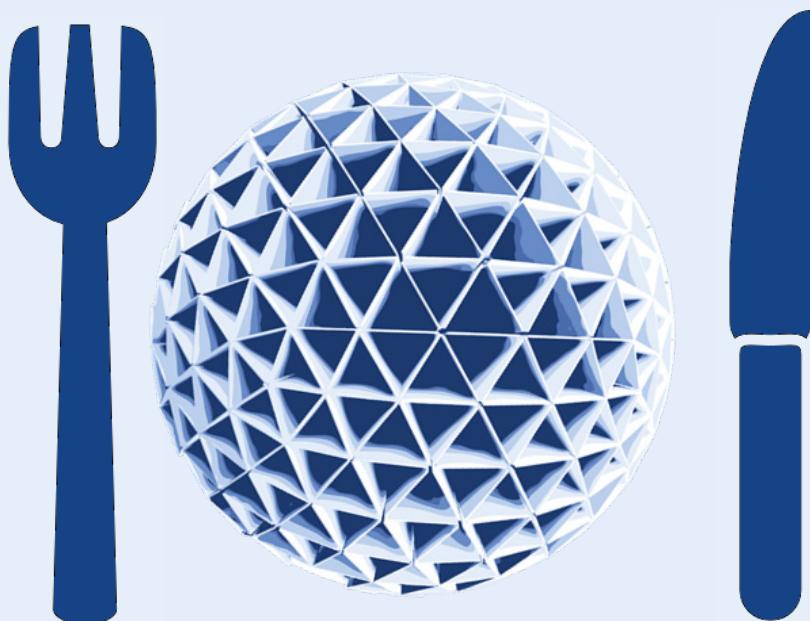


THE

# ATLAS

STUDENT COOKBOOK



**Kwan Suppaiboonsuk**

# THE ATLAS STUDENT COOKBOOK

This cookbook is not for sale and is to be used only within the community of ATLAS University College Twente.

Ingredients of recipes may be distributed freely, but descriptions are for personal and educational uses only. Images are also for personal uses only.

Questions regarding the distribution of this book can be sent to the email address below.

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This cookbook was made with the purpose of inspiring students and instigating creativity in the kitchen. Any use of the information in the cookbook is at your own risk.

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# Preface

This Personal Pursuit of creating this ATLAS student cookbook was inspired by all the horrendous stories I have heard of students trying to cook. I was also mainly inspired by the days that I did not know what I wanted to cook for dinner for my house.

I would like to thank the ATLAS community for their willingness in sharing recipes! Special thanks to Niels Schuur for all the advice in the technical cooking skills and organization of the recipes.

I hope that this cookbook will help you to learn some basic cooking skills, if you don't already have any. As for the recipes, personally, I rarely ever follow a recipe strictly and always just end up approximating the ingredients. I also would like to encourage you to not stick too much to the recipes. As students, truth be told, we use whatever we can find, from kitchen utensils to food ingredients. I hope the recipes will be an inspiration for your cooking. Happy cooking!

Kwan Suppaiboonsuk  
ATLAS Class of 2017

# Introduction

Like the ATLAS approach of combining the social and technical topics, this book attempts to view ‘food’ from both a social and a technical standpoint.

Under the ‘Food and Community’ topic, the reader can find some thoughts and observations on how food can help build communities. During this section, the relationship between food and communities will be explored.

The following topic ‘Food Science – Flavors’ then takes a more technical standpoint in understanding the science behind the food that we taste. This section will touch upon the different possible flavors that have been determined by mankind.

The information in the two topics above also contains the author’s thoughts and opinions, which have been formed after reading multiple articles from sources deemed reliable.

Prior to the different sections of recipes, there will be a section on ‘Basic Cooking Knowledge’. As stated by the section title, the topic will be on simple preparations and cooking methods that a student may need to know in order to use the recipes contained in this book.

As for the recipes, they are divided into three different sections: ‘Food & Culture’, ‘ATLAS Favorites’, ‘ATLAS Specials’. The first section contains recipes from some of the countries represented within ATLAS. For each country, there is an appetizer dish, two main dishes, and a dessert dish, all in the stated order. The second is a compilation of some favorite recipes that is enjoyed within the ATLAS student homes. The third is the results of experiments in the kitchen by ATLAS students that have turned out well.

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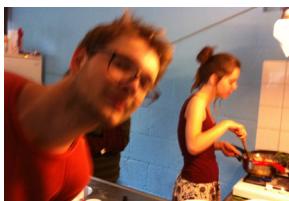


# Food & Community

Food. A simple word that may describe a part of the mundane. ‘What should I eat for breakfast?’ ‘What do I pack for lunch?’ ‘What’s for dinner tonight?’ These questions occur almost unconsciously throughout our days. Our lives revolve so much around food, more than we realize so. Not only does food play a huge role in how we live our daily lives, but it also influences our relationships with other people.

A child shares her lunch with a classmate who forgot his lunch at home. A group of schoolkids hangout by the ice cream shop after school. Coworkers laugh over jokes when having a round of beer after work. Two people enjoy a nice meal at a restaurant on their first date. A family joyfully eats their dinner, while they exchange stories of their days. A group of elderly people attend a tea party, where they recount blissfully the memories from their younger years.

All the bonding moments described are all made possible by food. Food allows for an easy platform for people to use to establish and grow their relationships with others. It brings people together, which in turn forms communities. Over time, food is a timeless channel that will continually unify people to form close-knitted communities.



# Food Science: Flavors

To understand the science behind flavors, we must first know and understand what taste is. Taste is not the same as flavors. It is a sense and the combinations of those senses, along with smell, can be described by flavors.

The human tongue is capable of sensing up to six different distinguished tastes. For a long time, it has only been the four tastes of sweet, salty, bitter, and sour. But there is also a fifth taste known as ‘umami’ which is a Japanese word which can be translated to something along the lines of ‘savory’ or ‘meaty’. Umami taste can often be found in cooked or aged food. As for the sixth taste, it has recently been added in 2015, and has the fancy name of ‘oleogustus’. Though it may sound fancy, the taste actually means ‘a taste for fat’ in Latin.

Although, there are only six tastes recognizable by the human tongue right now, scientists are continuing to discover more. Who knows how many they will find.

As for flavors, the human brain experiences it with more than just from gustatory (taste) perception. Flavors are a combination from the inputs of multiple human senses: gustatory (taste), olfactory (smell), visual (sight), tactile (feel), and even auditory (sounds). What does it taste like? Smell like? Does it look yummy (color and shape)? What is the texture of the food when it’s in our mouth? What does it sound like as we chew it? All these senses come together to form flavor, which we remember and store in our memories. This is what causes us to drool when we think of the pizza in the freezer when our stomach starts growling at 11 PM. Upon the thought of the flavor, the brain signals for salivation to occur.

As you begin your journey into the wild kitchen of a student home, it is important to remember to be in touch with your senses to fully ‘taste’ – and smell, see, feel, and hear - the different flavors. Find the balance between all the flavors for a delicately fine meal to kindly spark your taste buds and brighten your mood. And do notice that I say meal, not dish. So pair the dishes and drinks in your courses wisely.

# Basic Cooking

## Knowledge

The information in the following section will help you to understand the basic terms and techniques in preparing food and cooking it. Reading this section could help you glide through the kitchen with much more ease, especially if you have no cooking skills whatsoever.

## Cutting Techniques

**Chinoise:** Dice straight

**Brunoise:** Dice diagonally

**Julienne:** Cut into strips

## Preparation Methods

In the next two pages, you will find a table that summarizes the basic methods used in preparing a dish. The tables are in landscape, so if you are on your phone or tablet, make sure to have your lock rotation on!

## QUICK NOTES

**Differences between baking, roasting, toasting, and broiling.**

Roasting normally refers to meat and vegetables, while baking is everything else. Broiling is putting the dish directly below the oven heat source, while using maximum temperature to cook as fast as possible. Food may need to be turned for proper cooking. Toasting uses lower temperature in order to get a nice light-brown color from the food.

<b>Method</b>	<b>Description</b>	<b>Temperature</b>	<b>Speed</b>	<b>Best for</b>
Bake/Roast/ Toast/Broil*	Stick it in the oven.	Over 140 °C	Medium-Slow to Slow	Varies
Blanch	After quickly boiling something in water, plunge it into ice water or run it under cold water. By doing so, the cooking process is stopped. This technique can be used to keep the color of the food or to soften the taste.		Very Fast	Vegetables
Boil	Cooking food in boiling water or other liquid-base. This can be done by putting the food in when the water is bubbling. Other than cooking the food, this method can also be used for reducing sauces.	High heat	Fast	Pasta, grains, green vege- tables
Braise	First step includes a combination of searing and sauté to enhance the flavor while the food turns a nice brown color. Then it is simmered til tender. Overall, braising creates a soft texture while giving the food a glazy look.	Low to medi- um-high heat	Slow	Various
Deep-Fry	Submerge in hot fat/oil; oil covers the food completely.	High heat	Fast	Food covered in bread- crumbs
Grill	Cooking under direct heat and barbequing. The specialty in this is the coal taste in the food, so it is highly advised to cook on a coal stove.	High (preferably coal stove)	Fast	Various

Method	Description	Temperature	Speed	Best for
Pan-Fry/Sauté	Cooking in a pan/skillet with enough fat/oil to coat the bottom of the pan (just to prevent food from sticking). For pan-fry, food is flipped every now and then, while sauté requires constant stirring for food to evenly cook.	Pan-fry: medium to medium-high heat; Sauté: medium-high to high heat	Fast	Pan-fry: larger pieces of food; Sauté: fast-cooking food
Poach	Almost like boiling, but food is put in liquid of just below boiling point.	Medium high heat (85 °C)	Medium-fast	Various
Sear	Cooking at high temperature until a sort of caramelized crust is formed. This is done in order to enhance the flavor.	High heat	Fast	Usually meat, poultry, or fish
Simmer	Gentle and slow version of boiling, with small bubbles (one or two every few seconds) surfacing in liquid. The heat needs to be controlled; if too many bubbles, lower heat. Food doesn't have to be added to heated water like when boiling; it can be put in cold water and brought to simmer.	Medium to low heat (control according to amount of bubbles)	Medium	Various
Steam	Food is elevated and situated above continuously boiling water to catch steam. It is very hard to burn or overcook food by steaming.	Medium-high to high heat	Slow	Various
Stew	Cooking various mixture of food in some liquid and simmered over a long period of time. This results in something similar to soup, but liquid is much thicker (like gravy). Creates tender and juicy taste.	Low heat	Slow	Various

# Cooking Rice

To cook rice, begin by rinsing the rice to wash off the starch. Drain the rice.

Then in a pot, pour in water. For every cup of white rice put in  $1 \frac{3}{4}$  cups of water. If cooking brown rice, put in  $1 \frac{1}{4}$  cups. If rice is short-grain, add in a bit more water than usual (around  $\frac{1}{4}$  cups more per 1 cup rice).

Bring the water to a boil, mixing 1 teaspoon of salt into the water.

Once the water is boiling, add rice. Use a wooden spoon to stir the rice to separate rice that has clumped together. Do not stir too much as this will make the rice stickier and not as fluffy.

Cover the pot with a lid and turn the heat down low. Leave the rice to simmer for about 15-20 minutes. Don't stir. Once the rice looks fluffy and cooked, remove from heat and leave the lid closed for another 5 minutes, allowing the rice to steam.

To serve, fluff the rice up by using a fork to separate the grains.

If the rice has been steamed for 5 minutes already, but you are not ready to serve yet, replace the lid with a towel to keep rice warm.

# Cooking Pasta

To cook pasta, boil water in a large pot (around 3.8 liters for every 450 grams of pasta). Add at least a tablespoon of salt into the pot.

Once the water is boiling, add the pasta. You don't have to break it, as it will soften within half a minute; once softened, the pasta should eventually fit in the pot.

Once the pasta starts to cook and soften, gently stir so that the noodles won't stick to each other or to the pot. The amount of time it takes to cook the pasta can be checked on the package. Once ready, taste the pasta to make sure you have the desired texture. Properly cooked pasta is 'al dente' (slightly chewy).

If satisfied with your pasta, drain it and run it under cold water to stop the cooking process.

## FUN FACT!

### Did you know?

Normally, different colors of cutting boards are used to cut different types of ingredients.

