

OCTOBER 2022

OCTOBER NEWSLETTER



2 HEARTY ASIAN SOUPS FOR THE FALL SEASON

The end of summer is drawing near, and some of us are already making preparations for the next autumn season. The air is filled with the savory and sweet aromas of fall, and it's something most of us have been looking forward to all summer. Soups are a great way to get through the colder months of the year, and there are many healthy options available for the fall season.



Makai ka shorba

Makai ka Shorba is one of the famous Asian Indian soups. The Indian word makai means "corn," while the word Shorba refers to a hearty stew. It also known as Bhutte ka Shorba, which translates as "roasted spiced corn soup," since the corn used in its preparation is roasted.

INGREDIENTS

3 cups sweet corn kernels
3 tbsp oil
2 tsp jeera
1 bay leaf
½ cup onions, chopped
2 tbsp ginger, chopped
2 tbsp, garlic, chopped
1 green chilli, slit
2 tbsp refined flour
1 tsp salt
½ tsp black pepper powder
1 tsp chaat masala
½ cup green coriander

INSTRUCTION

Make a purée of sweet corn and keep aside. In a pan, heat oil, add bay leaf, and jeera. Now add the finely chopped onions, green chili, ginger, and garlic. Lower the heat and cook till the onions are transparent. Add the refined flour and sauté till blonde in color. Now add the sweet corn mash and sauté for 3 to 5 minutes. Add sufficient water and give it a quick boil and then simmer for 5 to 7 minutes. Adjust seasoning and finally mix in the chopped coriander and sprinkle chaat masala over it.

Bún mắm

A typical Vietnamese meal from the province of Soc Trang is called Bún mắm. The meal is made up of bún rice vermicelli noodles and mắm broth, which has a fermented fish taste and is dark and salty. It also contains a lot of herbs. This hearty soup is just the thing to keep you toasty and healthy when the temperatures drop this fall.

INGREDIENTS

- 1 jar fermented fish (Mắm cá sặc)
- 2 tablespoons minced garlic
- 2 tablespoons minced lemongrass (tender white bottom parts only)
- 2 whole lemon grass stalks (smashed)
- 2 tablespoons minced shallots
- 1/2 lb sliced pork belly (optional)
- 3-4 eggplants (cut into bite size pieces then soak in salted water for 15 minutes)
- 1 lb white fish fillets (cut into bite size piece)
- 1 lb shrimp (peel and devein)
- 1 lb shrimp (cut into bite-size pieces)
- 2 teaspoons salt
- 1 tablespoon chicken bouillon powder
- Vegetable platter (bean sprouts, garlic chives, perilla, sliced red chilis and limes)
- 1 package vermicelli noodles (cook per package instructions)



INSTRUCTION

Fill a small pot with 1 liter water (about 4 cups) and bring to a boil. Add in the whole jar of fermented fish and cook for 5 minutes until the fish fermented fish is completely dissolved. Scoop out any foam that floats to the top and discard. Pour the liquid through a fine-sieve strainer. Discard the tiny bones in the strainer and set aside the liquid.

In a large stock pot, heat vegetable oil. Add minced garlic, shallot and lemon grass. Saute until fragrant. Add 3 liters water. Pour in the fermented fish broth and bring pot to a boil. Add pork belly (optional), eggplant and bruised lemon grass stalks. Cook for 30 minutes on a low simmer.

Add fish in a metal basket and lower the basket directly in the broth to cook. Remove fish and set aside. Do the same for shrimp and squid.

Season broth with salt and chicken/pork/mushroom stock powder.

To serve, add handful of vermicelli noodles into bowl, ladle on hot broth, then add seafood toppings. Serve with a plentiful platter of Vietnamese herbs, lime wedges and red chili.

ANNUAL ASIAN CULTURAL FESTIVAL



Rangolis are traditionally created during Diwali to welcome Goddess Lakshmi, the Goddess of Wealth, into households. It's also a symbol of good fortune.

Rangoli designs are either geometric or symmetrical. Rangoli, an Indian decorative art, is painted on floor and thresholds. It welcomes guests, brings luck to the house and family, and raises property value.

To make Rangoli Patterns, it is always start with lines, dots, and circles on the floor, rangoli powder is poured. Sprinkle powder around the larger box cap in the middle of your Rangoli pattern. Rangoli is made using Pise rice solution, dried powder made from leaves, color, charcoal, burned soil, sawdust, and other ingredients.

SPOTLIGHT EVENTS FOR OCTOBER

- Oct 22 - "Crazy Funny Asians" Live Comedy Show - San Francisco, CA

For more details:

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- Oct 22 - Asia to The World - Houston, TX

For more details:

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- Oct 31 - Crazy Ripped Asians - How Asian Guys Get "Ripped" - Joliet, IL

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