an orange
1/2 teaspoon powdered saffron
2 teaspoons salt
1/4 teaspoon freshly ground black pepper
1 cup clam juice or fish broth
2 Tbps lemon juice
2/3 cup white wine
Sliced French bread

Put 1/4 cup of olive oil in a large saucepan. Once it’s hot add and sauté for about a minute onions and shallots. Add the garlic and sweet red pepper, followed by tomato, celery, and fennel. Stir for a few minutes. Add another 1/4 cup of olive oil, thyme, bay leaf, cloves and orange zest. Cook until the onion is soft and golden.

Cut fish fillets into 2-inch pieces. Add them and 2 cups of water to the vegetable mixture. Bring to a boil and then simmer uncovered for 10 minutes (in French Bouillabaisse is a combination of the verbs bolhir, to boil, and abaissar, to reduce
the heat). Add the rest of the seafood: oysters, clams, mussels, shrimp, crabmeat, and lobster tails (you can choose other types of fish and shellfish as long as they are super fresh!).

Add saffron, salt and pepper. Add clam juice, lemon juice and white wine. Let it simmer and cook for 5 minutes longer.

Serve hot with a crisp slice of French bread, and...

~ENJOY!

About

After many trips to Italy and being inspired by the rolling hills in the Southern Tuscany, Jared Romine and Valeria Pizzetti started Rometti in 2009, with a small production of handmade red wine vinegar. Rometti’s goal is not only to make a fresh, good quality product, but use the product as an opportunity to gather friends and family and create a lasting memory. In Italy this often happens while sipping on some limoncello after dinner, which is how Rometti Limoncello was born.

Rometti’s blog is based on the same company culture. Of course we hope to promote our products through our blog, but most of all we wish it to become a “market centre” for people to share their food experiences, recipes, stories, memories, and be inspired! Our blog: http://rometti.wordpress.com
Southern Pimento Cheese

Fried Chicken, Sweet Tea, Barbecue, Catfish, and Grits— are all some examples of true Southern culinary icons. This brings me to two of my favourite words “comfort” and “food.” Put them together and it’s magic, just like the simple blend of cheese, mayonnaise and sweet peppers known across the South as pimento cheese.

Like most Southerners, I grew up with pimento cheese spread — from the processed stuff sold in supermarkets to the wonderful, chunky and flavourful varieties made at home. The popularity of this unique spread remains largely confined to the states below the Mason-Dixon Line, where it assumes its place as a Southern delicacy. But you don’t have to travel down South to enjoy some authentic pimento cheese. Its basic ingredients are readily available everywhere, and it’s a cinch to make.

With it only taking 15 minutes or less to make, why not whip up a batch today?
Ingredients

- 6 ounces cream cheese, soften
- 4 ounces vermont extra sharp white cheddar cheese, grated
- 4 ounces extra sharp cheddar cheese, grated
- 4 ounces Monterey jack cheese, grated
- 1/2 cup mayonnaise
- 1 teaspoon red wine vinegar
- 1 (4 ounce) jar of pimentos, drained and chopped
- 1 teaspoon grated onion
- 1/2 teaspoon Porter House Seasoning (See below for recipe)
- 1/2 teaspoon paprika
- 1 dash of hot sauce (or more as is suitable for you)

Instructions

1. Using a hand held mixer, beat cream cheese until soft.
2. Add the remaining ingredients and beat until creamy and combined.
3. Cover and refrigerate for about an hour.
4. Serve as a dip or as a sandwich filling.

Porter House Seasoning

- 1 cup salt
- 1/4 cup black pepper
- 1/4 cup garlic powder
- 1/4 cup onion powder

1. Mix ingredients together and store in an airtight container for up to 6 months.
About

My name is Tameca. I dreamed to become a chef and enrolled in a culinary program to receive special training.

I write about my passion and love for food at http://theraysofsunshine.wordpress.com
Malaka Spice

Tucked away in the 5th lane of the green Koregaon Park (Pune, India), Malaka spice is a lovely restaurant specializing in South East Asian cuisine.

You are greeted warmly at the reception and shown to a table (which I suggest you reserve in advance especially over a weekend visit) in the air-conditioned indoor area or the outdoor seating where little droplets from the misters keep you cool.

Rice paper lanterns and candle light make it a soothing dinner. Tranquil music and tiny water ponds add to the atmosphere of peace. The walls are adorned with artwork by budding artists inside as well as outside. If you’re lucky, you can have yourself sketched while you eat!!
An interesting and innovative thought at Malaka Spice are the placards of the host at each table. Every table has a special host/attendant and their smiling faces definitely do their bit in putting you at ease while they help you with your selections of food items.

What really holds your attention though is the menu; it is beautifully designed to weave a story line around the Malaka Strait and is an extensive menu of food inspired by the owners travel to all these places.

‘Inspired, not copied’ is Malaka Spices tagline, so if you’re looking for an authentic anything, be prepared to have the Chief and Owners twist on it! They also have special menu for the seasons. Do try their winter menu, replete with a lot of sea food and fish!
Malaka Thai curry

Lotus stem tango
Malaka offers a wide range of alcoholic and non-alcoholic beverages. I personally live by mock tails and I simply adore their banana and pineapple crush. I did not particularly enjoy the Pinnacolada, which was way too sweet and had lost its trademark coconut flavoured undertones.

The Thai ice tea goes well with the spicy delights. Take your pick to go with the meal.

Herb Rice

Some of my favourites at Malaka have been the lotus stem tango and green chilies and pepper mushrooms. Both leave a pleasantly tangy taste in your mouth and make great appetizers.
You can also try the veg top hats which are full of spicy sprouts in canapés which have to be stuffed whole into the mouth and literally burst there in a firework of flavours. The momos comes in little woven caskets, steamy and melt in the mouth. But you have to wait for them a little while. If you prefer something non vegetarian, try the Chicken Top hats.

Malaka noodles with crunchy peanuts

In the main course (which I suggest you place an order for along with your starters to avoid a longish gap), there’s the Malaka Thai Green curry which is a brilliant concoction of lemon grass, kaffir leaves, coconut milk, shallots and a variety of vegetable cooked to perfection.

Try some Malaysian shredded herb rice to go with this. The spicy curry blends amazing with the light rice so that every flavour can be tasted. The Thai noodles with crunchy peanuts are also a good pick, with the generous fill of peanuts and asparagus leaves with flat noodles. I would also recommend the Sambal crunchy veggies.
You can’t dip into some dessert after this. Try their apple pie with vanilla ice cream or the honey noodles with ice cream (which I found a little heavy after the filling meal). The apple pie however is light with a subtle essence of cinnamon and of course cut pieces of apple.

All in all, Malaka spice has such a wide range of cuisines and dishes to try. You will keep coming back for more. If you love south East Asian cuisine, then Malaka spice is the place for you.

About

As I clicked pictures of the culinary delights I treated my palate with, I thought why not share my experiences of the textures and tastes while photographing it and there began my journey towards becoming a self-proclaimed food critic. I don't enjoy cooking, but I certainly enjoy eating a great deal. I enjoy understanding food and what makes it taste the way it does. My blog:  http://noweatthat.wordpress.com
From Editor’s Diary

*Food Blogging is not all about food but it is all about food photography.*

*Everyone wants readers to try their recipes; that will be rare if the photograph of the finished product is poor or absent.*

*I would suggest investing in a camera if you are serious about your food blog.*