**Blue:** Fish

**Red:** Raw meat

**Brown:** Prepared meat

**White:** Bread

**Green:** Vegetables

**Yellow:** Poultry

# Gelatin Preparation

If using gelatin powder, slowly stir desired amount of gelatin into a bowl of cold water (check amount on package). Let it rest for 5 minutes or until gelatin is spongy.

Put bowl in a larger bowl filled with hot water and stir until all the gelatin is dissolved. Do not boil gelatin, as it will turn stringy and become useless.

Once all the gelatin is dissolved, let the mixture cool down a bit until it is at around the same temperature as the mixture you want to add into. Mix gelatin mixture into desired mixture. If temperatures of the two mixtures are too different, the gelatin could possibly form lumps.

For gelatin sheets/leaves, soak the desired amount of sheets in a bowl of cold water for 5-10 minutes. Once the sheets are soft, remove from cold water and gently wring sheets to get rid of excess water. Add the sheets to the mixture that you want to set and dissolving the sheets into that mixture, just make sure that you don't put it into a boiling mixture.

To convert between gelatin powder and sheets, 1 tablespoon of gelatin powder is equivalent to 3 sheets.

# Recipes

In the following sections, recipes will be presented. Readers may use these recipes at their own risk.

In the first section FOOD & CULTURE recipes from some of the countries represented in ATLAS will be presented to show the ties between food and culture. The recipes included were recommended by multiple students who identify themselves to be from those countries.

The second section ATLAS FAVORITES is a compilation of some of the favorite recipes that have been made in the ATLAS student housings. The nomination of the recipes in this section were retrieved through individual interviews with the student population at large. Recipes in this section were either retrieved from another source by the students or adapted from those sources.

The third section ATLAS SPECIALS is a compilation of some recipes that have been distinguished for their creativity. The recipes under this section are all created by ATLAS students themselves. The word ‘specials’ is only used to distinguish the section to show examples of recipes in order to inspire readers to cook creatively. The recipes in the second section are no less special than the recipes in this section.

Recipes have been sorted through and tagged with ‘vegetarian’ and/or ‘vegan’. Some recipes also contain alternate possibilities for vegetarians; they are tagged with ‘vegetarian (possible)’. To find those recipes, use the search function on your computer, or in your phone/tablet application.

# 1

# Food & Culture

Food and culture go hand in hand. The cuisines of each country often reflects the environment of the country, the characteristics of the people, as well as the history of that nation.

The following section will contain recipes of some of the different cultures represented within the ATLAS community: Dutch Caribbean, Germany, Italy, Mexico, the Netherlands, Thailand, and the United States of America.

The recipes in this section are as suggested by ATLAS students who identify themselves to be from those countries. These recipes have been compiled and rewritten in a fashionable manner. Not all the recipes in this section have been tested by the author of this cookbook, therefore, proceed to follow the recipe at your own risk. Not all images are of the noted recipes.

# Dutch Caribbean

The Dutch Caribbean is composed of six islands: Aruba, Curacao, Sint Maarten, Bonaire, Saba, and Sint Eustatius. A lot of dishes from this area is derived from African cuisine. Within the Dutch Caribbean islands, flavors of traditional cuisine are often comparable to Latin American cuisine. Other than the traditional dishes, Dutch food is also commonly served within the islands. The dishes shown in this section are more commonly found in Aruba and Curacao in comparison to the other islands.



## Recipes

### Tutu

19

This suggested appetizer has its roots in the African cuisine and is one of the most traditional dishes for this region. This sweet black-eyed peas and cornmeal porridge is often served with cheese or cod fish.

### Funchi Hasa

21

Another typical traditional dish for this region is polenta which is often served with grated cheese. Like the tutu, the funchi is also a cornmeal-based dish and can be served as a side dish. For leftovers, or if preferred, the funchi can be fried for a crispier texture.

### Ayaka

22

This Caribbean version of the Mexican Tamales finds its roots in Venezuelan cuisine. This main dish is often served on the islands during Christmas time.

### Bolo Tres Lechi

24

One of the many cakes that can be found on the islands is the Three Milk Cake. This simple dessert is, as stated in its name, made out of three different kinds of milk and is sure to satisfy your sweet tooth.

This recipe serves 4 people.

Preparation time: 40 minutes (+2 hours waiting time)

TAG: vegetarian, vegan

## Ingredients

450 grams black-eyed peas (*zwarte ogen bonen*)  
6 cups (1440 mL) water  
2 cloves garlic, diced  
1 tsp salt  
 $\frac{3}{4}$  cup (150 g) sugar  
1 cup (240 mL) coconut milk (*kokosmelk*)  
 $1\frac{3}{4}$  cup (210 g) yellow cornmeal (*maismeeel*)  
2 tbsp butter  
Optional: cheese or cod fish

## Materials

Cutting board  
Knife  
Drainer  
Pot  
Stirring wooden spoon



# Directions

1. Wash peas and soak in water for 2-hours.
2. Drain the peas then add 6 cups of fresh water, followed by diced garlic. Bring to a slow boil over medium heat. If necessary, add more water until peas are tender.
3. Add salt, sugar, and coconut milk, cook for another 10 minutes. In this time, add cornmeal a little bit at a time, while stirring constantly with a wooden spoon. Keep stirring to mix the cornmeal and the peas. Once mixed, wait for the cornmeal to cook; it should take about 20 minutes for the cornmeal to cook thoroughly.
4. Add butter; finish stirring until the butter is mixed in.
5. Damp the two flat plates with a bit of water to prevent the tutu from sticking. Place a portion of tutu on one of the plates and use the other plate to push down until the tutu starts showing between the plates. Remove the top plate and the tutu is ready to be served. This dish can be enjoyed with cheese or cod fish.

# FUNCHI HASA “Fried Polenta”

This recipe serves 4 people.

Preparation time: 40 minutes (+2 hours waiting time)

TAG: vegetarian, vegan



## Ingredients

3 cups (360 g) yellow cornmeal (*maismeele*)

5 cups (1200 mL) water

1 tbsp salt

Frying oil

Grated cheese (for serving)

## Materials

Saucepan

Stirring wooden spoon

## Directions

1. In a heavy saucepan, bring 4 cups of water to a boil. Add salt then gradually sprinkle in the cornmeal while whisking rapidly. Whisk continuously for 20 to 30 minutes until the cornmeal is cooked. Switch from whisk to wooden spoon as cornmeal turns heavier.
2. Keep stirring until the funchi is done and starts tearing away from the sides of the pan. Transfer the funchi to one flat plate that has been damped with water. Cover the funchi with a second damped plate and press hard until the funchi starts showing between the dishes. Remove the funchi from the plates and put onto a cutting board.
3. Cut the funchi into slices of approximately 1-2 inches (or about the size of a segment of your thumb) and fry in oil till crispy. Serve with grated cheese.

# AYAKA

This recipe serves 2 people.

Preparation time: 60 minutes (+60 minutes waiting time)

## Ingredients

Ayaka leaves (or banana leaves)

### FOR AYAKA LEAVES

Salt

1 tsp vinegar

### FOR FILLING (round 1)

900 g chicken (preferably whole legs)

450 g pork chop

2 tablespoons tomato paste (tomatenpuree)

3 tablespoons butter

3 tablespoons vegetable oil

1 chicken bouillon cube

Seasonings to taste: garlic powder, curry, oregano, soy sauce, salt, pepper

### FOR DOUGH

1 1/2 cup (360 mL) fresh milk

1 1/2 cup (360 mL) water

1 teaspoon salt

1 teaspoon cumin

2 teaspoons sugar

3 cups (375 g) white cornmeal flour (maismee)

### FOR FILLING (round 2)

Dried prunes

Raisins

Olives

Sliced pickles

Cashew nuts

Diced ham

Piccalilli

Baby Onion



## Materials

Knife

Cutting board

Pan

Pot

Strings or small ropes

# Directions

1. To prepare 'Ayaka Leaves' (plantain or banana leaves): Cut the leaf into pieces that are approximately 20 cm thick and boil them for 15 minutes with salt and vinegar. Then drain it and smear a bit of fat on the leaves and place them in the fridge for later use.
2. For the filling/marinade: put the chicken and the pork in a large pan with tomato paste, butter, vegetable oil, chicken stock, and the seasonings.
3. Close the pan and let it cook for a few minutes. Just before it starts boiling, remove the chicken and pork. De-bone the chicken and tear it into small pieces. Also chop the pork into small pieces. Add a bit of the marinade to the chicken to keep it from drying and set aside.
4. To make the dough put milk and water in a pan. Just before it starts to boil, add salt, cumin, sugar, and 4 tbsp of the marinade. Mix well and remove pan from stove and add the corn-meal flour while continuing to stir.
5. Bring the leaves out from the refrigerator and spread some dough on it. Don't put too much, since you still have to add the filling and fold the leaves. Spread some dough on the leaves and not too thick.
6. For each ayaka, put 1 tbsp of chicken with a bit of the marinade in the center of the dough. Also, add a piece of pork, 1 dried prune, some raisins, 1 olive, 1 slice of pickle, 1 cashew nut, 1 dice of ham, a bit of piccalilli, and 1 baby onion.
7. Fold the ayaka leaf close then put another leaf on the folded side and fold again. Then tie the ayaka with a string. Boil them in water with salt for 1 hour. Once done, it is ready to be served, or it can also be stored in the freezer for later.

# **BOLO TRES LECHI**

## **“Three-Milk Cake”**

**Preparation time: 30 minutes (+70 minutes waiting time)**

**TAG:** vegetarian

### **Ingredients**

#### **CAKE/PAN LEFI**

- 6 Eggs
- 2 cups (400 g) Sugar
- 2 cups (250 g) Flour
- 1/2 cup (120 mL) milk
- 3 tsp Baking powder
- 1 tsp Vanilla

#### **CREAM**

- 1/2 large can (175 mL) Condensed milk
- 1 large can (350 mL) Evaporated milk
- 1 cup (230 g) Whipping cream
- 2 Egg yolks

#### **MERENGUE/MARSHMALLOW CREAM**

- 4 Egg whites
- 2 cups (400 g) Sugar
- 2/3 cups (160 mL) Boiled water
- 3 drops Vanilla

Fruits like cherry or strawberry, to serve.

### **Materials**

- Large baking tray
- Mixing bowl
- Whisk/Beater
- Oven
- Chopstick/Fork

# Directions

1. Preheat the oven to 180 degrees Celsius.
2. For the cake/Pan Lefi: Beat the egg whites until it becomes light like snow. Then slowly add the egg yolks, sugar, flour, milk, baking powder, and vanilla. Pour this mixture in a large baking tray. Bake in the oven for about 30-40 minutes. When done, let cake cool. After it has cooled poke the entire cake with a chopstick or anything similar.
2. For the cream: Beat the egg yolks with a little bit of evaporated milk. Slowly add the condensed milk, whipped cream, and the rest of the evaporated milk and keep beating until it is all mixed well. Pour this cream mixture over entire “poked” cake/pan lefi and let it soak or penetrate into the cake/panlefi.
3. Meanwhile, you can start making the merengue / marshmallow cream by beating the egg whites. Add the sugar, water, and vanilla. Spoon this mixture over the entire cake. This can also be replaced with marshmallow fluff. Place in freezer for one hour before serving. Decorate with a cherry, strawberry, or any kind of fruit you want on top.



# Germany

Germany shares borders with nine other European countries: Denmark, Poland, Czech Republic, Switzerland, Austria, France, Belgium, Luxembourg, and the Netherlands. Therefore, it doesn't come as a surprise that the cuisine in the different regions throughout the country is quite varied. Nevertheless, bread, potatoes, and beer still make up a large part of German food.

## Recipes



### Kartoffelsalat

27

What is German food without potatoes? The potato salad is a typical German dish, easily served as appetizers. This dish is simple to make and is perfect for feeding a crowd.

