

# FOOD CONNECTS US

Magazine of the Healthy Goodies by Lucia - Members' Club

Healthy Goodies  
BY LUCIA

Food Connects Us - Issue #1  
SUMMER 2021

4 must-try refreshing  
summer drinks

The best of  
June's harvest:  
**STRAWBERRY  
GAZPACHO**

Mornings,  
for family

Picnic-perfect  
dishes for your  
next outing

## FRUITS WE LOVE

(As a Kid!)

# FOOD CONNECTS US

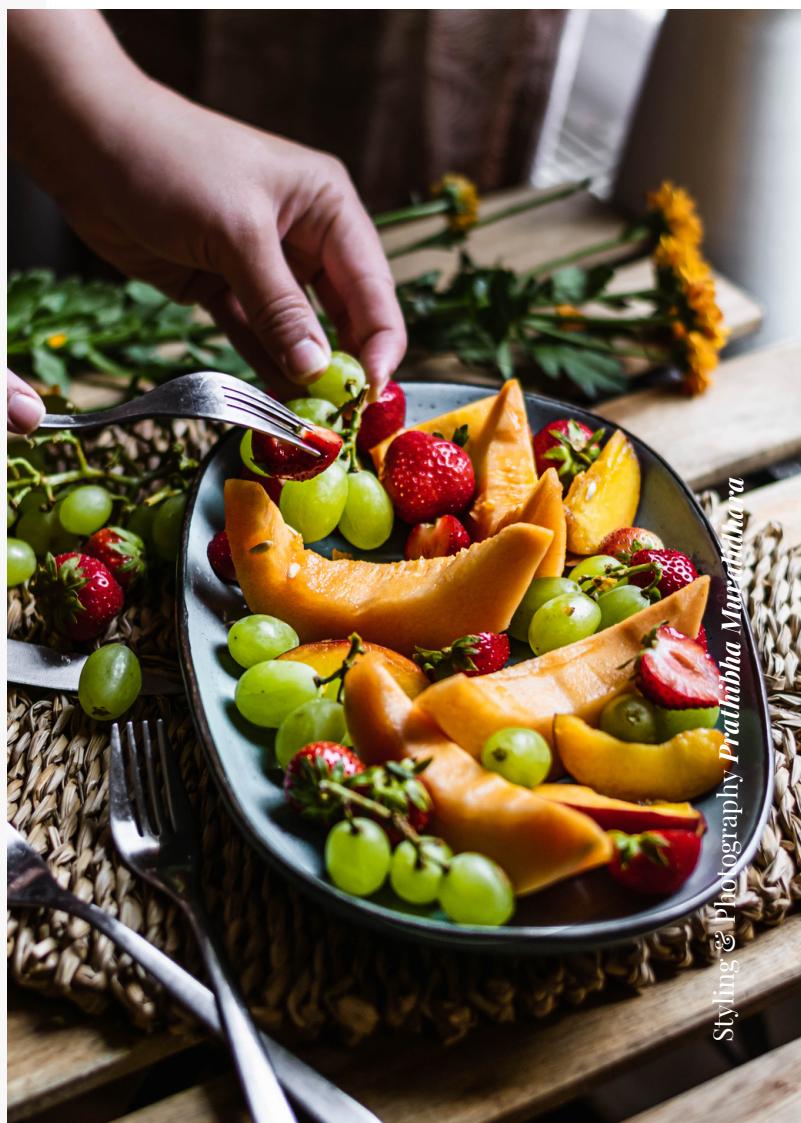
Member's Club Magazine  
Issue #1 Summer 2021

*Healthy Goodies*  
BY LUCIA

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Issue #1  
Summer 2021

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*...paired with the best foods, like these,*

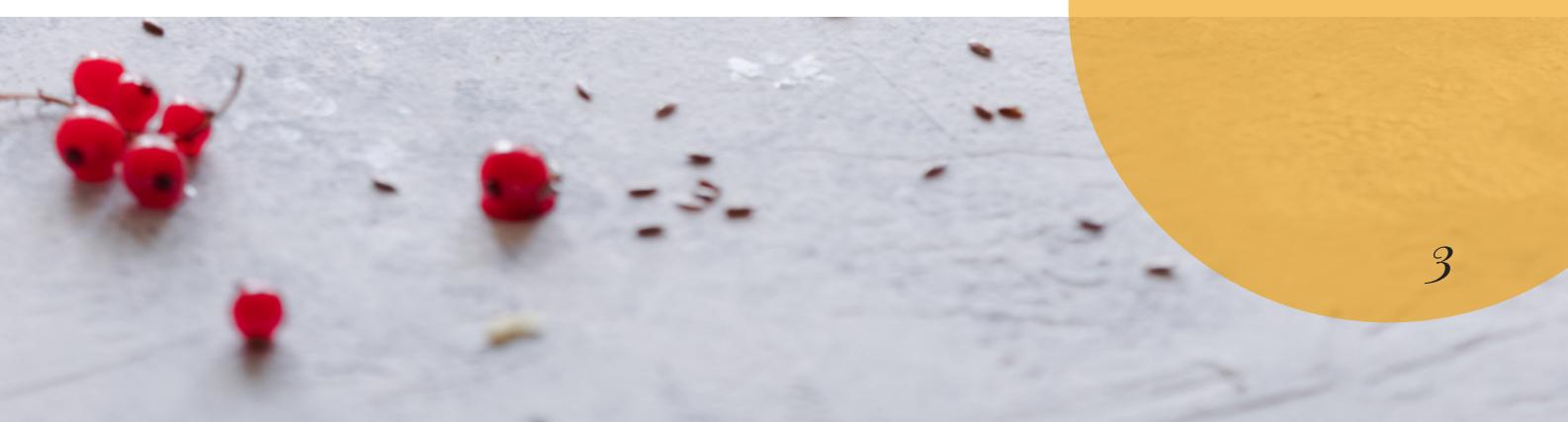
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Italian spritz + olives and mortadella tarts  
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Light, easy bites like veggie hummus sandwiches and a healthy, summer berries fruit salad

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# Welcome to our first magazine of the Members' Club

## *How this magazine was born*

by Lucia Marecak



I am very excited to introduce to you our first magazine of the Members' Club. It's called *Food Connects Us*, and it's because food is the thing that connects us all together. We come from different countries, and we have different traditions or habits. However, we can all agree that there's one passion that unites us all — the love for food.

This magazine was prepared for you by our amazing members of the Members' Club during our Food Photo Tournament.

We are a community of food bloggers and food photographers from all over the world.

And because we all come from different parts of the globe, we wanted to bring you the very best of what summer has to offer in terms of food to pacify the rumble in our bellies, as well as summer drinks that help satiate our thirst in the hot weather!

