

Food in the Time of Quarantine

A Pantry Staple Recipe Magazine

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A letter from the Editor

Dear Reader,

Hi! Welcome to the first ever issue of Food in the Time of Quarantine. This magazine will feature international pantry recipes to give home cooks a good jumping off point. Many of us have been forced to cook way more meals than we ever have before and for more people than usual. That is challenge enough already, but we are also expected to churn out three square meals a day (plus snacks!) from our limited shopping trips. Not impossible, but certainly not easy! This epidemic has really changed our landscape. But don't worry! We are here to help you with meals as much as we can. In this magazine we will be sharing recipes that can mostly be made with pantry staples to help ease the load of menu planning, interspersed with shopping and pantry stocking tips, as well as the occasional piece on our individual experiences during the pandemic.

We're here to help, so...buen provecho! Bon appetit! Enjoy!

All the best,

Joy Stewart

P.S.: If you're wondering what pantry staples are I've included some information on page 5

Editor in Chief ♦ Joy Stewart
Contributing Editors: Indrani Sen, Balvinder Ubi, Jasmina Brozovic,
Renu Agrawal Dongre

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Pantry Staples

What are pantry staples? The food you keep in stock perpetually because they are often the base of many meals.

In the Western hemisphere those are often baking staples: flour, butter, eggs, yeast (and other leavening agents, such as baking powder/soda), salt, sugars both brown and white, cinnamon, and vanilla extract. And meal staples: dried herbs (thyme, oregano, basil, garlic powder, crushed red pepper, onion powder, rosemary, ginger, cumin, coriander, parsley, chili powder, cinnamon, salt and fresh pepper), onions, celery and carrots, potatoes, pasta, rice, frozen vegetables (peas and broccoli are especially useful in meals), dried and/or canned legumes (lentils and beans), canned vegetables, such as corn and peas, as well as various processed tomato products (tomato paste, crushed tomatoes, diced tomatoes, etc) and fats: neutral oil, olive oil and butter and starches such as pasta, rice and various other grains (quinoa, barley, oats, freekeh). Condiments include mayonnaise, mustard, vinegar and worcestershire sauce and sometimes anchovies, olives and capers.

In the Eastern hemisphere many of these things are kept, as well as condiments (light and dark soy sauces, fish sauce, chili paste or hot sauce), sesame oil, whole spices (star anise, cumin seed, cardamom pods, sichuan peppercorn, spice cloves, cinnamon sticks), fresh ginger, lemongrass and scallions, among other ingredients.

Tips for Keeping a Well Stocked Pantry

If you don't have a huge store of spices, spice mixes can be really helpful. A good cajun seasoning, a garam masala and some curry powder are all helpful to have at hand to punch up the flavors of a dish.

Have a plan when you buy fresh produce. I usually make an informal dinner menu for the week before I go shopping so I can order the meals according to which vegetable will keep the shortest amount of time.

Buy several types of tomatoes in the can: crushed tomatoes, whole tomatoes, chopped tomatoes. If you can find it, purchase tomato paste in a tube.

I always try to keep a variety of pasta types in stock. As well as a variety of canned beans. Cannellini and pinto are both very popular in our house.

No Knead Homemade Bread

By Jasmina Brozovic



This recipe is so simple and easy, and the bread is soft and moist! Get on a video call with your friends and social distance is no more.

As a bread recipe (especially a no knead recipe), this is a great jumping off point and can be customized very nicely. For a whole wheat version try replacing one

cup of all purpose or bread flour with whole wheat flour. The whole wheat version is great with olives throughout or raisins and walnuts for a sweeter twist. You can also make sesame semolina bread by swapping one cup of the all purpose or bread flour with one cup of semolina flour and topping with sesame seeds. Sesame semolina is fabulous to dip into a tomato sauce.

Ingredients:

3 cups (400 g) of all purpose flour
1 1/2 cups (350 ml) of water
1 tsp salt
1/2 tsp dry yeast

Preparation

In a large bowl, mix all ingredients with the spoon, do not use electric mixer.

Cover with a cloth and leave it to rise at least 4 hours, preferably overnight.

Put the dough on a flour surface and form a ball

Heat the oven to maximum temp, my oven was at 270 °C (525 °F), and heat the Cast Iron pot in the oven, in which you are going to bake bread. The pot needs to have a lid and it must endure high temperatures.

place the dough on a parchment paper in a hot pot and bake covered for 30 minutes

after 30 minutes lower the temperature to 200 °C (390 °F), remove the lid and bake for another 10 minutes. This makes the crust nice and crunchy.