### Frankfurter Grüne Sauce

28

This recipe is a speciality in the Frankfurt area and is served often on Good Friday or on hot summer days. For a genuine Frankfurter "Gruene Sosse" you need at least 7 herbs. There are many variations possible how to make the sauce. The sauce is served cold and goes well with hard boiled eggs and boiled new potatoes and apple wine. Serve this sauce on "Lachsforelle und kleinen Schwenkkartoffeln" or fried salmon and boiled and buttered potatoes

### Kartoffelpuffer

30

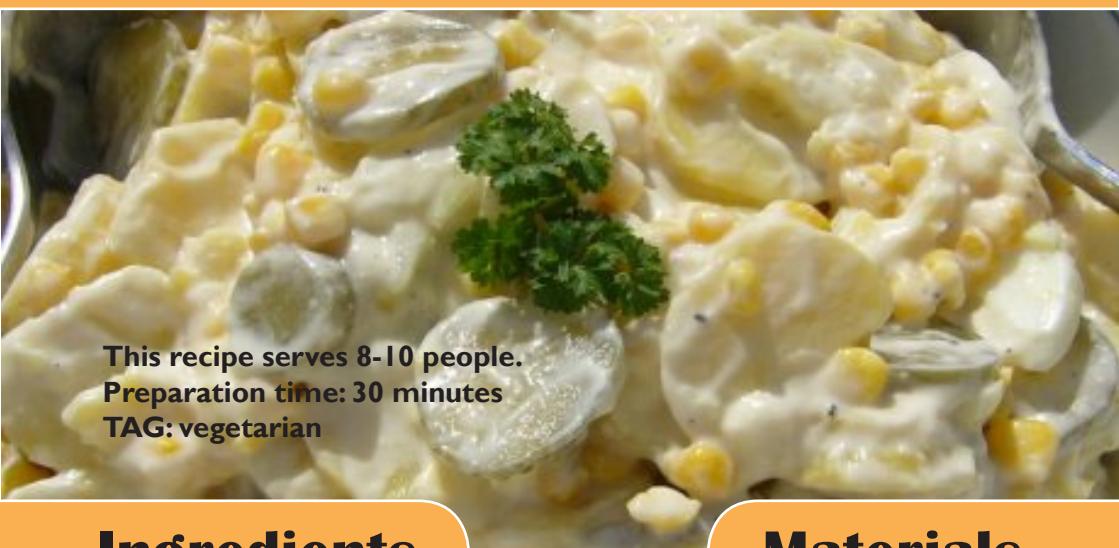
Another potato dish, these German potato pancakes can be served as either a main dish or as a side.

### Sachsisch Quarkkeulchen

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This German Saxony Curd Potato Cake is a warm dessert. This dish presents the beloved potatoes in a different flavor: sweet and fruity.

# Kartoffelsalat “Potato Salad”



This recipe serves 8-10 people.

Preparation time: 30 minutes

TAG: vegetarian

## Ingredients

1 kg Potatoes

3 Eggs

1 jar Pickles

2-3 tbsp mayonnaise (light or yoghurt)

200 g Cream

## Materials

Pots

Cutting board

Knife

Large mixing bowl

Bowl

## Directions

1. Peel the potatoes and cut them into small cubes. Cook until soft and leave to cool.
2. Hard-boil the eggs, peel them, and then cut into pieces.
3. Slice the pickles into small slices. Make sure to keep the liquid in the jar, so don't throw them out yet.
4. For the sauce, whip the mayonnaise, cream, and liquid from the pickles.
5. Slowly mix the sauce into the potatoes and eggs, as the amount of sauce you put in is to your own taste. Serve as appetizers.

# FRANKFURTER GRÜNE SAUCE

This recipe serves 4 people.

Preparation time: 10 minutes (+60 minutes waiting time)

TAG: vegetarian

## Ingredients

### HERBS

Parsley (Petersilie)  
Chives (Schnittlauch)  
Pimpernell (Pimpinelle)  
Borage (Borretsch)  
Chervil (Kerbel)  
Sorrel (Sauerampfer)  
Dill (Dill)  
Garden cress (Kresse)  
Optional:Tarragon (Estragon), Melissa (Melisse)

2 cups Quark (400 g) or Ricotta (500 g)

1.5 cup (340 g) Sour cream

1 cup (250 g) Yoghurt

2 Spring onions

1 tbsp Mustard

ca. 1 tbsp Lemon juice

2 Boiled eggs

Salt and pepper, to taste

Fried salmon & boiled and cooked potatoes, to serve

## Materials

Cutting board  
Knife  
(Mixer)  
Bowl

# Directions

1. For the right mix of herbs it needs a bit of trying. In Frankfurt, GER, you can get the herbs in the supermarket. Rinse the herbs thoroughly, mince them (except for Chives and Spring Onions) in the mixer with the other ingredients, or mince them with a big knife.
2. Mince the onions and chives or dice them in to tiny pieces.
3. Cut the boiled eggs into small pieces.
4. Mix everything together in a bowl. Let it rest in the fridge for an hour.
5. Serve with boiled and buttered onions and fried salmon.



# KARTOFFELPUFFER

## “Potato Pancakes”

This recipe serves 3-4 people.

Preparation time: 25 minutes

TAG: vegetarian, vegan



## Ingredients

450 g Potatoes  
½ Onion  
¾ - 1 tsp Salt  
Ground pepper  
Freshly ground nutmeg  
1 Egg  
Vegetable oil for frying  
1 batch Fresh parsley (peterselie)  
Applesauce and cinnamon, to serve

## Materials

Peeler  
Grater  
Clean dishcloth  
Bowl  
Pot/Large bowl  
Frying pan  
Spoon  
Paper towels

# Directions

1. Peel and grate the potatoes. Place the grated potatoes in a clean dish-cloth and squeeze as much of the liquid as you can out of them into a bowl. Let the liquid settle for a few minutes, then carefully drain the liquid, leaving potato starch at the bottom of the bowl. Put the grated potatoes back into the bowl with the starch.
2. Grate the onion into the bowl of potatoes. If desired, add dried onion flakes as well. Add salt, pepper, nutmeg, and egg. Finely chop the parsley and add a good amount into the bowl as well. Mix thoroughly.
3. Heat oil in a frying pan. For best results use 1/8 to 1/4 inch of oil. Then, drop a dollop (about half a cup) of the potato mixture into hot oil and flatten with the back of a spoon. Fry for 4-5 minutes on each side, or until golden brown. Blot on paper towels and serve hot with applesauce and maybe a sprinkle of cinnamon.

# SACHSISCHE QUARKKEULCHEN

# “Curd Potato Cakes”

This recipe serves 6-8 people.  
Preparation time: 30 minutes  
TAG: vegetarian, vegan



## Ingredients

- 3 medium-sized Potatoes, cooked, peeled, chilled
- ½ cup Raisins
- 1 ½ cup Cottage cheese, drained
- 2 Eggs, slightly beaten
- 1/3 cup all-purpose Flour
- 1/8 tsp Salt
- 1/3 cup and 2 tbsp Sugar
- 2 Lemons
- ¼ cup Vegetable oil
- ¼ tsp ground Cinnamon

Applesauce or stewed fruits or jams, to serve

## Materials

- Sieve or Masher
- Paper Towels
- Mixing bowl
- Pan
- Small bowl
- Oven

# Directions

1. Press potatoes through a metal sieve or mash thoroughly. Rinse raisins in hot water; drain on paper towels. In a blender or food processor, blend cottage cheese until smooth. Grate the lemon peels.
2. In a large bowl, combine processed cottage cheese, sieved potatoes, rinsed raisins, eggs, flour, salt, 1/3 cup sugar, and lemon peel. Press mixture together to form a dough. With floured hands, shape mixture into 6 to 8 flat cakes, 2 inches in diameter.
3. Preheat oven to 110°C.
4. Heat oil in a large skillet. Cook curd cakes in hot oil, a few at a time, for 8 minutes or until golden brown on both sides. Keep cooked cakes warm in oven.
5. In a small bowl, combine the remaining 2 tablespoons of sugar with cinnamon and sprinkle on both sides of the cooked cakes.
6. Serve with applesauce, stewed plums or other stewed fruit.

# Italy

Italian cuisine has been around for a long time and is well-known across the world. Many dishes actually originated from local people and local places, rather than being influenced by cuisines of other nations. The Italian cuisine is noted for its simplicity. Even with few ingredients, it is full of flavor. There is a precise balance in the cooking of a dish, leading to a sense of conventionality, which makes traditional dishes so esteemed.



## Recipes

### Bruschetta

35

A flavorful appetizer of grilled bread with seasoned tomatoes is a good way to kickstart your tastebuds.

### Spaghetti Carbonara

36

Although spaghetti is often used as the pasta for this dish, it is also acceptable to use other types of pasta, such as fettucine, linguine, or fusilli (which Gloria recommends). It is said that the name of this dish comes from ‘Carbonare’, which translates to ‘coal miners’. This leads to the belief that it was first served as meals for coal miners.

### Lasagna

38

This recipe is Gloria’s typical go-to lasagna. This warm and hearty main-course dish could also be filled with bacon.

### Tiramisu

40

This 1960’s dish is a favorite and well-known Italian dessert nowadays. This recipe can also possibly be made for vegetarian if the gelatin is substituted.

# BRUSCHETTA



## Ingredients

8 Roma tomatoes  
1 small Red onion  
1 batch fresh Basil  
3 cloves Garlic  
1/2 cup (120 mL) Red wine vinegar  
1/2 cup (6 tbsp) Olive oil  
1 dash Salt and pepper  
1 Ciabatta/Foccacia/French bread

## Materials

Cutting board  
Knife  
(Food processor/Blender)  
Oven  
Bowl

## Directions

1. Preheat the oven at 180 degrees Celsius.
2. Dice the tomatoes, red onion, and garlic. Mix in a medium sized bowl and set aside.
3. In a food processor, blend the basil until it is very fine. If you don't have a food processor, finely chopping it with a knife is also fine. Add the basil to the bowl of tomato mixture.
4. Add red wine vinegar, oil, and salt and pepper to the bowl and mix well. Let it rest.
5. Meanwhile, slice the bread into about 10-12 pieces or more. Grill or broil the bread for around 15 minutes or until it is just toasted.
6. Serve the bread with the mixture on top.

# SPAGHETTI CARBONARA

This recipe serves 4 people.  
Preparation time: 25 minutes

## Ingredients

5 large Eggs  
100 mL Cooking cream  
200 g Bacon cubes (*spekreepjies*)  
320-400 g pasta (any type)  
50 g grated Parmesan  
2 tsp Olive oil  
Salt and pepper, to taste  
Optional: Onions

## Materials

Cutting board  
Knife  
Pot  
Pan



# Directions

1. Crack open the eggs, separate yolk. In a bowl, mix 4 yolks and 1 full egg (including the egg whites as well). Mix. Add Parmesan, pepper, and cream. Mix well.
2. In a pot boil some water (about a liter or two), add a pinch of salt as it starts to boil and pour pasta. For an al dente consistence take the pasta out of the boiling water one or two minutes before the timing on the package.
3. As the pasta is cooking, heat a pan and add a really small amount of oil. If you want, add finely chopped onions to the pan and let them cook for a bit. Add bacon and cook it til it's done.
3. Add the sauce to the pasta (once you've drained it). Mix. Add the cooked bacon. Mix again.
4. Add extra Parmesan (optional) to taste and serve. Buon appetito!

# LASAGNA

This recipe serves 4-6 people.

Preparation time: 40 minutes (+15 minutes waiting time)

## Ingredients

- 1 large jar Besciamella white sauce
- 1 large jar Tomato sauce
- Lasagna noodles
- 400-500 g Minced meat
- 1 large Onion
- 1 bag grated Parmesan cheese
- 1 bag grated young cheese (whichever kind)
- Optional: Bacon cubes (*spekreepjies*)
- Salt and pepper, to taste
- Olive oil

## Materials

- Cutting board
- Knife
- Pot
- Pan



# Directions

1. Preheat the oven at around 180 degrees Celsius.
2. Dice the onions for the sauce. In a pan, put in some oil and throw in the onions as soon as it is hot. Following the onions, add in minced meat. Bacon cubes can also be added now if desired.
3. As soon as the meat is cooked, put in the tomato sauce and let it simmer. Add salt and pepper to taste. Once the sauce starts to bubble, the stove can be turned off. Put the sauce aside.
4. Boil the lasagna noodles as instructed on the package.
5. Oil the oven tray so that the pasta won't stick. Put in a layer of lasagna noodles to cover the bottom of the tray. Spread a thin layer of Besciamella sauce over the noodles, as you would spread peanut butter on your bread. Add a layer of the cooked sauce. Spread a thin layer of grated cheese (mostly the young cheese) over the layer of sauce. Put in the next layer of lasagna noodles and repeat the previous steps until the top of the baking tray is nearly reached. End with a layer of tomato sauce and top the layers with a lot of cheese (the rest of the young cheese that you have left, and most of your parmesan cheese).
6. Put the lasagna in the preheated oven for another 15 minutes or until the cheese is nicely melted. Carefully take it out of the oven to be served.