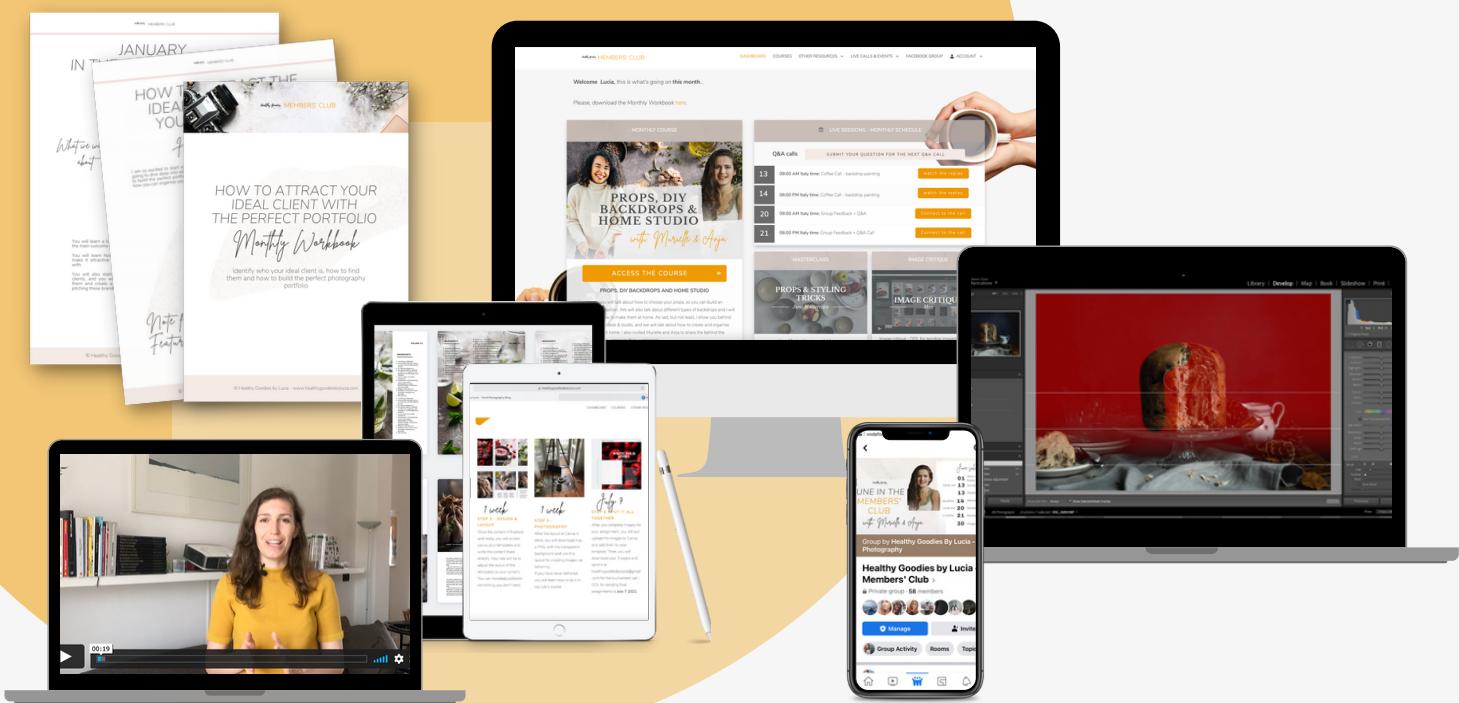
In this issue you will find many recipes for the summer season — from breakfast and lunch, to aperitivo and dinner.

I want to thank you very much for being here with us and for your support.

*with love, Lucia*

Founder of the Healthy Goodies by  
Lucia & Members' Club

*An interactive learning community of food photographers from all over the world*



THE MEMBERS' CLUB CONNECTS YOU WITH OTHER LIKE-MINDED PHOTOGRAPHERS AND FOOD BLOGGERS, HELPS YOU TAKE YOUR FOOD IMAGES TO THE NEXT LEVEL AND BUILD A BUSINESS OF YOUR DREAMS

Become our member and get access to food photography courses, masterclasses, interactive live calls, virtual team projects and image critiques

Learn more at  
[www.healthygoodiesbylucia.com](http://www.healthygoodiesbylucia.com),  
or contact me on Instagram at @healthygoodiesbylucia.

# Meet this issue's bloggers



**Wambugi**

Wambugi is a plant-based food photographer who loves sharing her passionate creations that evoke wonderful emotions with her clients and audience. With an eye for diverse, cultural ways of preparing food, she tells this and more stories through her beautiful, bold pictures. Currently switching base between two capital cities Nairobi and Cairo, Wambugi enjoys diversifying her work by taking images of cultural foods as well as hobby sports and art. Visit her website [wambugi.com](http://wambugi.com)

© [@wambugirispah](https://www.instagram.com/wambugirispah)



**Daniela**

Daniela hails from Sofia, Bulgaria. She possesses an infinite passion for baking. In 2012, she started her blog 'Dani's Cookings' as a side hobby, while building her corporate career. Seven years later, she self-published her first cookbook named "Healthy Desserts". Daniela discovered her calling in 2020 and left her management job to pursue photography and blogging full time. She writes at [daniscookings.com](http://daniscookings.com).

© [@daniscookings](https://www.instagram.com/daniscookings)



**Silvana**

Coming from a German/Italian heritage, Silvana lives with her British husband and their two children on the beautiful island of Ischia, in the heart of the Mediterranean. During the recent lockdowns, she re-discovered her old love for blogging, resulting in the birth of 'A Life In The Sun'. Silvana is passionate about wholesome healthy foods, the inspiring power of nature and living a mindful lifestyle.

© [@a\\_life\\_inthesun](https://www.instagram.com/@a_life_inthesun)



**Honey**

Honey is an Egyptian food photographer who has a passion for homemade food and baking. She likes styling food in a way that evokes beauty and storytelling to make her images look mouth-watering. Honey pays attention to details in her photos and uses flowers, layering and different textures, combined with a love of artificial and natural lighting. Other than that, she loves travelling and has visited more than 30 cities.

© [@thebakingsboutique1](https://www.instagram.com/@thebakingsboutique1)



**Johncie**

Johncie was born in India, and till today she still calls the country home. A former media professional with expertise in feature programming, food has always been her passion. She loves experimenting with different recipes. Baking is therapy, although she lives for savoury foods! Like many others, the pandemic made her discover her love for food photography. Over the last year, Johncie has been honing her skills as a food photographer and building her portfolio.

© [@jcs\\_curiouspalate](https://www.instagram.com/@jcs_curiouspalate)



**Lisa**

Lisa is a former airline pilot currently living in Toronto, Canada but originally from the beautiful, sunny island of Jamaica. Over the last few years, she developed a passion for food photography and recipe creation. Her blog 'Mangoes and Maple' focuses on dessert recipes incorporating seasonal and tropical ingredients. Discover her recipes at [mangoesandmaple.com](http://mangoesandmaple.com).

© [@mangoesandmaple](https://www.instagram.com/@mangoesandmaple)



### Kasia

Although born and raised in Poland, Kasia now calls Italy home. Her memories of helping her mother in the kitchen helped to shape her love for homecooked food. Gradually that love transformed into a passion for photographing food. Kasia goes for emotive visuals and beautiful, delicate styling using soft, natural light to showcase the beauty of the food. She loves capturing bright, fresh and natural images.

© @kasiaphotocreations



### Petra

Petra is a food and lifestyle photographer based in Vienna, Austria. From styling the scene to finding the right light to set the mood, her mission is to help her clients - large and small - tell their stories through attention-grabbing visuals that make the viewer stop and stare. Her visuals set the scene, to evoke a feeling. Follow her journey at [petraflucka.com](http://petraflucka.com).

