





HIVE FABULOUS FEMMES



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



CHRISTINA SOONG-KROEGER

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 guinoa 12 zucchini blossoms 1/4 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.



3

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.



TB

cannelle et vanille land, life & phalography





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

BEST OF BLOGGING

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Aapplemint by Kajal Tejsinghani

AAPPLEMINT.COM

Kajal Tejsinghani lives in India and is a lover of dark chocolate and baking. She got into cooking kneedeep 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

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. 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. Firni Falooda

78 FOOD & HOME ENTERTAINING JANUARY 2

At times when you are so contribed, that you don't know which dessert You want more, and yet you want them both - you and up with doing this we alway Ramadan is stall going on, and we've ... Restroce ...

Summer... light yet filling and

smooth texture and kick from

the lemongrass and mint just

bowl me over every time.

not to mention healthy. The

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Somewhere Over the Kitchen by Beatrix Horváth-Gallai

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cake:

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 tranguil 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 **CARAMEL MOUSSE**

240g sugar 120a 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 awberry care

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

O Daily Giveawaramel mousse and almond sponge

SOMEWHERE OVER THE KITCHEN

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

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 laver 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.





BEST OF BLOGGING

ALC: U.S. 10. 10. 10. 10.

The classic Gin and Tonic is re-imagined with

RECIPIE

raspberry and rose for a delightful result

Bloggers and brands: why

we're (mostly) doing it wrong

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The Hungry Australian

SPROUTED KITCHE

AVOCADO TARTINES WITH GRIBICHE EGG SALAD SUDDAY, MOVELEER 10, 2017 AT 12 1920



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 called Ev Baby, you well continue to change, and grow and you'll get work into what our lives look like. I try table talk to make as much real food as possible, sprinkle o

> 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

Salmon skewers with cucumber voghurt sauce

11/2 lbs (about 700g) Wild Alaskan salmon, skinned and deboned 2 zucchini 2 lemons, sliced very thinly and 2 tbsp extra virgin olive oil 1 tbsp fresh lemon juice 1 tbsp maple syrup

1/2 tsp sea salt

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keeping things produce-focused...

I try to make sustainable food choices



for events.





1/4 tsp paprika

The Hungry Australian by Christina Soong-Kroeger Raspberry Rose Gin and Tonic

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!





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one to The Hungry Australian, a blog

+ recipes for passionate but time-poo

out the pursuit of a delicious life. Check of

Hi. I'm Christina

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 1/2 - 1 tsp honey
- freshly ground black pepper

1 Lay salad leaves in a large shallow bowl

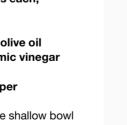
- or plate.
- 2 Arrange pear slices on top, and then the figs.
- Tear each piece of prosciutto into halves or thirds and then roll each piece into a mini log.

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.

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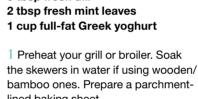
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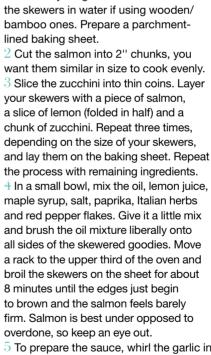
e with a bit of quint reded for those. So be excellent on the

the skewers and grain of choice. A bit late to the party (as I often an with these things), In finally reading Cheryl Strayed's Tiny Beautiful Things. It is a collection of some of her letters and responses as a then-anonymous advice columnist. This won't be the last you'll hear me mention it - I'm in love with how she writes. So frank and forward but not the least bit insensitive. Hugh refers to it as a self-help book because he sees me passionately underlining particular lines. It is not a self-help book, but somehow you feel empowered and encouraged after some of th entries, which I suppose is helping oneself. There is this one entry where she is responding to a young, struggling writer. She talks about overriding limitiations by simply producing. You must continue to work. "You will feel insecure... How much power you give the



1/2 tsp Italian seasoning $\frac{1}{4} - \frac{1}{2}$ tsp red pepper flakes **YOGHURT SAUCE**

2 garlic cloves 1/2 tsp each salt and pepper 1/2 a large English cucumber, roughly chopped (about 11/2 cups) zest of one lemon 3 tbsp fresh dill





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

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