# TIRAMISU

This recipe serves 8-10 people.

Preparation time: 20 minutes (+2 hours waiting time)

TAG: vegetarian (possible)

## Ingredients

500 g Mascarpone  
500 g Whipped cream  
100 g Sugar  
1 cup (240 mL) Coffee  
1 cup (240 mL) Espresso  
50 mL Tia Maria or Amaretto  
12 g leaf Gelatin  
Lady fingers biscuits  
Grounded coffee  
Cocoa powder, to serve

## Materials

Pot  
Beater/Whisk  
Mixing bowl  
Cooking thermometer  
Baking tray/Cake tin



# Directions

1. Beat the cream until thick and mix with mascarpone.
2. Soak the leaf gelatin in cold water.
3. Mix the coffee and espresso with sugar in a pot and bring it to a boil.
4. Once boiling, put the soaked gelatin leaves in the coffee and once all the gelatin is dissolved, set aside and let the coffee cool.
5. Once the coffee mixture is around 20 degrees Celsius, put the Tia Maria/Amaretto in the coffee mixture and mix well.
6. In a tray or cake tin, start layering the tiramisu. First layer is filled with biscuits. Each biscuit must be dipped in the coffee mixture. Once the bottom of the tray is covered with the biscuits, put 1 or 2 tablespoons grounded coffee over the layer. Cover the biscuits with cream. Repeat each layer until the tray is full, making sure the last layer is the cream. Then cover with some more grounded coffee.
7. Put the tiramisu in the fridge for at least 2 hours. Before serving, sprinkle the top lightly with cocoa powder.

# Mexico

A lot of the Mexican cuisine has been influenced by the Spanish, due to Spain's invasion in the early 1500's. During this invasion, other cuisines, such as, Caribbean, French, Portuguese, South American, and West African, were also introduced. This is why Mexican cuisine today is so diverse. Yet corn, beans, and chili peppers are some of the original ingredients that have been a part of the cuisine since the beginning.

## Recipes



### Nachos & Guacamole

43

As an appetizer, nachos can be enjoyed with an avocado dip. Adding in Jalapeno pepper is advised, for a more authentic taste.

### Camarones al Mojo de Ajo

44

This shrimp in garlic sauce dish is most often found in the coastal regions of Mexico, as it is easy to get multiple types of shrimps there. It is often served in accompany with various other dishes, such as, mixed rice, beans, salad, and more.

### Enchiladas

46

These rolled up fried corn tortillas are usually filled with queso fresco, a semi-soft Mexican cheese. Queso fresco can be substituted with other types of cheese, such as feta, paneer, cottage, or ricotta cheese.

### Flan

48

This Spanish custard is a popular dish in Mexico. Although it is a dessert, to Mexicans, there is no specified time for eating flan and it can be found in all classes of eating places - from home kitchens to local diners to fancy restaurants.

# NACHOS & GUACAMOLE



This recipe serves 4 people.

Preparation time: 10 minutes (+15 minutes waiting time)

TAG: vegetarian, vegan

## Ingredients

2 Avocados, peeled and pitted  
1 cup chopped Tomatoes  
 $\frac{1}{4}$  cup chopped Onion (1 small)  
 $\frac{1}{4}$  cup chopped Cilantro (1 bunch)  
2 tablespoons Lemon juice  
Optional: 1 Jalapeno pepper, seeded and minced  
Salt and pepper, to taste  
Nachos, to serve

## Materials

Peeler  
Cutting board  
Knife  
Masher  
Mixing bowl

## Directions

1. To prepare: Peel and pit the avocados. Chop the tomatoes, onion, and cilantro.
2. Mash avocados in a bowl until creamy.
3. Mix tomatoes, onion, cilantro, lemon juice, and jalapeno pepper into mashed avocado until well combined; season with salt and black pepper.

# CAMARONES“Shrimp in Garlic AL MOJO DE AJO Sauce”

This recipe serves 5 people.  
Preparation time: 15 minutes

## Ingredients

I cup (12 tbsp) Olive Oil  
10 cloves garlic (peeled and thickly sliced)  
20 Shrimps (preferably with heads; 25 without)  
½ cup chopped parsley  
(Freshly cracked) Black pepper  
Lemons or limes, freshly sliced

## Materials

Cutting board  
Knife  
Pans



# Directions

1. Sauté the garlic for about 3 minutes or until slightly golden. Set aside.
2. Sauté the shrimps and cook for 3-5 minutes until the shrimps are completely pink. You should only have a single layer of shrimp in the pan, as stacking the shrimps in a mound will cause it to not cook evenly.
2. Remove the shrimps and place on platter, while keeping the olive oil in the pan still. Stir the parsley into the pan, and then pour the olive oil over the platter of shrimp. Garnish with roasted garlic and black pepper. Serve with slices of lemons or limes.

**REMARKS:** This recipe works well with any type of shrimps, but whole shrimps with the heads still on provides a richer flavor than headless or peeled shrimps. However, shrimps with heads still attached are difficult to peel and can be messy to eat.

# ENCHILADAS

This recipe serves 6 people.

Preparation time: 30 minutes

TAG: vegetarian

## Ingredients

- 6 Dried chili
- 1 clove Garlic
- 1 tsp Salt
- $\frac{3}{4}$  cup (180 mL) Water
- 1 cup (12 tbsp) Vegetable oil, for frying
- 18 (6 inch, small) Corn tortillas
- 3 cups (around 675 g) crumbled Queso fresco  
(substitute with feta, paneer, cottage, or ricotta cheese)
- 1 cup (225 g) Sour cream
- 1 cup shredded Lettuce
- 2 medium Tomatoes, thinly sliced
- $\frac{1}{2}$  cup chopped Green onions (1 small)

## Materials

- Pot
- Pan
- Drainer
- Food processor/Blender
- Strainer
- Paper towels



# Directions

1. Snap the tops off of the dried chilies and place in a saucepan with enough water to cover. Bring to a boil and simmer for 15 minutes. Drain the water, and place the chilies into a food processor or blender with the garlic and salt. Puree until smooth. Press mixture through a strainer and set aside.
2. Heat the oil in a large pan over medium heat. Soak each tortilla in the sauce, then place in the pan once the oil is hot. Turn over almost immediately, and fry for about 5 seconds on the other side. Remove to a plate that is lined with paper towels. Fry all the tortillas and stack them.
3. For each fried tortilla, fill the center with about 2 tablespoons of queso fresco. Roll the tortilla and place it with the seam side down on a plate. For each plate place 3 rolls. Then top them with a layer of sour cream, followed by a small handful of lettuce, 3 slices of tomatoes, 2 more tbsp of queso fresco, and end with 1 tbsp green onions.

# FLAN

This recipe serves 4 people.

Preparation time: 15 minutes (+ 5 hours waiting time)

TAG: vegetarian

## Ingredients

- 1 cup (200 g) white Sugar
- 1 cup (240 mL) Whole milk
- 1 can (400 g) Sweetened condensed milk
- 3 Eggs (whole)
- 3 Egg yolks
- ¼ cup (60 mL) freshly squeezed Orange juice
- 1 tbsp grated Orange peel
- 1 tbsp Cornstarch
- 1 cup (230 g) Heavy cream

## Materials

- Pan
- Flan mold/Cake tin/Baking tray
- Blender
- Roasting pan or a tray that is larger than flan mold
- Kitchen towel
- Oven



# Directions

1. Place sugar in a saucepan over medium-high heat. Stir constantly until the sugar melts into syrup and turns a golden amber (brownish-yellow) color. This should take about 10 minutes. Watch carefully, because it could burn easily. Carefully pour the melted sugar syrup into a flan mold. Set aside and let it cool.
2. Preheat oven to 175 degrees Celsius.
3. Pour milk, sweetened condensed milk, eggs, egg yolks, orange juice, orange peel, vanilla extract, and cornstarch into a blender. Blend for around a minute until the mixture is smooth. Pour in the cream, and occasionally blend (pulse) several times to mix the cream. Pour the mixture over the cooled syrup in the mold/tray.
4. Line a roasting pan with a damp kitchen towel. Place the flan mold on the towel in the pan and place pan in the oven. Fill roasting pan with boiling water to reach halfway up the sides of the baking dish. If you don't have a roasting pan, just put the mold in a larger tray and then put it in the oven and fill the larger tray with water.
5. Bake for 45 minutes to 1 hour or until the center of the flan is set but still slightly jiggly when moved. Let the flan cool and refrigerate for at least 4 hours.
6. Before serving, release the flan from the mold by running a sharp knife around the inside edges of the mold. Flip a plate and cover the mold, then flip everything over and gently remove the mold to platter the flan.

# Netherlands

With the Dutch being straightforward people, their cuisine is also straightforward and simple. Traditional Dutch food are often composed of bread, potatoes, meat, seasonal veggies, and dairy. Fish is also easily found. These main ingredients are due to traditional industry of farming and fishing.

In the past, the Dutch were often well-known as merchant traders who travel to many continents. This has resulted in the presence of various cuisines in Dutch homes, and vice versa.



## Recipes

### Erwtensoep

51

This pea soup is also known informally as ‘Snert’. Various versions of pea soups are also found in other countries. For a traditional Dutch style, the pea soup should be stored overnight. Can be served as appetizers with dark rye bread and smoked bacon.

### Boerenkool Stamppot

53

This kale hash is a traditional Dutch dish. For a vegetarian version, use vegetable stock cube, more onions, and no bacon or lard.

### Pannenkoeken

55

The Dutch version of pancakes are larger and thinner than American pancakes and is often enjoyed as a main course dinner dish. It can also be filled with various combinations of ingredients.

### Arretjescake

57

This dessert, which is also known as “Hedgehog Slice”, is similar to chocolate fudge filled with biscuits. There are multiple variation of this dish that are also found in other different cuisines (Australian, German, Swedish, Danish, Lithuanian, for example).

# ERWTEN SOUP

# “Pea Soup”

This recipe serves 6 people.

Preparation time: 4 hours



## Ingredients

- 500 g Dry split peas
- 200 g Carrot
- 200 g Onion (2 medium-sized)
- 200 g Leek (white and light green part only)
- 200 g Potatoes
- 200 g Celeriac (celery root – ½ celery)
- 500 g Pork ribs (or other pork with bones)
- 100 g Pork belly, preferably with rind (bacon)
- 250 g Smoked pork sausage (rookworst)
- 2-3 tbsp Chopped celery leaves
- Salt and pepper, to taste

Dark rye bread and smoked bacon (*katenspek*),  
to serve

## Materials

- Large pot
- Lid
- Stirring stick
- Cutting board
- Knife
- Bowl

# Directions

1. Soak the pork meat (not the sausage) in cold water to remove any blood.
2. Put the meat in a large pot and add 2 L of water. Bring to a boil and then turn down the heat to simmer. Simmer the meat for an hour with the pot uncovered.
4. Wash split peas (you don't need to soak them). Add them to the pot and increase the heat to a gentle boil. Let it simmer for around 90 minutes until the peas have fallen apart. Stir occasionally to prevent the peas from sticking to the bottom of the pot and burning.
5. While waiting for the peas, prepare the vegetables by cutting the leek into small pieces. Chop the onion(s), cut potatoes, carrots, and celeriac into cubes (brunoise).
6. Once the peas are cooked, remove the meat from the pot and put in bowl. Remove the bones and any other parts of the meat that you don't like to eat, whether that is cartilage or fatty parts. Cut the meat into small pieces and put back in pot.
7. Add all the vegetables to the pot and stir. Cook for another 30 minutes while continuing to occasionally stir.
8. Chop the celery leaves into tiny pieces and stir into the soup. Season the soup with salt and pepper to taste. At this point, the soup is still very thin and needs to be thickened, but first let it cool down.
9. Force-cool the soup by putting the pot into a sink filled with cold water. Stir the soup. Once the water in the sink becomes warm, replace it with cold water. Although this step is tedious, it is necessary, otherwise the soup can turn sour if the cooling process takes too long.
10. Store the soup overnight in the fridge, or outside if it is cold.
11. To serve, slice the smoked sausage and add the slices to the soup. Gently warm the whole pot while stirring constantly to prevent burning. Another option is to put the soup in individual bowls and warm it in the microwave (one minute, stir, repeat til warm).
12. Serve warm erwtensoep with dark rye bread and smoked bacon.