© @petraflucka



### Alessia

Alessia lives near Turin, in northern Italy. In April 2020, she founded her food blog called 'Lasagne a Colazione' (which literally means 'lasagna for breakfast!') where she shares her favourite recipes. Alessia loves making dishes that are both simple and creative. She enjoys recreating vintage recipes with a modern touch. The first month of 2021 kickstarted her journey in baking bread such as focaccia and sourdough. Follow her work at [lasagneacolazione.it](http://lasagneacolazione.it).

© @lasagneacolazione



### Vanesa

Vanesa wears many hats. Besides food styling and photography, she also works in the public health field. Food photography began in 2020 as a way to continue expressing her love for food and artistic expression. Her style is defined by the many cultures, languages and foods that represent her. Born in Argentina and raised as Armenian, she embraced her husband's Polish culture. She currently calls Philadelphia, United States home, together with her husband and son.

© @vanekaramanian



### Sabna

Sabna is a Dubai-based food stylist and food photographer. Her passion for creating thoughtful images to showcase her recipes brought her into the field of food photography. Sabna believes that cooking is an art, and she loves to incorporate that art into photography and present it in a more beautiful way. She is also an IT person by profession and a food photographer by passion.

© @sabnaashraf



### Deborah

Deborah is a food photographer and stylist based in Kuala Lumpur, Malaysia. Her background is in Communication and Publishing, having eight years of working experience in various top magazine publications in Malaysia. Her images evoke these three keywords: rustic, appetising, and beauty. Deborah believes there's no right or wrong to make art; there's only being true to oneself, one's voice, style and creative vision. She blogs at [saveurmalausie.com](http://saveurmalausie.com).

© @saveurmalausie



### Prathi

Prathibha (or 'Prathi' in short) is a scientist and a businesswoman by day, and foodie all the other times. Based out of Germany, her passion for everything food and photography is chronicled on her Instagram blog [@spicetripping](http://@spicetripping). She is now taking baby steps to develop that passion into her second business venture on developing, photographing, and documenting recipes that satisfy both body and soul.

© @spicetripping



### Hajar

Hajar was born and bred in the charming city of Casablanca, Morocco. In March 2019, she quit her job to pursue a career in food photography. One year later, Hajar founded her blog [hajarbenomar.com](http://hajarbenomar.com) where she continues to share creative ideas and tips about food photography as well as some of her favourite homemade recipes.

© @hajarbenomar

**Veera**

Veera hails from Helsinki, Finland. She is the author and recipe developer of the sugar-free blog 'The Queen of Delicious'. When she isn't blogging and photographing, Veera is a busy mom of three and a head of marketing in the events industry. She enjoys walks in nature, chocolate, baking, and the Marvel Cinematic Universe. Her friend calls her the "crazy X-mas lady"! She blogs at [thequeenofdelicious.com](http://thequeenofdelicious.com).

© [@thequeenofdelicious](https://www.instagram.com/thequeenofdelicious)

**Monika**

Monika is Lithuanian and lives in London. She has had a passion for food for a very long time. The kitchen is her happy place. In May 2020, she opened an Instagram account for fun but soon realised that she loves photographing food. Fast forward a year later, Monika is a UK-based commercial food photographer, food stylist and recipe developer known as [@foodtography.with.monique](https://www.instagram.com/foodtography.with.monique) on Instagram.

© [@foodtography.with.monique](https://www.instagram.com/foodtography.with.monique)

**Cristiana**

Cristiana is based in Trentino, Italy. Her passion for vegan cooking, together with photography, have contributed to the creation of her blog 'Two Cabbages Kitchen' (Cabbages referring to the name of her two cats). With her blog and Instagram account, Cristiana aims to show people that eating plant based food is not only possible, but also beautiful, tasty, nutritious, and helps our planet. She blogs at [twocabbageskitchen.com](http://twocabbageskitchen.com).

© [@two\\_cabbages\\_kitchen](https://www.instagram.com/two_cabbages_kitchen)

**Aisha**

A Pakistani food and lifestyle blogger based in Finland, Aisha started her blog in 2021 where she shares a variety of homecooked recipes inspired by her travels and experience of different cultures. Her mission is simple: To spread joy through her cooking, Aisha writes at [mycozylittlekitchen.com](http://mycozylittlekitchen.com).

© [@mycozylittlekitchen](https://www.instagram.com/mycozylittlekitchen)

**Sakthi**

Born in Coimbatore, India, Sakthi now lives in Singapore and works full time as an analyst at an investment bank. She started learning baking from 2013 and enjoys baking for friends and family. In late 2019, she started her Instagram account as a food blogger, sharing South Indian recipes and non-refined, sugar-based baking ideas. Slowly, Sakthi fell in love with food photography, especially the dark and moody style. She continues to explore other photography styles while progressing at her own pace.

© [@sakthis\\_scoop](https://www.instagram.com/sakthis_scoop)

**Abantika**

Abantika is from Kolkata, India — a city known for its sweets. Currently living in Mumbai, she works as a full-time marketing professional. Abantika started her food photography journey in 2020 without any knowledge of how to use a camera or style a scene. One year later, it's a different story altogether. She shares her food photos and recipes on Instagram, on her profile [@pithepayeshpie](https://www.instagram.com/pithepayeshpie).

© [@pithepayeshpie](https://www.instagram.com/pithepayeshpie)

**Angela**

Angela has been a marketing executive for more than 20 years in the entertainment industry. In 2020, she decided to embrace photography as her new mission. Passion for food and product photography made this journey easier, as Angela is really passionate in helping brands communicate better with professional images and a more cohesive identity, as well as constant innovation. She understands marketing issues and positions herself as a real supporting partner for her clients. Her website is [angelatelesca.it](http://angelatelesca.it).

© [@angelatelesca\\_photo](https://www.instagram.com/angelatelesca_photo)

**Luisa**

Besides food photography, Luisa, who is a Dominican-Spanish, is also a recipe developer and ardent lover of lemons. While working as a health coach, she discovered her passion to shoot food as an art form. Luisa's favourite moments to capture are the moments of sharing, cooking and feeding our souls throughout the slow movement of creating natural, espiritual and healthy foods. Her website is [thehealthybox.org](http://thehealthybox.org).

© [@the\\_healthybox](https://www.instagram.com/the_healthybox)



### Aparna

Aparna is mummy to a sassy girl! She recently started her journey in food photography and enjoys photographing bright and airy photos. Aparna is an external communication specialist by profession, working for a major tax and audit firm in London.

© [@isankaranaparna](#)



### Linda

A London-based food and drinks photographer, Linda tends to shoot in natural light. She has recently discovered a love for hard light (when the British weather allows!). She also professes a love for photographing cocktails and creating scenes that feel authentic and natural. Her clients are food and drinks brands, restaurants and cafes. On the side, Linda also runs food photography workshops. Visit her website at [lindahermansphotography.com](#).

© [@lindahermansphotography](#)



### Liliana

From childhood, Liliana has always been fascinated by beautiful recipe books. Lately, food photography on Instagram has captured her attention. She is a music teacher, based in Zurich, Switzerland, who decided to be also food photographer, she has a soft spot for food scenes that looked like art. She views food photography as something meditative/therapeutic, the means to balance her energetic lifestyle. Liliana runs a food blog 'Parsley & Cilantro' where she posts easy vegetarian and plant-based recipes. Follow her work at [parsleyandcilantro.com](#)

© [@liliana.lafranchi](#)



### Belinda

Belinda is a proud mother of three children, happy owner of a cafe and hair salon, chaotic baker and passionate photographer. She loves to make cakes, pies and desserts. Most of the time she does it at the spur of the moment. "That's how we all live and love our lives and businesses together," she says. She can be found at [belindathebaker.com](#).