Fried masala eggs

By Indrani Sen



This is a 20 to 25 -minute recipe and very delicious. You can serve this for lunch or dinner as a starter or main course. It is nutritious and protein rich due to the

presence of boiled eggs as main ingredient. It can be served with roti or parathas or as a starter.

Preparation time: 10 minutes

Cooking time: 15 minutes

Fried Masala Eggs

By Indrani Sen

Ingredients

Main ingredient

4 eggs

Batter

½ cup of rice flour

1 tsp red chili powder

Salt to taste

Seasoning

2 onions finely sliced

1 tbsp Kashmiri red chili powder

½ tsp turmeric

Salt to taste

1 tbsp ginger garlic paste

½ tsp chaat masala or dried mango powder.

2 to 4 slit green chilies

A bunch of coriander leaves

For frying

½ cup of vegetable oil

Preparation

Boil the eggs till firm. Cut them neatly into 2 halves. Make a thick batter of rice flour with red chili powder water as desired and salt. Dip the eggs in the batter and deep fry. In another pan heat 1 tbsp of oil and fry onions till dark brown. Add ginger garlic paste. Sauté with turmeric powder, chili powder. Add the boiled eggs

and stir. Add slit green chiles. Sprinkle chaat masala. Garnish with coriander leaves.

Breakfast Burritos

By Joy Stewart



My four year old and eighteen month old have places to go and things to examine and tinker with. I never thought about stocking my freezer with homemade ready made meals until I found myself grabbing freezer burritos and toast for breakfast most every morning; pretty much anything I could munch one handed and make easily as I looked after my busy boys. Toast wasn't very nutritious or filling and freezer burritos were starting to get expensive, not to mention even the best of them had preservatives or more sodium than I was comfortable with.

A friend has introduced me to homemade breakfast burritos. She and I have made them a few times to stock up on quick and easy breakfasts, or pre-packed lunches for our toddlers. Through trial and delicious error, we've found a recipe we really love. Hopefully you will enjoy them as much as our family does!

Breakfast Burritos

Makes 20 servings

20 flour tortillas
2 cans black beans, drained
3 large russet potatoes, diced
13 jumbo eggs
1/4 cup milk
1 large zucchini, grated
1 ounce raw spinach, roughly chopped with stems removed
1/2 yellow onion, diced
1 jar (16 oz) chipotle or other medium tomato salsa
9 ounces sharp cheddar, grated
2 Tablespoons olive oil
1 Tablespoon butter

Method:

Preheat the oven to 400. Grease a 13 x 9 baking sheet and lay potatoes in a single layer. Season lightly with salt and pepper and spray all over with cooking oil spray. Roast potatoes for 15 minutes.

While potatoes are cooking, melt the butter in a large heavy bottomed pan and saute onion and zucchini until nearly cooked through. At the end of the cooking time add spinach to slightly wilt.

Whisk eggs together with milk and a small pinch each of salt and pepper. Add the eggs to the pan with the veggies and cook the eggs until they are just slightly underdone. Set aside.

When the potatoes have roasted 15 minutes, remove from oven. In a large heavy bottomed pan heat oil. Toss potatoes into the pan, along with salsa and beans. Cook until the potatoes are soft and have started to absorb the salsa.

Assemble the burritos: lay a small amount egg scramble across the center of the burrito. Top with a sprinkling of potato/bean mixture, then sprinkle with cheddar. For each burrito you will probably need less than 1/2 ounce grated cheese, around 1/4 cup of beans and roughly 2/3 scrambled egg. To form burritos: fold two parallel sides of the burrito in tightly. Rotate tortilla so the folds are facing in a vertical direction from your body. With your pinkies resting gently on the folds, roll your burrito up snugly. Wrap (those you aren't eating immediately) in aluminum foil.

Enjoy one or two burritos while they are fresh and freeze the rest. To reheat from frozen: wrap in a napkin or paper towel and microwave on high for 50 seconds. Flip and microwave on high an additional 50 seconds. Let stand 1 minute.

Beef Stew with Polenta

by Jasmina Brozović



My husband and I are both enthusiastic ballroom dancers. It's one of the delightful things we have in common. Another is that we both enjoy good food,

especially food with minimal time in the kitchen. This beef stew is just that. If you don't have fresh tomatoes you can use canned whole tomatoes.