# BOERENKOOL STAMPPOT

## “Kale Hash”

This recipe serves 4 people.

Preparation time: 60 minutes (+ overnight wait - optional)

TAG: vegetarian (possible)

### Ingredients

- 500 to 600 g chopped Kale
- 1 kg Potatoes
- 50 g (3 tbsp) Lard or Butter
- 1 smoked Sausage (rookworst)
- 2 Onions, chopped
- 100 to 150 g Bacon cubes (spekreepjes)
- 1 Meat stock cube
- Salt and pepper, to taste
- 2 tbsp White vinegar

### Materials

- Large pot
- Lid
- Pan
- Cutting board
- Knife
- Masher



# Directions

1. To prepare the potatoes and kale, peel the potatoes and cut large ones in half. In the end all the potatoes should be roughly the same size. Put the potatoes in a large pot and add enough water to submerge all the potatoes. Add stock. Put the kale on top of the potatoes, and the 'rookworst' sausage (as a whole) on top of the kale. Cover with lid, bring to a boil, and then lower the fire to simmer. Let it simmer for about twenty minutes. With a fork, check to see if potatoes are done.
2. Meanwhile in a different pan, cook the bacon. Although the fat isn't necessary, but you can add a tablespoon of lard or butter if you want. Once the bacon is cooked, add the chopped onions and lower heat. Cover pan with lid, but stir occasionally. Braise for fifteen minutes. The onions should caramelize and the bacon shouldn't burn. If you'd like to have your onions browner and bacon crispier, remove the cover for the last minutes and raise the heat.
3. Once the potatoes are done, remove the 'rookworst' then pour the liquid in the pot into another pot to keep it. Then mash the potatoes and kale, although not too much as you don't want to turn it into puree. While mashing, add as much of the cooking liquid as needed to get a savory consistency. Mix in the bacon and onions, lots of black pepper, a tablespoon of lard/butter, and vinegar. Taste to see if more salt is needed.
4. Serve the 'stampot' hot with the 'rookworst' on top, either whole or in thick slices. This dish can also be served with or without gravy. For a vegetarian version, use vegetable stock, add more onions, and remove bacon and lard.

# PANNENKOEKEN

## “Dutch Pancakes”



This recipe serves 4-5 people.

Preparation time: 20 minutes (+ 1 hour waiting time -optional)

TAG: vegetarian (possible)

### Ingredients

250 g Flour

1 tsp Salt

1 Egg

10 g Yeast

450 mL Milk, lukewarm

About 40g butter (3 tbsp), for frying

Any additional ingredients eg: cheese, bacon, ham, paprika, mushroom, apple, pineapple, banana, ice cream (on a natural pancake), brie, gorgonzola, raisins, cherries, onion, tomato, salami, minced meat, etc.

Stroop, to serve

### Materials

Mixing bowl

Whisk

Cling film

Pan

#### COMBINATION SUGGESTIONS:

- cheese, ham, and onion
- cheese, ham, bacon, mushrooms, and onion
- apple and cinnamon, then possibly ice cream to top
- apple and raisins

# Directions

1. In a mixing bowl, mix flour and salt.
2. Make a hole in the mixture and add in the egg. Mix yeast with a bit of the lukewarm milk, and add them together into the mixture, along with half of the remaining lukewarm milk.
3. Starting from the middle (the hole), mix everything together until you get a smooth, yet slightly thick, batter.
4. As you continue to stir, slowly add the rest of the milk. Continue to stir until you get a smooth texture (batter should drip from spoon like a string). Cover the mixing bowl with cling film and let it rest in a warmer place for about an hour. This wait is optional.
5. When ready, put some butter in a pan on medium heat. Once the butter is melted, add a quarter or fifth of the batter. Move the pan around to spread the batter. The pancake should be fairly thin, but still thicker than crepes. Once the top is rather dry and slightly yellow, flip the pancake. The bottom side should be a nice brown color. Add any ingredients you would like, unless if you are aiming for a natural pancake.
6. To add the ingredients, lower the heat. When adding ingredients consider the order in which you put them in. Cheese should always be put on the pancake first, bacon last. Ingredients that have to be browned should be added on towards the end, so that it can touch the pan when flipped. Ingredients such as apples and onions should also be added towards the end as well. All ingredients should be put on after step 5. Prior to flipping the pancake once more, spread a spoonful of batter in stripes over the ingredients. Turn the heat up again and flip the pancake (use two spatulas if necessary or slide off onto plate and flip). The side that was once yellow should be browner than the previous side and fully baked. Let the ingredients inside cook for a little while and once it is done, flip the pancake onto a plate.
7. Serve with stroop syrup if desired. Natural pancakes can also be enjoyed with icing or ice cream.

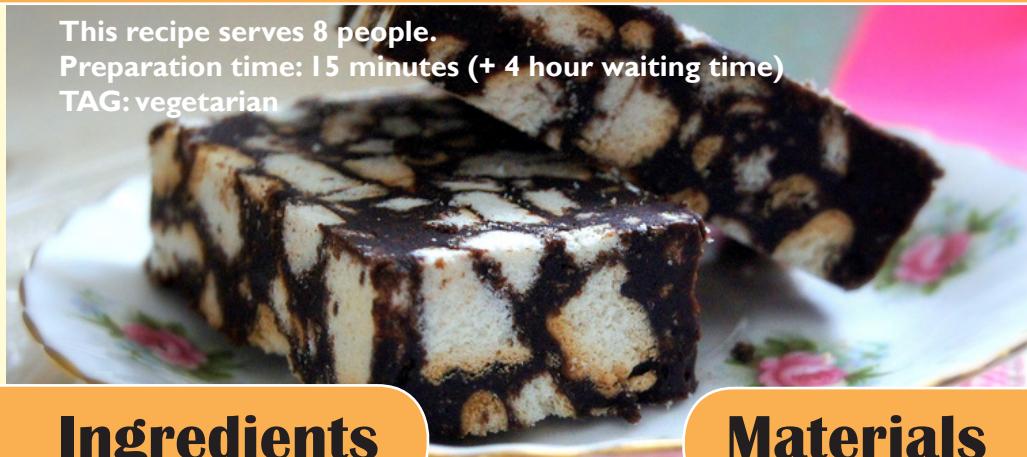
# ARRETJESCAKE

## “Hedgehog Slice”

This recipe serves 8 people.

Preparation time: 15 minutes (+ 4 hour waiting time)

TAG: vegetarian



### Ingredients

250 g Dairy butter

250 g Maria biscuits

300 g Sugar

30 g Cocoa

1 Egg

### Materials

Cake tin

Pot/Pan/Microwave

Knife

Cutting board

Mixing bowl

Whisk

### Directions

1. Melt the butter in a pot or pan under low fire. Or melt in microwave.
2. Cut the biscuits into little pieces, not crumbles.
3. In a mixing bowl, mix the sugar with the cocoa and egg. Mix the melted butter in and dissolve the sugar. Once thoroughly mixed, add in the biscuit pieces.
4. Pour batter into a cake tin and refrigerate for at least 4 hours or until the cake becomes solid.
5. To serve, remove from cake tin and cut into slices.

# Thailand

When compared to the simplicity of the Dutch cuisine, Thai cuisine would be on the other end of the spectrum. The uniqueness of Thai food comes from its intricate balance in flavor, color, texture. Every detail is important. The dish has to have a complex combination of at least three of these senses: spicy, sour, sweet, salty, and bitter. Not only that, the presentation of the dish itself is important.

Due to Thailand's close ties with China, Chinese cuisine has adapted and infused into many dishes.



## Recipes

### Toong Tong

59

Translated to “money bag”, these fried bag dumplings can be enjoyed as appetizers. This Chinese-influenced dish is often served at ceremonies as they symbolize good fortune and wealth.

### Pad Thai

61

This stir-fried rice noodles can be found in multiple types of dining places in Thailand, from the streets to the restaurants. Noodles were not popular in Thailand until the late 1940's when the prime minister of that time made it part of his campaign to establish Thai nationalism, as Western practices were being introduced.

### Kang Keaw Wan

63

When translated from Thai, this dish is called “Sweet Green Curry”, commonly known as just ‘green curry’. As the name says it, the curry is green in color.

### Mango Sticky Rice

65

This sweet dessert is composed of sticky rice infused with sweet coconut milk. This sticky rice is eaten with fresh mangoes. It is best when served warm.

# TOONG TONG “Money Bag”

This recipe serves 5 people.  
Preparation time: 60 minutes



## Ingredients

- 15 Wonton wrappers
- 100 g medium-sized Shrimps, cleaned, shelled and deveined
- 100 g minced pork
- 1 tbsp Shitake mushroom
- 1/2 tbsp Sugar
- 1 tsp coriander root
- 1 tsp minced Garlic (2 cloves)
- 1 tbsp Fish sauce
- 1 tbsp Soya sauce
- Chinese chive leave (pak choi)
- 3 cups (700 mL) Oil, for deep frying

Sweet plum sauce or sweet chili sauce, to serve  
Optional: Fresh vegetables (cucumber, carrot, tomato, etc.), to serve

## Materials

- Mixing bowl
- Cutting board
- Knife
- (Wok) Pan
- Paper Towels

# Directions

1. To prepare, dice the mushrooms into small cubes and finely chop the coriander root. Mince the garlic. Scald the Chinese chive leave in hot water and slice into thin lines (these will be used to bind wonton wrappers).
2. In a big bowl, add shrimp, pork, mushrooms, sugar, coriander root, garlic, fish sauce, and soya sauce. Knead with your hands until everything is well-mixed.
3. Place a wonton wrapper on your palm and put a teaspoon of the mixture in the center. Gather up the corners and bind together with Chinese chive leave to make a small bag.
4. Heat oil in a wok over medium heat. Wait until hot, then deep fry for 3-5 minutes until golden brown and cooked thoroughly. Remove and drain.  
4 Transfer onto a plate with paper towels to blot. Serve immediately with dipping sauce of sweet plum or sweet chili sauce, along with fresh vegetables.

# PAD THAI



This recipe serves 2 people.

Preparation time: 40 minutes

TAG: vegetarian (possible)

## Ingredients

½ package (200g) dried rice stick noodles

2 tbsp vegetable oil

1/3 cup (80 g) firm tofu

½ Lime

1 egg

1 cup (220 g) Mung bean sprouts (tauge)

## Materials

Pots

Wok pan

Stirring stick

Drainer

Cutting board

Knife

## OPTIONAL

2 tbsp Peanuts, roasted and crushed

Thinly sliced chicken, beef, pork, or shrimp

Carrot, match stick slices

Green spring onions cut diagonal in ½ inch segments

Cilantro

## SAUCE

1/3 cup (around 5 tbsp) fish sauce

½ cup (100 g) palm sugar

½ cup (125 ml) tamarind juice concentrate or paste (substitute: vinegar)

4 cloves garlic, minced

Dried chili pepper, to taste

# Directions

1. Start by making the Pad Thai sauce. Heat a small pan on medium low heat and add fish sauce, palm sugar, tamarind concentrate, and garlic. Cook the sauce until palm sugar has completely dissolved. Taste the sauce and season to desired sweetness and spiciness. To make it more spicy add a little Thai chili powder. Remove from heat and allow to cool.
2. Soak the dry noodles in lukewarm or room temperature water. Make sure the noodles are submerged. Make sure they are not oversoaked as it will be too soft and mushy. It is always better to under soak them and have them still slightly hard, as you will end up cooking it more in a pan later.
3. While waiting for the noodles, julienne the tofu and cut into 1- inch long sticks. The tofu can either be fried separately until golden brown or it can be fried with other ingredients later.
4. In a wok pan, pour oil in and put on high heat. Once the oil is hot, add garlic and the cooked meat of your choice. Once cooked, put in tofu. Add drained noodles, followed by Pad Thai sauce. Stir until sauce is mixed.
5. Move the noodle and meat mixture to one side of the pan and crack an egg on the other side. Scramble the egg and cook for half a minute.
6. Add carrots, spring onions, and bean sprouts, and cook for one more minute, frying everything together.
7. Test the firmness of the noodle. If the noodle is too firm, fry for an additional minute. If your noodles need more flavor, add another tablespoon of sauce and fry another half minute. Remove from heat and serve. Garnish with remaining raw carrot match sticks, sprouts, cilantro, toasted peanuts, and a wedge of lime. Enjoy!