© [@belindathebaker](#)



### Cornelia

Cornelia is based in Munich. Her passion for photography was awakened in her youth by traveling. She still loves traveling and getting inspired by food from different countries. She loves cooking and baking and started her food photography in 2021. Her goal is to combine lifestyle and food photography. Check out her food photography work at [avenarius-foto.de](#) and on her two Instagram accounts [munichsunside](#) and [avena-photography](#).

© [@munichsunside](#)  
© [@avena-photography](#)



### Raquel

Raquel is passionate about kitchen and photography. Always learning and innovating, her passion for the kitchen brought her to Cordon Bleu patisserie in Madrid where it helped shape her early years in cooking. When her family opened a restaurant named Roostiq, she was put in charge of desserts. She created her YouTube channel during the Covid lockdown called 'Yo Cocino Encasa' where she published videos of her recipes and cooking for 98 consecutive days!

© [@23raquelalvarez](#)



Crêpes do one thing for sure; they satisfy your palate!

The savoury variety of crêpes — known as 'galettes' — were invented in the 13th century after the Crusades introduced buckwheat to Brittany, the farthest region west of France.

One can enjoy a serving of crêpes served indoors or outdoors in a queenly manner — and always with tasty homemade jam, fresh fruits and syrup.

Traditionally, crêpes are made with wheat flour. However today, we find a wide variety of preparation methods catering to different diets and lifestyle needs.



# MORNINGS, FOR FAMILY

by Wambugi Rispah, Silvana Mattera and Honey Yehia



# Easy Breakfast Apricot Crêpes

Makes 5 to 6 crêpes (for 10-12 crêpes, simply double the quantity of ingredients)

## INGREDIENTS

100g all purpose flour  
Pinch of salt  
2 medium sized eggs  
300ml milk  
1 tsp butter

Styling, Photography & Recipe  
*Silvana Mattera*

## METHOD

In a deep bowl or mixing jug, whisk together the eggs. Gradually add the milk. Combine well.

In a separate bowl, sift the flour and add a pinch of salt. Combine the egg mixture by pouring it slowly over the flour, mixing it carefully using a whisk to avoid lumps.

In a non-stick crêpe pan (20-22 cm diameter), melt the butter, then add a few drops of it to the batter. Whisk until well combined.

Spread the rest of the melted batter evenly on the pan and remove excess with a paper towel. The pan must not be overly greasy.

Pour about two little ladles of batter into the hot pan. Quickly rotate the pan to spread it evenly to fill all spaces.

Cook crêpes well on one side, about 1 minute, then flip them over using a spatula. Cook them on the other side for just a few more seconds.

Remove crêpes from the pan and place onto a serving platter.

Repeat until you have finished all the batter.

Store batter in the fridge for up to two days' maximum, but it is best used immediately. Serve with either homemade apricot jam, grilled apricots, berries, maple syrup or whipped cream cheese.



# Vegan Carrot Quinoa Crêpes

Styling, Photography & Recipe **Wambugi Rispah**

Makes 12 crêpes

## INGREDIENTS

### (DRY)

1/3 cup quinoa flour  
3/4 cup spelt or all purpose flour  
3 tbsp tapioca flour  
1/2 tsp chia seeds, optional  
1/2 tsp psyllium husk, optional

### (WET)

1 medium carrot, finely grated  
2 medium overripe bananas, chilled  
1 cup soy milk  
3 tbsp warm flaxseed egg white  
3 tbsp agave or maple syrup  
1 tbsp flaxseed oil or oil of choice  
1 tbsp lime juice from 2 limes  
Dash of pink salt, optional  
Vegan non-stick spray or oil of choice for cooking

## METHOD

In small pot or jug of boiling water, place 1/2 tbsp flax seed in pot with 2/3 cups water. Bring to a boil on very low heat till foam reduces. Sieve and let cool. The consistency will match egg white thickness once cooled.

As the flaxseed egg white is boiling and cooling, sieve all flours into a mixing bowl. Add chia seeds and psyllium husk then whisk together.

In another bowl, mash chilled bananas with the back of a fork. Add grated carrot and mix well.

Pour in soy milk, oil, and lime juice. Measure three tbsp warm flaxseed egg white and combine well. Then add sugar syrup and salt.

Pour the wet mixture into the dry and whisk thoroughly, ensuring no flour lumps. Cover and set aside for 15 minutes.

Heat non-stick pan for 1 minute on medium heat. Reduce heat and coat pan with a thin layer of oil. Measure 1/4 cup full of batter and spread it evenly onto the pan with a spatula to shape the crêpe. Cook slowly until the top is fully dry before flipping for a further 2-3 minutes. Repeat until batter is finished.

Serve warm or cold with grated carrots, berries, white figs, syrup, brown sugar granules or other toppings of choice.

# UNDER THE SUN

Summer lunches don't need to be time consuming and tedious! Classic Italian bruschetta with tomatoes, garlic and basil can be a perfect meal on its own on hot, sunny days.

by Daniela Lambova, Johncie Correia, Lisa Acevedo and  
Liliana Lafranchi

# Italian Bruschetta

Styling, Photography & Recipe **Daniela Lambora**

## INGREDIENTS

2 ripe tomatoes  
1 Italian bread, sliced  
A bunch of basil leaves  
2-3 garlic cloves, halved  
2-3 tbsp extra virgin olive oil  
1 tbsp balsamic vinegar, optional

## METHOD

Preheat oven to 180°C or 360°F. Line a large baking sheet with parchment paper. Arrange the bread slices on top.

Bake for 10-15 minutes or until golden. When the bread is still hot, rub the garlic cloves on top to absorb the flavour. Let cool.

Chop the tomatoes finely and place them in a bowl. Add some chopped basil leaves and two tbsp olive oil. Optionally add also one tbsp balsamic vinegar.

Top the bread slices with the tomato mixture. Optionally, sprinkle some more olive oil on top. Serve immediately.

*Garnish with delicious cheese, pickled onions and easy-to-serve sides. And don't forget the chilled wine!*

# Mini Fruit Pies

Styling, Photography & Recipe  
*Johncie Correia*

*Enjoy the goodness  
of luscious summery  
fruits in a flaky,  
buttery pie!*



\* Pie crust recipe courtesy of  
[@bakinginthehills](https://www.bakinginthehills.com/pie-crust-recipe)



## INGREDIENTS

180g refined flour  
3g salt  
90g softened butter  
1 tsp powdered sugar  
2 egg yolks (save whites for later)  
2 tbsp cold water

## Pie crust

## METHOD

Lightly cream butter, salt and sugar with a wooden spoon. Mix in the flour, and the egg yolks. The dough will resemble breadcrumbs. Add cold water gradually to bring the dough together. Do not over mix. Wrap in cling film and refrigerate for an hour.

## Fruit filling

1 mango, diced into cubes  
1/2 cup halved cherries  
1/2 cup blueberries  
2 tbsp corn flour  
2 1/2 tbsp brown sugar  
1/4 tsp cinnamon powder  
Half a lime juice  
Mix all the above and set aside.