Beef Stew with Polenta

Ingredients

600 g of beef chopped in small cubes
2 chopped onions
3 cloves garlic
salt and pepper
4-5 small tomatoes – pelati
1.5 l of water
2-3 bay leaves
2 tbsp of chopped parsley
1 tbsp bread crumbs
mixed dry seasoning: thyme, marjoram, rosemary, basil and oregano
2 tbsp of sunflower oil

Preparation

Fry chopped onions and garlic on oil.

Add meat, salt, pepper and fry until golden brown, then add parsley and bay leaf with mixed seasoning.

Mix well and add pelati and water. Cook for about 40 minutes to an hour until the meat gets soft and tender.

Finally add a tablespoon of bread crumbs and cook for another 10-15 minutes.

Add more spices or salt as desired.

Cook to the boiling point.

For the Polenta:

50 g of corn meal

1 l of water

2 tbsp oil

1 tbsp salt

pepper to taste

Preparation

Boil the water, add salt and oil.

Gently pour the cornmeal into the boiling water, stirring constantly, to avoid creating lumps.

Simmer for 15 minutes, stirring constantly to prevent burning polenta. Serve stew over polenta.



We love a good stew recipe that is easy to make during a busy weeknight. One recipe I turn to over and over is this budget friendly Lobia stew. Lobia is just the Hindi name for black-eyed peas. These peas have high nutritional value being rich in fiber, folate, iron and potassium and is a rich source of protein. In this stew they meet carrot, celery, and spinach in an instant pot to boost the fiber and makes for a satisfying stew. A generous addition of zaatar stirred in at the end deepens the flavor.

If you don't have an instant pot, you can prepare the stew in a regular pot as directed in the recipe.

Instant Pot Lobia Stew / Black Eyed Peas Stew with Za'atar

By Balvinder Ubi

Prep time: 10 minutes

Cook time: 30 minutes

Total time: 40 minutes

Serves: 5

Ingredients

250 g dry black-eyed peas, rinsed

1 onion, chopped (about 1 cup)

2 medium carrots, cut into 1/2 cm coins (about 1 cup)

2 celery sticks, cut into 1 cm pieces (about 1 cup)

1 heaping cup spinach leaves, chopped

5 cups water

1 tbsp za'atar

1 tsp cumin powder

1/4 tsp turmeric powder (optional)

1/2 tsp red chili powder

1/2 heaping tsp black peppercorns, coarsely crushed

1/4 cup tomato paste

lemon juice (optional)

salt to taste

Instructions

1. Place the inner pot inside the Instant Pot and Plug it in. Set Instant Pot to "Sauté" setting on Normal. When it displays hot, add oil. Wait for 3 seconds to get the oil heated, then add onion, ginger and garlic to it.
2. Sauté, stirring regularly with a wooden spoon until onion starts to get golden brown.
3. Press "cancel" to stop sauté cycle. Stir in black eyed peas, salt, turmeric powder, red chili powder, and coarsely crushed black peppercorns. Add 3 1/2 cup water (about 1" above the dried Beans). Stir well.
4. Cover and lock the lid, turn the vent to "Sealing", set the instant pot to "Pressure cook" mode for 12 minutes. (The instant pot will gradually come up to pressure, and then start counting down the time you set. After the time you set is up, it will beep).
5. Carefully use a towel to quick release the pressure by swinging the "Valve" to venting position on the lid. You should see steam escaping with a loud hiss.
6. Open the lid, stir in carrot, celery, tomato paste, cumin powder and 1 1/2 cup water.
7. Close the lid again, turn the vent to "Sealing". Set to high pressure for 1 minute.
8. When the Instant Pot is done, leave it to release steam naturally (about 15 min) then carefully turn the valve to "Venting," to release any extra pressure that might still be in there.
9. Unlock the lid, and gently stir the stew. Add in half tbsp zaatar and spinach, and mix. The heat from the steam will be enough to wilt the spinach.