# KANG KEAW WAN

## “Green Curry”

This recipe serves 4 people.

Preparation time: 30 minutes

TAG: vegetarian (possible)

### Ingredients

- 2 packs (70 g each) Green curry paste
- 350g Chicken breast, cut into bite-sized pieces
- 1 ¼ cups (300 mL) Coconut milk
- 1 batch Basil leaves
- 2 Eggplants, cut into small pieces
- 1 block Chicken Stock
- 100 mL Water
- 2 tsp Palm sugar
- 3 tbsp Fish sauce
- 2 Red chili pepper, sliced diagonally
- 4 Kaffir lime leaves

Cooked rice, to serve

### Materials

- Saucepan
- Cutting board
- Knife



# Directions

1. Bring  $\frac{1}{2}$  cup of coconut milk to a boil in a saucepan over medium heat, stirring often for 3 to 5 minutes. Add green curry paste and continue to cook and stir until the paste is completely mixed. Lower the heat to simmer.
2. Add the chicken and stir for 1-2 minutes. Add fish sauce, sugar, keep stirring for another minute. Add the chopped eggplants, the remaining coconut milk, and chicken stock and water. Cook over medium heat until chicken is cooked and eggplant is soft.
3. Add chilli peppers, kaffir lime leaves, and basil leaves. Bring to a boil. Adjust the taste by seasoning with sugar and fish sauce.
4. Serve with warm cooked rice. For a vegetarian option, remove meat and replace fish sauce with soy sauce.

# MANGO STICKY RICE

This recipe serves 8-10 people.

Preparation time: 20 minutes (+ 4 hours to overnight waiting time)

TAG: vegetarian

## Ingredients

- 3 Ripe mangoes
- 1 kg Glutinous rice
- 700 mL Coconut milk
- ¾ tsp Salt
- 450 g Brown sugar
- 10 Pandan leaves or flavoring drops (if possible)

## Materials

- Pots
- Steamer
- Kitchen cloth
- Large mixing bowl
- Stirring stick

### SERVING SAUCE

- 2 cups (480 mL) Coconut milk
- ¼ tsp salt



# Directions

1. Rinse and soak glutinous rice in water. Leave it overnight. If you don't want to wait overnight, soak the glutinous rice in warm to hot water and add a teaspoon or two of vinegar. Let it soak for at least 4 hours.
2. Steam to cook the glutinous rice (if your steamer has holes that are too big, use a clean kitchen cloth to hold the rice).
3. In a small pot, mix sugar, salt, coconut milk, and put it on a stove with low heat. Stir the mixture until everything is well mixed. Put in pandan, if possible.
4. Put the cooked sticky rice in a large bowl and pour in the coconut milk mixture. Mix well, so the sticky rice is covered with the mixture. Let it rest for at least 15 minutes.
5. While waiting, you can prepare the serving sauce. In a small pot, boil coconut milk and salt under low heat. As soon as all the salt is dissolved, turn the stove off.
6. Peel and cut the mangoes onto a plate. Serve with the sweet glutinous sticky rice on the side. Top the dish with the topping sauce. Serve while the mangos are still freshly cut.

# United States of America

When American food is mentioned, one often thinks of fast food such as McDonald's. But American food is actually very varied, especially due to the size of the country. The cuisine of the USA has been influenced mainly by European cuisines, considering its history from the founding moment of the nation. Later on, the cuisine has also been influenced by immigrants. Nowadays, one can find all sorts of cuisines, separate and in fusion, in the States (eg. Chinese, Mexican, Japanese, Dutch), made with a touch of USA-style. Yet there are also dishes that have been created by Americans themselves, especially from the late 1800's and early 1900's due to the industrial boom in food production.

## Recipes



### Deviled Eggs

68

Although originally from Rome, this egg dish is most commonly found in the US, among others, as it is served as appetizers.

### Spare Ribs

69

Spare ribs are a delicacy in the Southern regions of the United States. It is often cooked in a barbecue or in open fire and usually eaten with hands.

### Sloppy Joes

71

This messy dish is traditionally American. It is composed of a rich and tender beef sauce, which should be slowly simmered, and hamburger buns. Sloppy Joes are often served with a fork, but there is an implicit etiquette to never use them.

### Apple Pie

72

It's "as American as apple pie". Although originally from Western Europe, apple pies have boomed in the States during the 1800's and have eventually become a symbol of American pride and prosperity. Soldiers even fought in the War "for Mom and apple pie".

# DEVILED EGGS

This recipe serves 6 people.  
Preparation time: 20 minutes  
TAG: vegetarian

## Ingredients

6 Eggs  
3 tbsp Mayonnaise  
2 tbsp plain Yoghurt  
2 tsp (Dijon) Mustard  
Lemon juice and Salt, to taste  
Paprika, to garnish

## Materials

Pot  
Spoon  
Blender

## Directions

1. Boil hard-boiled eggs. This should take 10-12 minutes. Blanche, let it cool then peel.
2. Cut 6 eggs in half, lengthwise.
3. Remove the yolks and blend them by hand with mayonnaise, plain yoghurt, mustard, squirt of lemon juice, and salt to taste.
4. Spoon the mixture back into the egg whites. Dust the eggs with paprika and serve cold.



# SPARE RIBS

This recipe serves 10-12 people.

Preparation time: 2 hours (+ overnight waiting time)

## Ingredients

1-1/3 cups (260 g) Brown sugar  
2 tsp Garlic powder  
2 tsp Onion powder  
2 tsp Paprika  
1-1/4 tsp ground Cumin  
1-1/4 tsp coarsely ground Pepper  
1-1/4 tsp Cayenne pepper  
12 bone-in (around 3 kg) Pork ribs

### SAUCE

2 tbsp Canola oil  
1 medium Onion, finely chopped  
1 cup (230 g) Tomato sauce  
1/3 cup (67 g) Dark brown sugar  
1/4 cup (60 g) Ketchup  
1/4 cup (80 g) Molasses  
1 tbsp Apple cider vinegar  
2 tsp Worcestershire sauce  
1 tsp salt  
1 tsp Ground mustard  
1/4 tsp Paprika  
1/4 tsp Cayenne pepper

## Materials

Bowl  
Saucepan  
Aluminum foil  
Grill (Oven/Pan)



# Directions

1. In a small bowl, mix brown sugar and seasonings. Sprinkle over the ribs and marinade. Cover the bowl and refrigerate overnight.
2. For the sauce, heat oil in a large saucepan over medium heat. Cook finely chopped onions and stir for 5-6 minutes or until tender. Stir in the remaining ingredients for the sauce and bring it to a boil, stirring occasionally. Remove from heat.
3. Wrap ribs in a large piece of heavy-duty foil (or wrap 2-3 layers if using regular aluminum foil). Seal the edges of the foil. Grill over indirect medium heat, covered, for 75 to 105 minutes or until ribs are cooked and tender.
4. Remove ribs from foil. Be careful as the foil will be hot. Place the ribs over direct medium heat. Paste some of the sauce on the ribs then grill, covered, for 8-10 minutes or until the ribs are browned. Occasionally turn and paste the ribs with sauce.

# SLOPPY JOE'S

This recipe serves 4-6 people.  
Preparation time: 60 minutes

## Ingredients

680 g Lean ground beef  
1/2 Onion, diced  
2 cloves Garlic, minced  
1 Green bell pepper, diced  
3/4 cup (180 g) Ketchup  
2 tbsp Brown sugar  
1 tsp (Dijon) mustard  
1 dash of Worcestershire sauce  
1 ½ tsp Salt, or to taste  
1/2 tsp ground Black pepper  
Cayenne pepper, to taste  
4-6 soft rolls or burger buns

## Materials

Pan  
Cutting board  
Knife



## Directions

1. Put a large pan over medium heat. Fry the onions and ground beef. Stir until the beef turns brown. Try to break the meat into pieces as small as possible.
2. Add the garlic and green pepper. Mix and cook for about 2 minutes. Add 1 cup of water. Bring to a simmer. Make sure to scrape the bottom of the pan with a spatula to dissolve any browned bits.
3. Stir in ketchup, brown sugar, mustard, Worcestershire, salt, pepper, and 1 cup of water.

# APPLE PIE

This recipe serves 6 people.

Preparation time: 60 minutes (+ 60 minutes waiting time)

TAG: vegetarian

## Ingredients

### PASTRY

- 2  $\frac{1}{2}$  cups (310 g) Flour
- 8 tbsp Ice water
- 2 sticks (1 cup; 227 g) Frozen butter
- 1 tbsp Sugar
- 1 tsp Salt
- 1 Egg (optional), for brushing

### FILLING

- Around 12 Apples, peeled, cored and sliced
- $\frac{1}{2}$  cup (100 g) Brown sugar
- 2 tbsp Flour
- 1 tsp Cinnamon

## Materials

- Cutting board
- Knife
- Mixing bowl
- Whisk
- Grater
- Cling film
- 8-inch pie dish
- Rolling pin
- Oven

Egg brush (optional)



# Directions

1. For the pastry, mix the flour, salt, and sugar together in a large bowl.
2. Grate the frozen butter into the mixture and toss with your fingers. Add the ice water and mix with your fingers until the dough sticks together.
3. Divide the dough into two balls, wrap with cling film, and refrigerate for at least 30 minutes.
4. Meanwhile, make the filling by mixing the sliced apples with the brown sugar, cinnamon, and flour.
5. Remove the dough from the fridge and leave it out for a few minutes until it is softer.
6. Preheat oven to 180 degrees Celsius.
7. Sprinkle some flour on your work surface, hands, rolling pin and the ball of dough. Knead one of the dough balls into a circle that's large enough for an 8-inch pie dish. Make sure there's enough to overlap the edges of the dish. When ready, put it into the pie dish for the bottom crust.
8. Add the filling on top of the bottom crust.
9. Knead the second ball of dough and carefully place over the top of the pie. Fold and squeeze the edges of the dough together, tightly sealing it. Poke a few holes in the dough covering the pie. An alternative is to also make a lattice cover by cutting the dough into long slices and placing them over each other on the pie.
10. Place pie in oven, preferable at the bottom rack. If desired, brush the pastry with an egg so that it's nice and shiny when done.
11. Bake for around an hour or until crust turns a golden color and the filling juices are bubbling.
12. Let it cool down slightly and serve warm.

# 2

# ATLAS

# Favorites

Since most ATLAS students live together in ATLAS housing, there is often some sort of cooking schedule rotation (or not). Dinner is often enjoyed together in each house, so most people know how well each of their housemates can cook.

ATLAS students were asked of some of the favorite dishes that have been made by their peers. This section presents some of those dishes. A lot of these dishes are retrieved from the internet, but some also has been slightly modified by ATLAS students. Some are your typical pasta or wrap dish, but the ingredients combo chosen by the dinner cook (and/or the grocery shopper) are quite varied from the norm and satisfies the tastebuds of hungry housemates.

Read on to discover some of the favorite recipes that ATLAS students love to use (and eat.)

# Recipes

## Apekots

79

This savory mashed potatoes, cauliflower, and minced meat dish is similar to a Shepherd's Pie. This recipe was introduced by Kamil, who retrieved it from a summer sailing camp in Friesland.

## Caramelised Onions

81

This onion recipe, introduced by Nick, can be enjoyed on burgers (see 'Seed & Nut Burgers'), pizza breads (See 'Pizza Bread' in 'ATLAS Speiclas'), or in onion soups. This recipe is easy, though it does require some time.

## CB Onion Rings

82

These onion rings recipe, retrieved online, were served by the 2016 candidate board, specifically Frank and Martijn, during their board camp. These onion rings have satisfied the 2015-2016 Atlantis board.

## Cauliflower Mushrooms Gratin

This casserole-type dish was found in a recipe book owned by Bob. It is a simple vegetarian-friendly dish composed of cauliflower and mushrooms.

## Chili con Carne

86

Looking for a dish to spice up your dinner? This recipe was discovered online by Oskar. This chili con carne can be enjoyed with fresh bread from the Turkish store.

## Chickpea Couscous

88

A couscous variation made often by Anne, this recipe is also best served with Turkish bread and a side salad filled with feta and tomatoes. This dish by itself is suitable for both vegetarians and vegans.

## Couscous Salad

90

Logica House A (2015-2016) has developed a great variety of couscous salads, some more successful than others. All very easy to make, vegetarian, delicious and provides a handful of options.