## Assembly

Preheat oven to 180°C. Roll out refrigerated dough between parchment paper. Transfer to greased mini pie pans. Poke holes in the crust and refrigerate for 10 minutes. Brush the crust lightly with egg white and bake for 5 minutes. Remove from oven, fill generously with the fruit filling and bake for 30-35 minutes until the crust edges browned slightly. Once baked, let cool then unmould. Serve warm or cold with whipped cream or ice cream!

# Peach & Ricotta Summer Cake

Styling, Photography & Recipe *Liliana Lafranchi*

## INGREDIENTS

3 peaches, sliced into big chunks  
250g ricotta cheese  
1 tbsp sugar  
1 egg  
50g butter  
3 tbsp flour (about 60g)  
1 tsp baking powder  
2 tbsp sliced almonds, as topping

## METHOD

Whisk thoroughly egg, sugar, melted butter, flour, and baking powder.

Add ricotta cheese, and whisk briefly with a spatula to gently incorporate the peaches into the dough. You can use the leftovers as a decoration on top of the cake.

Set the dough in a cake mould and decorate with some peach and almond slices.

Bake for 20 minutes at 200°C. Turn off the oven and leave the oven door closed. Allow the cake to rest for another 20 minutes inside the oven.



# THE BEST OF JUNE'S HARVEST

by Cornelia Avenarius, Hajar Benomar and Raquel Alvarez Sanchez

## Strawberry & Watermelon Spicy Gazpacho

Recipe & Text **Raquel Alvarez Sanchez**

The Spanish "andaluz gazpacho" is made with mature tomatoes, pepper, vinegar, and olive oil. A simple, cold and rustic dish for reapers during hot and long days in the field.

It's not a smoothie, for that could be a gastronomic sacrilege for purists. As we're transgressive food lovers, we'd like to show you a different way of making the gazpacho, such as this strawberry and watermelon spicy gazpacho.

Strawberries are naturally sweet but low in sugar, with low calories and rich in antioxidants and nutrients — perfect for an everyday diet.

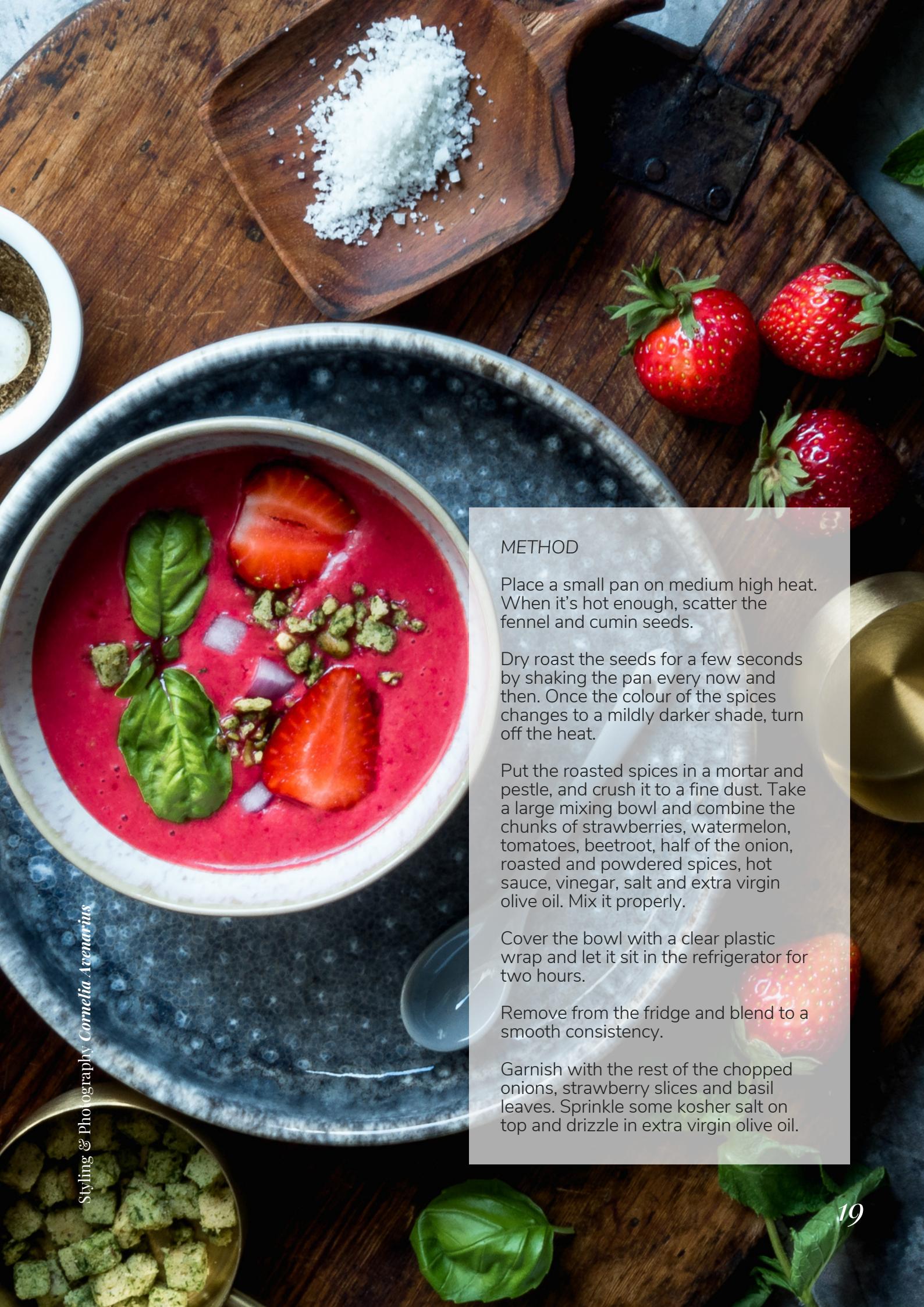
We can't think of a better way to boost our health, so we propose you keep this recipe in your checklist!



Styling & Photography *Cornelia Avenarius*  
Editing *Hajar Benomar*

#### INGREDIENTS

1 tbsp cumin seeds  
1 tbsp fennel seeds  
3 cups hulled and quartered strawberries  
1 cup diced watermelons  
1 cup diced tomatoes  
2 cooked beetroots  
1/4 cup diced red onions  
3 tbsp extra virgin olive oil  
1 1/2 tsp tabasco or hot sauce  
1 tbsp red wine vinegar  
1 tbsp kosher salt, plus more to serve  
A handful of basil leaves and slices of strawberries for garnishing



## METHOD

Place a small pan on medium high heat. When it's hot enough, scatter the fennel and cumin seeds.

Dry roast the seeds for a few seconds by shaking the pan every now and then. Once the colour of the spices changes to a mildly darker shade, turn off the heat.

Put the roasted spices in a mortar and pestle, and crush it to a fine dust. Take a large mixing bowl and combine the chunks of strawberries, watermelon, tomatoes, beetroot, half of the onion, roasted and powdered spices, hot sauce, vinegar, salt and extra virgin olive oil. Mix it properly.

Cover the bowl with a clear plastic wrap and let it sit in the refrigerator for two hours.

Remove from the fridge and blend to a smooth consistency.

Garnish with the rest of the chopped onions, strawberry slices and basil leaves. Sprinkle some kosher salt on top and drizzle in extra virgin olive oil.