Cooktop Directions

1. If using a **regular pot**, soak black eyed peas in room temperature water for at least 8 hrs. or a quick soak in hot water for 1 hour should be good. Drain (optional) and place the beans in a saucepan with water. Bring to a boil.
2. In another pot set over medium heat, sauté onions in olive oil. Add ginger and garlic and sauté until fragrant.
3. Add in celery and carrots. Cook for 1-2 minute. Add to the boiling beans and turn the heat to medium. Cover and cook for 15-20 minutes. (cooking time depends how long you soaked and boiled the beans before adding the vegetables. I usually set the beans to a boil, while preparing vegetables and it boil for about 15 minutes).
4. Add more hot water if needed to keep beans just covered with liquid. Cook until done and just the way you want. Add chopped spinach, tomato paste, salt, freshly ground black pepper and the flavorful za'atar and remove from heat.

To serve

Ladle the stew into bowls, squeeze lemon juice (if desired) and garnish with the remaining za'atar.

It can be served on its own or with tandoori roti, cornbread or crusty bread.

The stew will thicken as it sits longer and tastes absolutely amazing the next day.

Note: Depending on your model of Instant Pot, the cooking time may vary.

Baked Chicken with Vegetables

By Indrani Sen



Prep time: 1 hour

Cook time: 45 minutes

This is an incredibly easy and customizable recipe which involves just marinating the chicken with spices and herbs and bake.

Baked Chicken with Vegetables

By Indrani Sen

Ingredients

500 gm boneless chicken breasts

1 onion grated

2 tbsp ginger garlic paste

Juice of 1 lemon

1 tbsp dried rosemary (optional)

Handful oregano leaves finely chopped or 1 tbsp dried oregano

(substitute with coriander leaves if not available)

2 tbsp melted butter

1 carrot cut into thick rounds

Handful of French beans

2 lemons sliced

Preparation

Rub the chicken breasts with all ingredients

Marinate for at least an hour

Preheat oven at 200 degrees for 10 minutes

Arrange the chicken and vegetables on the baking tray with lemon slices.

Bake for 45 mins at 165 degrees

Vegetable Egg Foo Yung

By Joy Stewart



Picture this: you've had a busy day, juggling homeschooling and working from home. Suddenly, it's less than an hour to go before dinner time. What's just as

annoying is you're running low on groceries. Just about all you have left is some eggs, a partially empty carton of stock and some veggies that *really need to be used up!*

Never fear! Egg Foo Yung has entered the chat. If you're not familiar with Egg Foo Yung it is an egg pancake, loaded with vegetables and sometimes meat, and served with rice. In the US you can find it on almost every take out menu and it invariably arrives with a fabulous clear brown gravy which can be easily made at home with pantry ingredients. You can use any vegetables you have in the refrigerator that need to be used up. You can also add in any meat you like.

Egg Foo Yung

Omelette:

5 eggs

1/3 cup bean sprouts

1/2 medium yellow onion, julienned

3/4 cup frozen peas and carrots

2 ounces green cabbage, shredded

1 small can sliced water chestnuts, drained

soy sauce, to taste

Pepper to taste

Oil, for cooking (up to 3 tablespoons)

Gravy:

1 garlic clove, minced

1/2 teaspoon toasted sesame oil
1/2 inch piece of ginger peeled and grated
1 cup low-sodium vegetable stock (or stock of choice)
3 teaspoons cornstarch
2 teaspoons soy sauce
Pepper, to taste

Method:

Beat eggs in a bowl until fluffy and filled with air.

In 1 ½ Tablespoons oil, saute onions for 3 minutes or until starting to be translucent. Add cabbage, peas and carrots and saute for another 2 to 3 minutes. As each vegetable is added, also add a small dash of soy sauce.

Add bean sprouts and water chestnuts and a dash of soy sauce and then heap veggies into a pile in the center of the pan.

Turn the heat up slightly and pour eggs over the vegetable mixture, starting in the center and working your way out.** Try to saturate vegetables with egg mixture so it does not spread beyond veggies and thin out. You can have a child help with this step, as well. Add remaining oil in the space around your pile of vegetables

Cook egg mixture without flipping until it is golden brown, about 5 minutes. Flip (you may need to very carefully turn it out onto a plate to flip it successfully--there will be an excess of hot oil surrounding the omelette) and cook for another 5 minutes, or until both sides are golden brown.

Set egg and vegetable Patty aside. Cover to keep warm. In a small saucepan over medium heat add 1/2 Tablespoon cooking oil, 2 teaspoons soy sauce, garlic, ginger and pepper to taste and the sesame oil. Cook for 2 or so minutes, stirring frequently, until you begin to smell the flavors. Add all but 3 teaspoons of the vegetable stock and bring to a simmer. In a small bowl whisk together remaining cold vegetable stock and cornstarch to form a slurry. Add slurry to saucepan, whisking constantly, and reduce heat to low. Allow gravy to thicken slightly, about

3 to 5 minutes. Serve egg and vegetable patty, topped with gravy, or with the gravy along the side.