## **Chicory Salad** 91

This salad variation introduced by Katrina is served with chicory on the side. Quick and simple, it can be served to vegetarians and possibly vegans as well.

## **Geitenkaascupjes** 92

Translated from Dutch, it is “Goat Cheese Cups”. Often made by Jitske, these puffy pastry with goat cheese and honey is a nice appetizer or side dish.

## **Kniddelen** 93

A traditional Luxembourg dish, made up of dumplings and bacon, this dish was introduced by Alice and is a favorite comfort food dish.

## **Pasta with Tomatoes** 95

This simple spaghetti dish with tomatoes, bacon pieces, and cooking cream was introduced by Egbert. It takes little time and effort to make this dish, yet it still tastes good.

## **Fried Gnocchi** 96

Another simple pasta dish, this crunchy gnocchi recipe is Bart van Ingen’s variation of an online Albert Heijn recipe.

## **Greek Chicken Pasta** 97

This flavorful pasta dish is a remake of another recipe found online by Oskar. Although it takes slightly more effort than some other recipes, this well-seasoned pasta dish will satisfy your tastebuds.

## **“Swedish” Pasta** 99

A vegetarian pasta dish made by Mark van den Heuvel during the 2015 S.A. Atlantis study trip in Sweden, hence the name of the dish.

## **Pesto Lasagna** 100

A variation to the lasagna introduced by Wessel. Filled with spinach, blue cheese, cottage cheese, and possibly pesto. A nice vegetarian lasagna.

## **Quick & Easy Macaroni 102**

As the name says it, this dish is quick and easy. It is often made by Dawn and even though it uses packaged pre-made macaroni, it does contain a lot of vegetables.

## **Macaroni Casserole 104**

This remake of a Jamie Oliver recipe was made by William. It's main element is macaroni and cauliflower, and it is well-seasoned.

## **Ratatouille 106**

One of Olivier's favorite recipe for making ratatouille, which he retrieved from the Internet. A nice dinner option for vegetarians or vegans.

## **Rice with Dates 108**

This rice recipe was introduced by Jim and is a sweet dish filled with dates, raisins, cinnamon, and more. It is best enjoyed with grated cheese.

## **Rice Casserole 109**

Another rice dish, this one is a mixture of rice, vegetables, and eggs, combined into a casserole. It was introduced by Tristan and is suitable for vegetarians.

## **Risotto with Spinach 110**

This vegetarian risotto dish was introduced by Mark van den Heuvel. It is flavorful and filled with a variety of healthy ingredients.

## **Pumpkin Risotto 112**

A nice mixture of risotto and pumpkin. This dish is a remake of a recipe from Albert Heijn and was introduced by Stef. This recipe is also suitable for vegetarians.

## **Roti & Chicken Curry 114**

This Indian dish was often made by Mo. Roti pancakes and chicken curry to spice up your meal. Encouraged to eat with hands.

**Salty & Sweet Pork** 116  
This family recipe introduced by Kwan is a combination of sweet and salty. This boiled and fried pork dish is best enjoyed with rice, glutinous rice, or even bread.

**Seed and Nut Burgers** 117  
This burger variation retrieved from an online recipe by Nick is a healthy and vegetarian burger option. The burgers are filled with nuts and mashed potatoes, and they are baked in an oven rather than pan-fried.

**Grilled Cauliflower & Curry Tofu**  
This Indonesian-style dish was introduced by Sebastiaan. Grilled cauliflower and a curry of tofu is served with rice and krupuk. Tasteful dish that can also be enjoyed by vegetarians and vegans alike.

**Quick & Dirty Wraps** 121  
A burrito wrap variation by Anne. This hot and well-seasoned recipe has a multitude of choices to suit both meat-lovers and vegetarians.

**Wraps** 123  
Another burrito wrap variation by Olivier, which contains ingredients that he thought would be nice together. This easy recipe even has the options of adding pineapples and rice!

**Chocolate Bananas** 124  
This sweet and simple dessert was introduced by Tristan. It is baked bananas filled with chocolate. This dessert can also be made suitable for vegans by choosing to use dark chocolate.

**Mango Crumble** 125  
This is another dessert favorite and it was introduced by Katrina. This fruity dessert is yummy and easy to make.

# APEKOTS

Introduced by Kamil Verhelst (*Class of 2018*)

This recipe serves 4 people.

Preparation time: 50 minutes (+ 15 minutes waiting time)

## Ingredients

I big cauliflower  
800 g minced meat  
25 g (almost 2 tbsp) butter  
'Herbes de Provence' (mixture of savory, marjoram, rosemary, thyme, oregano)  
1 kg potatoes  
100 mL milk  
1 egg  
Pepper and salt  
Nutmeg  
200 g grated cheese

## Materials

Large pie dish  
(or oven tray)  
Pots  
Drainer  
Masher  
Pan  
Oven  
Peeler  
Knife  
Cutting board

## Directions

1. Boil water in two pans (for the cauliflower and potatoes) with a pinch of salt in each pan.
2. Peel the potatoes and cook them in one of the pans.
3. Clean and cut the cauliflower, and cook it in the other pan for approximately 7-10 minutes.



4. Drain the potatoes and cauliflower.
5. Mash the potatoes and add the milk, butter, egg, and a pinch of nutmeg and salt.
6. Heat up a frying pan and add some butter.
7. Cook the ground meat in the frying pan until it has a golden brown color, while adding some ‘Herbes de Provence’ to your own taste.
8. Take a baking dish and pour the mashed potatoes in.
9. Add the cooked meat on top.
10. Divide the pieces of cauliflower evenly over the baking dish.
11. Pour the grated cheese on top.
12. Put the baking dish in the oven under 180 °C for around 15 min.

# CARAMELISED ONIONS

Introduced by Nick Gregory (Class of 2016)

Preparation time: 40 minutes

TAG: vegetarian, vegan

## Ingredients

Brown sugar

Onions

*“If you want a lot of caramelised onions you’ll need a lot of onions. A pile of them, an absurd amount because they will all disappear.”*

## Materials

Knife

Cutting board

Pan

Lid

## Directions

1. Chop your onions into thin slices.
2. Melt some butter in a frying pan at a medium heat.
3. Throw in the onions. Stand there to make sure they don’t burn and move them around every now and again and add butter if they dry out.
4. Once they’ve become a little crispy, turn the heat down add a few spoons of brown sugar, mix it and put a lid on top.
5. Check them once in a while to be sure that they are not burning.
6. Cook them until they’re dark in colour and have a sweet taste.

# CB ONION RINGS

Introduced by Martijn Atema & Frank Kwakkelaar (Class of 2018)

This recipe serves 3 people.

Preparation time: 20 minutes

TAG: vegetarian

## Ingredients

- 1 large onion
- 1 1/4 cup (150 g) flour
- 1 tsp. baking powder
- 1 tsp. salt
- 1 egg
- 1 cup (240 mL) milk
- 3/4 cup (85 g) dried breadcrumbs
- Salt to taste
- Frying oil

## Materials

- Knife
- Cutting board
- Bowl
- Plate
- Whisk or stirring spoon
- Wire rack
- Aluminum foil
- Pan
- Paper towels



# Directions

1. Heat the oil in a deep-fryer to 185 degrees C.
2. Cut the onions into 1/4-inch (0.6 cm) slices. Separate the onion slices into rings, and set aside. In a small bowl, stir together the flour, baking powder, and salt.
3. Dip the onion slices into the flour mixture until they are all coated; set aside.
4. Whisk the egg and milk into the flour mixture using a fork. Dip the floured rings into the batter to coat, place on a wire rack to drain until the batter stops dripping.
5. Place wire rack over a sheet of aluminum foil for easier clean up. Spread the bread crumbs out on a plate. Place rings one at a time into the crumbs, and scoop the crumbs up over the ring to coat. Give it a hard tap as you remove it from the crumbs to make sure that the coating sticks. Continue with the rest of the onion rings.
6. Deep fry the rings a few at a time for 2 to 3 minutes, or until golden brown. Remove to paper towels to drain. Season with salt and serve.

# CAULIFLOWER MUSHROOMS GRATIN

Introduced by Bob Steenmeijer (Class of 2018)

This recipe serves 4 people.

Preparation time: 40 minutes (+ 15 minutes waiting time)

TAG: vegetarian

## Ingredients

### MAIN LAYER

1 head Cauliflower (*bloemkool*)

50g butter

115g champignon mushrooms – sliced

Salt and pepper to taste

### GRATIN LAYER

115g breadcrumbs (*paneermeel*)

2 tbsp. grated parmesan

1 tsp. dried oregano

1 tbsp. dried parsley (*petersalie*)

25g butter

## Materials

Cutting board

Knife

Pot

Drainer

Oven dish (*ovenschaal*)

Pan

Oven

## Directions

1. Cut cauliflower into flowers. Bring water to boil. Put cauliflower in for three minutes then blanche.
2. Drain the cauliflower and then put in oven dish (*ovenschaal*).
3. Preheat oven to 230 degrees Celsius. Heat butter in small pan under medium heat. Stir the champignons for 3 minutes.

4. Take the pan off the heat and mix it with cauliflower in the oven dish.  
Mix in salt and pepper to taste.
5. Mix breadcrumbs with grated cheese and herbs. Spread evenly over the oven dish.
6. Cut up the butter into small squares and spread it over the layer. Put the oven dish in the oven for 15 minutes or until the color turns golden brown.
7. Serve directly from the oven and enjoy!

# CHILI CON CARNE

Introduced by Oskar van der Waal (Class of 2017)

This recipe serves 4 people.

Preparation time: 35 minutes

## Ingredients

- 1 Red onion
- 1 clove Garlic
- 1 Red pepper
- 1 Red paprika (chili)
- 75g Chorizo sausage
- 500 g Minced meat
- 70 g Tomato puree
- 400 g Canned peeled tomatoes
- 400 g kidneybeans
- 1 batch Coriander (fresh)
- 1 lime
- 125 mL sour cream
- 1 Turkish bread
- Chili powder, salt, and pepper to taste
- Sunflower oil

## Materials

- Saucepan
- Cutting board
- Knife
- Stirring stick

## Directions

1. Peel and dice the onion and garlic. Cut the peppers in half, remove the seeds, and dice into small blocks. Cut the paprika open, remove the seeds, and cut into cubes.
2. Remove the skin of the chorizo and dice the sausage.

3. Heat oil in pan and fry the onion, garlic, and chorizo. Add the minced meat in while frying with the stove on high heat.
4. Add the tomato puree, followed by red pepper, paprika, and chili pepper, letting them cook briefly. Add the peeled tomatoes and let the sauce simmer (with lid covering pan) for about 20 minutes. Stir occasionally. Prior to the final 5 minutes, rinse kidney beans with water, drain them, and add to chili con carne sauce.
5. Meanwhile, chop the coriander and cut the lime into squeezable wedges. Cut the Turkish bread into pieces.
6. Once the chili con carne is done, season with salt, pepper, and chili powder to taste. Scoop sour cream onto the chili con carne. Sprinkle with coriander and lime juice. Serve with Turkish bread.

# CHICKPEA COUSCOUS

Introduced by Anne Sietsma (Class of 2016)

This recipe serves 5 people.

Preparation time: 30 minutes

TAG: vegetarian, vegan

## Ingredients

500 g Couscous

600 g Chickpeas (kikkererwten)

3 Red onions

1 large Aubergine/Eggplant

400 g Mushrooms (chestnut champignons preferred)

3 Red/yellow peppers/paprikas

2 spoonful Vegetable bouillon powder (or one tablet).

1 bundle Coriander

Curry leaves (depending on the quality and size, get around 6)

Salt, pepper, and paprika powder to taste

Olive oil

Turkish bread and Feta & Tomato Salad to serve

## Materials

Pot

Cutting Board

Knife

Frying pan/Wok

Lid

Stirring Stick

## Directions

1. Boil 1.5 Liters of water.

2. Meanwhile, chop the vegetables. Fry the onions first a bit in olive oil in a large frying pan or wok, then add more oil until you have a nice layer of oil in the pan. Turn the heat up high, then add the aubergine - the high temperature is needed to prevent the aubergine from absorbing all the oil.