# Aperol Spritz with Prosecco & Orange

Styling, Photography & Recipe *Alessia Ronco*

## INGREDIENTS

3 parts Prosecco  
2 parts Aperol  
1 part soda  
Ice cubes and orange slices, to garnish

## METHOD

Fill a large glass with plenty of ice.  
Add 3 parts of prosecco, then 2 parts of Aperol.  
Add a dash of soda and stir briefly.  
Garnish with orange slices  
and enjoy!

# GARDEN GATHERINGS

Guests are coming and you've just had the busiest day. To start off, how about a nice spritz, the perfect Italian aperitivo drink? A real classic for summer evenings. Also makes a great pairing with delicious grilled pizza and sweet pavlovas!

by Alessia Ronco, Kasia Selaszuk and Petra Flucka



Makes 1 round pizza of 30cm diameter

## INGREDIENTS

### FOR THE DOUGH

390g Italian flour (Farina Tipo 0 or Tipo 1)  
310g cold water  
10g extra virgin olive oil  
10g sea salt  
3g dried yeast  
Some semolina flour

### FOR THE TOPPING

2 sliced peaches  
1/2 cup homemade or store bought basil pesto  
200g fresh mozzarella cheese, sliced and quartered into chunks  
1 cup fresh arugula leaves  
1/2 cup basil leaves  
50g prosciutto crudo

# Grilled Peach & Basil Pesto Pizza

Styling, Photography & Recipe **Kasia Selaszuk**

*Let's celebrate summer with a delicious grilled peach and basil pesto pizza!*

*This pizza is great as a light summer meal, or as a fun and unexpected appetiser at your next party. Trust us, it tastes just as amazing as it looks.*

*Fresh aromatic basil pesto with a slight garlicky taste placed directly on the pizza base, then covered with fresh mozzarella, topped with arugula, and sweet grilled peaches — the best combination for the most amazing flavour. For this pizza, we used a delicious and easy no-knead dough.*



## METHOD

Mix the flour, yeast and water in a large bowl, using a spoon. When almost combined with no visible lumps, add the salt, and then the oil. It will seem very wet. Let it rest for 10 minutes.

Flour your surface with semolina flour. Knead the dough gently, folding like an envelope and turning it by 90°. Repeat the folding and turning actions for a few times. The dough will become smooth and less sticky.

Place the dough in a lightly oiled bowl, cover with cling film and let it rest in the lower part of the fridge for 24 hours.

Remove the pizza dough from the refrigerator and let it rest for two hours at room temperature.

Flour your surface again and stretch the dough from the centre outwards until it has a diameter of 30cm. Using your arms, put it on an oiled baking tray.

Let the dough rest for another 30 minutes. Preheat the oven at the maximum temperature.

Place first the tray with the pizza at the bottom of the oven and let it cook for 10 minutes. Then move it to the top of the oven for another 15 minutes. Remove the pizza from the oven.

Lightly oil the peach slices and place on the hot grill grates. Grill for about 2 minutes on each side.

Spread basil pesto evenly throughout the centre of the pizza crust, being careful to leave a 2cm border around the edge.

Sprinkle the mozzarella on top of the pesto. Top pizza with arugula and basil leaves, grilled peaches and speck.

Cut into eight slices and serve.

Enjoy!

# Mini Pavlovas with Apricot Sauce & Cherries

Styling, Photography & Recipe **Petra Flucka**



*Imagine a special atmosphere of summer evenings, when the air is still warm with a soft breeze blowing and the smell of freshly mowed lawns permeate our senses. A perfect opportunity to invite your guests into your garden. Make this moment even more magical — use simple items to decorate your table. White table cloths and freshly cut flowers will do the trick. Let yourself be inspired by our delectable recipe of mini pavlova cakes!*

Makes 8 pieces

## INGREDIENTS

6 cold egg whites (size M or L)  
200g sugar  
1 tsp vanilla powder/essence  
Pinch of salt  
400g apricots  
40g cane sugar  
Cherries  
Whipping cream

## METHOD

Preheat the oven to 100°C fan-forced. Beat egg whites half stiff, then gradually whisk in the sugar, salt and vanilla. Beat some minutes longer until the consistency is thick and glossy, and the sugar has dissolved. Spread eight round meringue circles on parchment paper. Bake the pavlovas for 90 minutes on the middle rack. Switch off oven, leave the door opened and let them cool slowly.

Peel apricots and remove the seeds. Chop them, add a little bit of water then blend. Add more water, if needed, to obtain a consistency of sauce. Caramelize the cane sugar in a pan, then add apricot sauce and stir until all sugar is dissolved.

Cook the sauce for five more minutes.

Whip the cream. Arrange meringues on the plates. Fill them with whipped cream and apricot sauce. Garnish with fresh cherries.



# ICE COOL TREATS

On hot days, few things are as satisfying as reaching into your freezer for a homemade ice pop. If you're craving something tropical, sweet and cold, this easy and delicious mango popsicle is up your alley! Reminiscent of breakfast but masquerading as a dessert, it's the best way to keep cool this summer.

by Deborah Lee, Sabna Ashraf and Vanesa Karamanian

Styling & Photography *Sabna Ashraf*  
Text *Vanesa Karamanian*  
Design *Deborah Lee*





# Mango Popsicles

\* Mango popsicle recipe courtesy of Heidi of FoodieCrush

Makes 8 popsicles

## INGREDIENTS

4 ripe mangoes, pitted and peeled  
1 1/4 cup almond milk/any other milk  
1/2 cup non-fat Greek plain/vanilla flavoured yoghurt  
1 tbsp sugar or more, to taste  
Grounded pistachio powder, to garnish

## METHOD

Place three mangoes, roughly chopped, into a blender with 3/4 cup almond milk, yogurt and sugar to taste. Blend for 1 minute or until smooth.

Chop the other mango into smaller pieces and add a few pieces into the bottom of the popsicle moulds.

Pour the blended mango mixture into the bottom 1/3 of the mould and freeze for about an hour.

Add a few more chunks of chopped mangoes to the middle 1/3 of the mould, then fill the moulds to 2/3 full with the remaining 1/2 cup of the almond milk.

Pop in your popsicle sticks and then freeze for another 30 minutes to an hour. Then top with the rest of the mango mix, mango chunks and pistachio powder. Freeze for at least 3-5 hours.

Fill a pan or container that is at least as tall as your mould with warm (not hot) water. Briefly dip the mould in until the popsicles loosen, about 20-30 seconds.

*Fun fact: If you're in Argentina, and you've finished your popsicle, don't throw away your stick! You might find a surprise. Some sticks include a prize — a second popsicle for free!*



*Did you know...*

*Popsicles were invented by eleven-year-old Frank Epperson in 1905, when he left a cup filled with powdered soda, water, and a stirring stick on his San Francisco porch. That night, low temperatures caused the mixture to freeze — and a summertime staple was born. Today, two billion popsicles are sold every year in the United States alone. However, popsicles now have to adapt to a world of more sophisticated tastes. This popsicle recipe is made with mangoes and Greek yogurt to provide a thicker and creamier texture.*

# FRUITS WE LOVE (AS A KID!)

*“Don’t you wish you could take a single childhood memory and blow it up into a bubble and live inside it forever?”*  
— Sarah Addison Allen, *Lost Lake*

by Aisha Ambreen,  
Prathibha Muralidhara and  
Veera Rusanen



Photography *Aisha Ambreen* Styling *Veera Rusanen*

There are some distinct memories from childhood that stays with you forever!

Some stories are so intertwined with one another, like our common love for fruits.