******many chefs prefer to divide the veggies and egg batter into two equal portions to form two separate egg/veggie patties; it is easier to flip two patties than one.

Paneer pulao

By Indrani Sen



This is a very quick recipe which you can make with leftover rice or fresh steamed rice. You need some greens and cottage cheese--an excellent source of protein--and it's a vegetarian one pot meal.

Prep time:30 mins

Cook time: 15 minutes

Paneer Pulao

Ingredients

1 cup rice or leftover cooked rice

250 gm of cottage cheese cubed

A bunch of coriander leaves

2 to 3 green chilies

2 tbsp of ginger paste

Salt to taste

1 tbsp sugar

1 cinnamon stick

2 to 3 cloves

2 cardamom

1 bay leaf

¼ cup clarified butter or oil

Preparation

Boil the rice with salt till tender and fluffy. Don't overcook.

Grind coriander leaves, green chilies and ginger into a paste with some water.

Grind the whole spices, cinnamon, cardamom and cloves coarsely in mortar and pestle.

Heat clarified butter

Fry the whole spices and bay leaf

Add paneer pieces and fry till light brown.

Add the green mixture and sauté.

Add salt and sugar

Mix the rice and sauté everything to nicely mix.

Cook for 15 to 20 minutes stirring gently for the flavors to marry.

Serve hot with raita or simply curd.

Chickpeas Two Ways

Herb Roasted Chickpeas

By Renu Agrawal Dongre

If you are looking for a crunchy, easy, quick (fuss-free) and a delicious snack, try these Herb Roasted Chickpeas. These Baked Chickpeas are tasty and healthy snacks and stay good for a couple of days or weeks when stored properly.



This recipe is quite simple. Just use whatever herb you like, or have on hand. I have baked it with Dill and Thyme. You can use fresh or dried one. If using dried

add a bit less as they are intense. I've made this many times. Sometimes I like to add paprika or Indian chaat masala.

So I added some fresh and chopped herbs, along with 1 tbsp Olive oil and salt, to already boiled chickpeas. Then roasted in the oven for 30-45 minutes until crunchy. The time will vary depending on the quantity you are making and also your oven. Be sure to make a big batch of this as I am sure this would be finished in a day or two.

Herb Roasted Chickpeas

By Renu Agrawal Dongre

Ingredients

1 Cup Washed Chickpeas

1 tablespoon Olive oil (One can use any oil or butter too)

2 tablespoon chopped fresh herb (1 tablespoon if dry)

Salt to taste

1 teaspoon paprika powder (optional)

Instructions

Clean and wash the chickpeas and let it soak for 8-10 hours or overnight.

Once they are soaked, drain the water and rinse it again.

Cook the chickpeas, along with water and bit of salt in a pressure cooker until done but not mushy. We want it a bit firm.

Let the pressure settle and remove the chickpeas in a strainer. The water used for pressure cooking can be used as a stock in curries.

Preheat the oven to 180 Deg C. Line a baking tray with parchment paper.

In the meantime in a small bowl add oil, herbs and salt. Mix everything.

After 10 minutes, the water in the chickpeas should have been all gone and chickpeas would appear dry. If not just pat it dry with a clean kitchen towel.

Spread the chickpeas in the prepared tray and mix the herb oil mixture.

Bake in the preheated oven for 30-40 minutes shaking the tray every 10 minutes or using a spatula just give everything a mix.

The chickpeas should be done when they are golden brown and the skin changes color.

Remove it. If you are using paprika powder or any other spice add it now.

Let it cool completely. Store it in an airtight container.

Recipe Notes

1 Cup = 235 ml, 1 tbsp= 15 ml, 1 tsp = 5 ml

One can use tinned chickpeas too. If using tinned chickpeas, give it a nice rinse and then proceed to strain and baking step directly.