When we were young, our mothers took utmost care of what we ate and how these nutrients would contribute to our well-being. Of course, with plenty of fun thrown in!

From picking up fruits of the season, to cutting and arranging them on a platter, there were special moments shared between us and our loved ones.

We drew inspiration from our memories and turned it into a fruit salad, featuring our favourite fruits and dressing (typically, from the sub-continent).





# RAW FRUIT SALAD

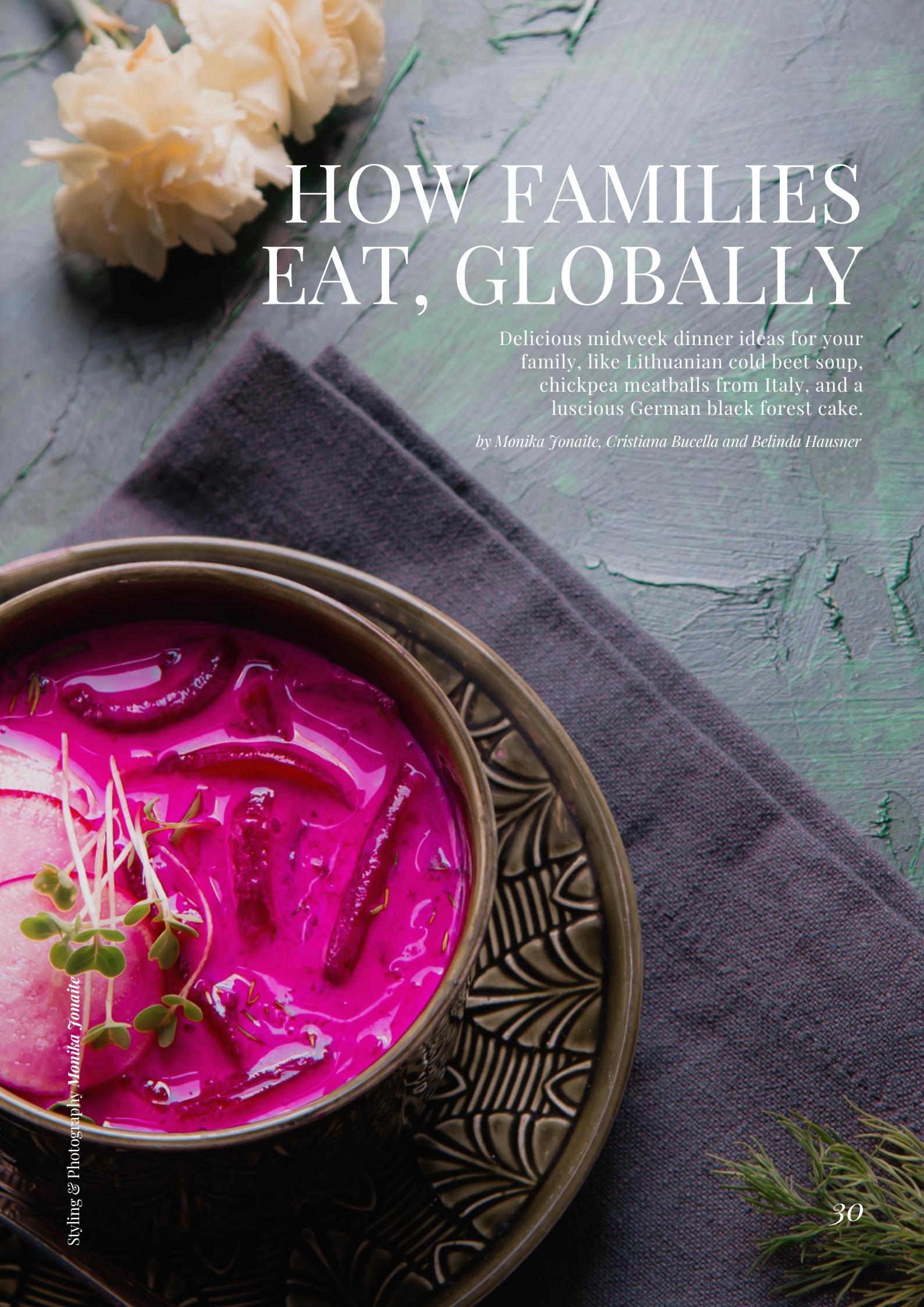
Styling, Photography & Recipe  
*Prathibha Muralidhara*

*For our fruit platter, we incorporated cantaloupe, peaches, grapes, strawberries and lemon — our childhood faves.*

1 yellow cantaloupe  
4-5 peaches, ripe but firm  
A handful of grapes  
A handful of strawberries  
Juice of 1 lemon  
1 tsp chaat masala (spice blend from India or Pakistan), optional  
A little bit of honey, for natural sweetness

Cut and present the fruit, whichever way you prefer. In a small bowl, mix juice of 1 lemon, chaat masala and honey. Whisk well and drizzle it on top of the fruits. Serve fresh.





# HOW FAMILIES EAT, GLOBALLY

Delicious midweek dinner ideas for your family, like Lithuanian cold beet soup, chickpea meatballs from Italy, and a luscious German black forest cake.

by Monika Jonaite, Cristiana Bucella and Belinda Hausner



# Cold Beet Soup | Lithuania

Styling, Photography & Recipe **Monika Jonaite**

*In Lithuania, there's really only one thing to do with beetroot and that is to make cold beet soup. Known in Lithuania as 'šaltibarščiai (shalt-eh-barsh-chay)', this pretty pink soup is incredible popular, particularly in summer when the weather can be quite hot. It's made using a cultured milk called kefir, which is like a cross between yoghurt and buttermilk.*

*Because it contains high quantities of beneficial bacteria and yeasts, kefir is very good for your digestive system. Coupled with the benefits of eating the "superfood" that is beetroot, you have a highly nutritious lunch!*

*As this is a cold soup, it's incredibly quick and easy to make. You could go for cooked fresh beetroot, then probably add some lemon juice and a bit of vinegar. However, it's too much trouble so some of us prefer to get our pickled beets from supermarkets.*

## INGREDIENTS

### FOR THE SOUP

200g pickled beetroots  
100g fresh cucumber  
2 hard-boiled eggs, optional  
1 l kefir  
1 glass full fat milk  
A bunch of fresh dill  
Juice of 1/2 a lemon, optional  
Salt and ground pepper, to taste

### FOR THE SIDE DISH (OPTIONAL)

200g potatoes

## METHOD

Peel the potatoes and chop them into bite-sized pieces. Place in a saucepan of boiling water, add a good pinch of salt and boil until a knife can easily pierce the flesh.

While the potatoes are boiling, assemble the soup. Slice the cucumber into fine julienned strips, dice the eggs small, and finely chop the dill.

Pour the kefir into a large bowl or saucepan and add the chopped ingredients, pickled beets and half of the lemon juice, setting aside some of the dill for garnish.

Taste and season with salt, pepper and additional lemon juice as required.

Ladle the soup into bowls and sprinkle with the remaining dill. Serve the potatoes on the side separately.

# Chickpea Meatballs | Italy

Styling, Photography & Recipe *Cristiana Bucella*

## INGREDIENTS

240g canned chickpeas  
2 medium zucchinis  
One spring onion, finely sliced  
4 sundried tomatoes  
4 tbsp chickpea flour  
Salt and pepper  
Breadcrumbs for breading

## METHOD

Sauté the sliced onions with the chickpeas, some olive oil and a pinch of salt for 5 minutes.

When the onions and chickpeas have softened, blend it with the rest of the ingredients, except the breadcrumbs.

Form small balls and roll them in the breadcrumbs. Bake at 200°C for 25 minutes, flipping them upside down halfway through.

Serve warm!



# Black Forest Cake | Germany

Styling, Photography & Recipe ***Belinda Hausner***

## INGREDIENTS

200g flour, sifted  
30g cocoa powder  
1/2 pack baking powder  
200g butter, softened  
150g sugar  
1 pack of vanilla sugar  
4 eggs  
50ml milk  
30ml cherry juice  
100g cherries

## METHOD

Preheat oven to 180°C. Mix the flour with baking powder and cocoa in a bowl and set aside.

Beat the butter, sugar and vanilla sugar for about 3 minutes until frothy. Then add the eggs one by one. Stir the flour mixture into the egg mixture alternately with the milk and cherry juice. Fold in the cherries. Transfer the dough into the mould. Bake for 60 minutes.

Beat the mascarpone, powdered sugar and eggnog until creamy. Soak gelatine in cold water. Whip the cream until stiff and set aside.

Dissolve gelatine in a saucepan and add approximately 3 tbsp of the mascarpone cream. Wait until it melts.

Pour the gelatine mixture back into the mascarpone cream and whisk well. Add the cream. Let it set in the refrigerator.

Cut the cooled cake into three parts and layer with cream. Decorate as you wish.



Aperol Spritz

Watermelon Spritzers

# 4 MUST-TRY REFRESHING SUMMER DRINKS

by Angela Telesca, Lisa Acevedo, Sakthikokila Duraisamy and Abantika Ghoshal

Kombucha  
& Dark Chocolate

Spanish Croquetas with  
Gin & Tonic

# 1 Aperol Spritz

Styling, Photography & Recipe *Angela Telesca*

*The original Spritz recipe was created in the 1920s-1930s in Italy in the areas of Padua, Venice and Treviso (also known as 'Prosecco's Land'). Aperol Spritz then became popular in the 1940s-1950s. It's based on equal portions of soda and white wine. The most famous version, presented here, is based on Aperol, an orange-based spirit, which has a bitter flavour.*



## INGREDIENTS

- 3 parts Prosecco
- 2 parts Aperol
- 1 part soda
- Orange slices, to garnish

## PAIR IT WITH ...

- Olives
- Little mortadella tarts topped with \*mortadella cream

\*To make 300g of mortadella cream, mix 100g ricotta cheese with 1 tbsp parmesan and 1 tbsp fresh cream. Garnish with pistachios.

# 2 Watermelon Spritzers

Styling, Photography & Recipe **Lisa Acevedo**

*These easy to make, refreshing watermelon spritzers are the perfect way to cool off in the summer!*

Serves 6 people

## INGREDIENTS

1300g watermelon, cubed  
215g sugar  
12g fresh ginger, sliced  
2 tbsp lemon juice  
720ml sparkling water  
Ice cubes to serve  
Lemon thyme sprigs

## METHOD

Blend cubed watermelon and strain resulting juice. Place watermelon juice, sugar, ginger slices and lemon juice in a saucepan and simmer over medium heat for 45 minutes or until reduced by half. Strain watermelon syrup and let cool. Fill glasses with ice and add 120ml watermelon syrup. Top up glasses with sparkling water. Garnish with lemon thyme sprigs.

# 3 Kombucha & Dark Chocolate

Styling, Photography & Text *Sakthikokila Duraisamy*

*Kombucha is a fermented and lightly effervescent, sweetened black or green tea drink.*

*The alcohol content of kombucha is usually less than 0.5%, but increases with extended fermentation times.*

*Dark chocolate makes a delightful pairing for kombucha. We recommend chocolate sponge cake or even caramelised nuts.*



# 4 Spanish Croquetas with Gin & Tonic

Styling, Photography & Text *Abantika Ghoshal*

*A tapas is a Spanish version of Italian aperitivo. The word 'tapas' means snack, and it can be a replacement of a full meal by adding multiple snacks. Cocktails like gin tonic make the ideal pairing with rich and savoury fatty foods found in a variety of tapas.*



*A Spanish Gin & Tonic is a classic tapas cocktail. All you need is Gin & Tonic in 1:3 ratios and aromatics such as orange peel, black pepper and rosemary. Served the cocktail with Spanish croquetas or croquettes. You can use any fillings like cheese or vegetables, but we prefer classic potato croquetas — absolute deep fried goodness.*

# PICNIC

## *Perfect Snacks*

Picnic season has officially begun and since spending time outdoors with loved ones has become such an important part of our lives, we're here to help you make it special. These deliciously easy recipes will be staples in your picnic baskets this summer!

by Aparna Sankaran, Linda Hermans and Luisa Rodriguez

# Veggie Hummus Sandwich

Styling, Photography & Recipe *Luisa Rodriguez*

*This vegetable and hummus sandwich makes the perfect, heart-healthy vegetarian snack or lunch. What's great about it is you've the option to mix it up with your choice of vegetables and different flavours of hummus. Keep it light to-go, or load up for a more filling meal!*



# Summer Berries Fruit Salad

Styling, Photography & Recipe *Aparna Sankaran*

*A picnic isn't complete without a delicious bowl of fresh fruit salad! Make the most of seasonal berries and fruits that are at their best at this time of year. This fruit salad is thrown together in minutes and is the perfect addition to your picnic basket on a hot summer's day.*



# Veggie Hummus Sandwich

## INGREDIENTS

4 tbsp goat's cheese  
4 tbsp hummus  
1 cup fresh arugula  
1 cucumber, cut into 1/4 inch slices  
1 red onion, thinly sliced  
1/2 avocado, sliced  
1/4 cup micro greens  
1/2 cup watercress or alfalfa sprouts  
6-8 slices prosciutto, optional  
6-8 rustic bread, sliced 3/4" thick

## FOR THE HUMMUS

200g organic chickpeas, drained and rinsed  
1 1/2 tbsp tahini paste  
1 small garlic clove  
3 tbsp hot water  
1/4 tsp salt  
2 tbsp olive oil  
1/2 tbsp lemon juice

## METHOD

Place all ingredients for the hummus in a blender or food processor and puree until combined and the texture is smooth. Taste and add more water, oil, salt or pepper if needed.

Toast the bread until golden brown (optional).

Spread one side of the bread with one tbsp of goat's cheese and one tbsp of hummus. Place a small handful of arugula on top of the hummus.



## ADD THE FOLLOWING

6-8 cucumber slices  
A few slices of red onion  
Some avocados  
1 tbsp of micro greens  
Some watercress or sprouts  
Prosciutto (optional)

Then top with the second slice of bread.

Repeat for the remaining sandwiches.



# Summer Berries Fruit Salad

## INGREDIENTS

1 cup fresh strawberries  
1 cup fresh blackberries  
1/2 cup fresh blueberries  
A few mint leaves  
2/3 cup freshly squeezed orange juice  
1/4 cup freshly squeezed lemon juice  
1/3 cup maple syrup  
1 tsp vanilla extract

## METHOD

Mix all the fruits in a clean large bowl. Add the fruit juices, maple syrup and vanilla extract. Refrigerate for 2-3 hours before serving.



# FOOD CONNECTS US

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