Crispy Fried Chickpeas with Garlic

By Joy Stewart



This delicious snack is fairly simple. It only has three ingredients, apart from salt and pepper. And it is simple, but the reason I felt compelled to share is because they are just too delicious! Pan frying allows the chickpeas to form a crunchy crust and softens and fluffs the rich, nutty insides. Adding garlic and salt paste toward the end just absolutely perfects it and makes the chickpea insides taste kind of sweet. For this reason and because we can't get enough of them, my husband calls them candy. We never end up with leftovers, no matter how many times I've multiplied the recipe. In fact, I recommend doubling the recipe (seriously, there just never seem to be enough) and it multiplies beautifully, so long as you cook it in small enough batches to have a single layer at the bottom of the pan with space in between chickpeas.

Crispy Fried Chickpeas

1 can of chickpeas, rinsed under cold running water and drained

1.5 Tablespoons olive oil*

1 clove of garlic

salt, to taste

black pepper to taste, freshly ground

Method:

Heat a large, heavy-bottomed saucepan over medium-high heat. Add oil enough to cover the bottom of the pan and slightly creep up the sides.

When the oil is so hot that a tiny bubble or two starts to form,** add the chickpeas.

Shake the pan over the heat to coat the chickpeas, then leave them alone for 3 minutes, to allow that side to sear. Shake the pan to turn the chickpeas to a new side for searing and leave the dish alone for 3 minutes. Repeat one or more times, until the outside of the chickpeas has turned a darker color and has started to look crispy all around.

When the chickpeas have about 3 minutes more, toss some salt on a salad plate to cover with a very thin layer and crush a garlic clove into a paste using the back of a spoon or fork and bracing the garlic with the salt. When the garlic has been mashed into tiny pieces and the salt is incorporated the paste is ready to add to the chickpeas.

When your timer set for 3 minutes goes off, turn off the heat under the chickpeas and scrape garlic paste into the pan with the chickpeas. Stir to incorporate. Let dish sit in still-hot pan for another minute, then move to serving dish. Serve warm.

Butternut Squash Halwa

Halwa is a pure pleasure to enjoy any day. Also spelled halva, it is an aromatic sweet pudding typically served as a dessert, with coffee or tea after a meal, or as a snack. It can be prepared from flour, fruit, vegetable, lentil or nuts. This halwa calls for butternut squash that is easily available year-round and even now when we are struggling to find everyday groceries.

It's Gluten Free, Dairy Free, Grain Free, Nut free and Vegan.

Author: Balvinder Ubi

Preparation time: 15 minutes

Cooking time: 30 minutes

Total Time: 45 minutes

Serves: 3-4

Ingredients

1 medium butternut squash

1/4 cup sugar or 3/4 cup ground dried apricot

1 tsp cardamom powder

1/4 cup dried goji berries or raisins

3 tbs oil or more if you like

Instructions

1. Peel the squash with a sharp vegetable peeler. Remove seeds and pith.
2. In a food processor fitted with the grating attachment or on a box cutter, coarsely grate the squash (you will have about 8 cups grated squash).
3. Soak dried goji berries in just enough water to cover.
4. Heat oil in a thick bottom pan on medium. Add grated squash. Cover it for 5 minutes. This will draw water from the squash and help soften.

5. Uncover, add sugar (or apricot mixture if using) cook stirring intermittently for 25 minutes or until the halwa reduces into deep amber and glossy mixture.
6. Squeeze all water from goji berries, add it to the halwa. Continue cooking for another 5 minutes.
7. Add cardamom powder, mix well and take off from the heat.
8. Serve with tea or coffee.

Note:

Exact measurements are not critical for this recipe. So, feel free to adjust quantities to your own taste.

If goji berries are hard to find at your place, you could easily replace it with raisins.



FiToQ Contributors

Balvinder Ubi

I'm simply someone who finds pleasure and satisfaction in cooking and creating healthy gluten free recipes that anyone can enjoy! Having grown up in India and now settled in Canada, my recipes reflect my exposure to different cultures and cuisines.

You can find more of Balvinder's delicious recipes at:

<https://www.simpleglutenfreekitchen.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/>

Renu Agrawal Dongre

Contributor

I am a Computer Engineer by Profession and am a working mother too. I am an optimistic person. I love to take challenges and learn new things. 3 simple words thought by my mother, "Nothing is impossible" lay my foundation. Simply work hard and always look around for different options which came from my father.

I love gardening, travelling, cooking whatever cuisines I can and baking cakes and making chocolates. I love to learn new things.

See more of my delightful dishes at:

www.cookwithrenu.com

Joy 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

Indrani Sen

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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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