3. Lower the heat and add the champignons. When the champignons have shrunk and the onions are translucent add the peppers. After about 4-5 minutes add the chickpeas, bouillon powder, 500 mL of the boiling water, the curry leaves, and the spices. Finely chop the coriander (stems and leaves) and add them as well. Leave to simmer on low heat with the lid on.
4. In another frying pan, heat up some olive oil, then add the couscous and stir to coat it in the oil. Then, while continuously stirring, add the remaining boiling water. When all the water is absorbed add a bit of olive oil and stir some more to prevent the couscous from sticking together. If the couscous is still a bit hard, add some more water.
5. Taste the vegetable mixture and add spices when needed. Mix together with the couscous and serve with some Turkish bread and a salad with feta and tomato.

**TIP:** You can improve the recipe (and create extra dishes) by frying each of the vegetables in a separate frying pan before adding it to the large pan. Especially the aubergine and peppers can really benefit from this.

# COUSCOUS SALAD

Introduced by House Logica A (2016-2017)

Preparation time: 10-20 minutes

TAG: vegetarian, vegan (possible)

## Ingredients

(Pick at least 5 - Ingredients ranked by effort of preparation)

Couscous (100g per person)

Corn in a can (a must)

Peas in a jar

Peaches in a can

Cucumber (dice)

Mozzarella (dice)

Peppers (paprika) (dice)

Avocado (dice)

Feta cheese (dice)

Tomatoes (dice)

Olives (cut in rings, preferably)

Broccoli (cut and briefly boil)

Green beans (cut and briefly boil)

Zucchini (dice and bake)

LERON'S CHILLI-YOGHURT SAUCE: greek yoghurt, sweet chilli sauce

CHAJA'S TZATZIKI: cucumber, lemon juice, salt, yoghurt

## Materials

Large bowl

Cutting board

Knife

Pot

Baking tray

## Directions

- I. Choose at least five desired ingredients and mix them in a large bowl. Prepare the dressing by adding the ingredients listed to your desired taste.

# CHICORY SALAD

Introduced by Katrina Klösel (Class of 2016)

Preparation time: 15 minutes

TAG: vegetarian, vegan (possible)

## Ingredients

(Scale amount to your own choice)

Onions

Courgette/Zucchini

Aubergine/Eggplant

Paprika/Bell peppers

Mushrooms

Olive oil, Balsamic vinegar, salt, pepper, and herbs to taste.

Feta

Chicory

## Materials

Large bowl

Cutting board

Knife

Pan

## Directions

1. Slice and/or dice the ingredients. Fry the ingredients in the order above, only until it is slightly cooked.

2. Add a lot of olive oil and balsamic vinegar, salt, pepper, and herbs. Put the salad in a big bowl and add diced feta on top. Serve with chicory on the side.

# GEITENKAASCUPJES

Introduced by Jitske Posthumus (Class of 2016)

Preparation time: 15 minutes (+ 30 minutes waiting time)

TAG: vegetarian

## Ingredients

I leaf of Premade pastry dough per person  
40 g of Goat cheese per person  
Onion or Spring onion (to taste)  
Honey (to taste)  
Olive oil

## Materials

Oven  
Oven rack/tray (preferably  
muffin mold)  
Mixing bowl

## Directions

1. Preheat the oven at 200 degrees Celsius.
2. Grease the oven dish with olive oil.
3. Dice the onion to small pieces.
4. Mix the goat cheese, onion pieces, and honey in a bowl.
5. Put the pastry dough in the muffin mold or divide them evenly over the oven dish.
6. Divide the goat cheese mixture over the cups/ leafs of pastry dough. Make sure to put it in the middle of the dough.
7. Fold the leaves of dough closed with the mixture inside.
8. Put it in the oven for 20-40 minutes until pastry dough is puffy and golden brown.

**TIP:** The level of sweetness depends on the amount of honey used. The dish can be made fancier by ruffling the edges of the pastry dough, twisting it when closing, or by making other interesting shapes, as long as the mixture does not leak out.

# KNIDDELEN

Introduced by Alice Petry (Class of 2018)

This recipe serves 4 people.

Preparation time: 20 minutes

## Ingredients

800 g Flour

4-5 eggs

450 mL Milk

400 g bacon pieces (spekreepjes)

Butter

## Materials

Large mixing bowl

Whisk

Pot

Spoons

Pan



# Directions

1. Pour all the flour into a large bowl at once and create a dipping bowl in the middle of the pile. Add the eggs into the hole and start beating.
2. Slowly, continuously add milk and keep mixing until you get a sticky dough.
3. In a large pot bring the water to a boil and add some salt. Turn the temperature down to medium heat. With two spoons, form little dumplings and throw them into the pot of hot water.
4. Once the 'kniddelen' start floating on the surface of the water, they are ready. Depending on their size, let them simmer for another 30 seconds if you think they're not yet ready.
5. Scoop the dumplings out of the water, mix in some butter, and serve them with cooked bacon pieces.

# PASTA WITH TOMATOES

Introduced by Egbert Loeffen (Class of 2018)

This recipe serves 5 people.

Preparation time: 20 minutes

## Ingredients

500 g Spaghetti  
2 bottles (250 mL each) Cooking cream  
(kookroom)  
1 box (250 g) Cherry tomatoes  
1 pack (250 g) Bacon pieces (spekreepjes)  
2 Bouillon cubes

## Materials

Pot  
Pan

## Directions

1. Cook the spaghetti in a pot. Bake the bacon pieces in a pan until they are crunchy.
2. Add the cooking cream and bouillon cubes and stir. Let it simmer for around 5 minutes.
3. Add whole cherry tomatoes and let it simmer for another 2 minutes. Serve the sauce with cooked spaghetti.

# FRIED GNOCCHI

Introduced by Bart van Ingen (Class of 2016)

This recipe serves 4 people.

Preparation time: 15 minutes

## Ingredients

75 g Bacon strips  
360 g Cherry tomatoes  
500 g Gnocchi  
125 g Rucola  
75 g Parmesan  
15 g Basil leaves

## Materials

Pan  
Cutting Board  
Knife  
Cheese grater  
Paper towels



## Directions

1. In a frying pan, fry the bacon strips for 5 minutes; no oil needed. Don't forget to flip it in between. In the end, it should be crispy. An option is also to replace bacon strips with bacon pieces and fry it til it's cooked.
2. Instead of boiling the gnocchi in water, you can fry it in the pan on low-medium heat.
3. Cut the tomatoes in half and fry it in the pan as well on medium heat, mixing it with all the other ingredients. Fry for around 5 minutes.
4. Once cooked, mix in the rucola and top the dish with grated parmesan cheese and basil leaves.

# GREEK CHICKEN PASTA

Introduced by Oskar van der Wal (Class of 2017)

This recipe serves 6 people.

Preparation time: 30 minutes

## Ingredients

500 g Linguine Pasta  
1 Red onion  
1 tbsp. Olive oil  
2 cloves Garlic  
450 g Chicken breast  
1 can Marinated artichoke hearts  
1 large Tomato  
1 can Black olives  
75 g Feta cheese  
3 tbsp. fresh Parsley  
2 tbsp. Lemon juice  
2 tsp. Dried oregano  
Salt and pepper to taste  
2 lemons

## Materials

Pot  
Large pot/pan  
Drainer  
Cutting board  
Knife

## Directions

1. Cook the pasta in boiling water. This should take 8 to 10 minutes. Drain it when done.
2. To prepare: chop the red onion, crush the garlic, chop the tomato, dice the feta cheese, drain and chop the artichoke, chop the parsley, and cut the chicken into bite-sized pieces. Also, cut the lemon into wedges (this is for serving).

3. Heat olive oil in a large pan over medium-high heat. Add onion and garlic. Saute for about 20 minutes until it smells nice. Then cook the chicken in the same pan. Make sure to stir occasionally. It should take around 5 minutes for the chicken to cook.

4. Reduce heat to medium-low; add artichoke, tomato, black olives, feta, parsley, lemon juice, oregano, and cooked pasta. Cook and stir for around 2 minutes until everything is warm. Remove from heat and season with salt and pepper. Serve with lemon wedges.



# “SWEDISH” PASTA

Introduced by Mark van den Heuvel (Class of 2017)

This recipe serves 5 people.

Preparation time: 30 minutes

TAG: vegetarian

## Ingredients

2 Zucchini  
1 big Eggplant  
1 big Onion  
500 g Cherry tomatoes  
3 Bell peppers  
500 g Penne Pasta  
1 box Mushrooms  
250 g Sour cream  
1 jar Red pesto  
2 cloves Garlic (optional)  
Italian herbs, salt, pepper, and paprika powder  
to taste

## Materials

Cutting board  
Knife  
Pot  
Pan

## Directions

1. Cook the pasta.
1. Meanwhile, slice the onions and mushrooms. Finely dice the garlic. Chop the zucchini, eggplant, tomatoes and bell peppers.
2. In a pan, fry the onions and mushrooms until the onions are semi-transparent. Add all the vegetables and stir until everything is cooked. Once done, add pesto, sour cream, and as much herbs as deemed appropriate. Serve on top of pasta.

# PESTO LASAGNA

Introduced by Wessel van der Sande (Class of 2016)

This recipe serves 4-6 people.

Preparation time: 20 minutes (+40 minutes waiting time)

TAG: vegetarian

## Ingredients

- 1 kg spinach (either fresh or frozen)
- 2 jars Tomato sauce
- 2 packs (around 200 g a piece) Gorgonzola cheese
- 3 packs (around 600g each) cottage cheese or 'Hüttenkäse'
- 1 Cream cheese (really the creamy one, not the butter)
- 200 g Grated cheese (old)
- A lot of lasagna sheets

## Materials

- Pot
- Strainer
- Spoon
- Large IKEA oven dish
- Oven

## Directions

1. Preheat the oven to 180 degrees Celsius.
2. Boil (with just 1cm water) or defrost the spinach. Make sure the amount of liquid in the spinach is not too high: put it in a strainer and push the water out with a spoon or so. Put it back into the pan where it came from again.
3. Cut the gorgonzola into pieces. Add all the cheese (gorgonzola and cottage cheese) except the grated cheese into the pan of spinach and mix.

4. Oil the oven tray. Start with a layer of tomato sauce, put lasagna leaves on top, and put a spinach-cheese layer on top of that. Continue this sequence until the end, preferably end with a layer of spinach-cheese. Put the grated cheese on top of the final layer.

5. Stick the oven dish in the oven. It should take around 40 minutes for the lasagna to cook.

**TIPS:** The lasagna gets too ‘wet’ if you don’t make sure that you get most of the water out in each process. The spinach part is most important to keep in mind when draining the water.

You can add pesto to the spinach-cheese mixture or just beneath the last grated cheese.

You can bake some onions and garlic and paprika, and put the cheeses (except the grated cheese) in that mixture. Then you have 3 mixtures (cheese, tomato and spinach) which you can put in the lasagna.

# QUICK & EASY MACARONI

Introduced by Dawn Spruijtenburg (Class of 2017)

This recipe serves 5-6 people.

Preparation time: 15 minutes



## Ingredients

- 450 g Macaroni
- 1 large Onion
- 1 large Bell pepper
- 1 pack Minced meat
- 1 pack Soup vegetables (*soepgroenten*) - *precut vegetables*
- 1 jar Tomato puree
- 1 pack Macaroni seasoning (*vlugkokend*)
- Pepper to taste
- Grated cheese for serving

## Materials

- Cutting board
- Knife
- Pot
- Large pan/wok

# Directions

1. Cook the macaroni.
2. Chop the onion and the bell pepper.
3. Cook the minced meat in a pan. Season it with some pepper. Once cooked, add the onion and pepper, followed by the pack of pre-cut soup vegetables. Cook until everything is done.
4. Add tomato puree and mix well. Add the pre-made Macaroni seasoning package, followed by the cooked macaroni.
5. Serve with grated cheese.

# MACARONI CASSEROLE

Introduced by William Steen Mørgen  
(Class of 2018)

This recipe serves 4-6 people.

Preparation time: 30 minutes  
(+10 minutes waiting time)



## Ingredients

- 8 slices Smoked pancetta
- 1 large head Cauliflower
- 500 g Macaroni
- 250 g Cheddar cheese (old), grated
- 4 thick slices Bread
- 1 sprig Fresh rosemary
- 2 large cloves Garlic
- 250 g crème fraîche
- Olive oil
- Salt and pepper to taste
- Parmesan cheese, to serve

## Materials

- Water boiler
- Oven
- Oven dish
- Saucepan with lid
- Food processor/blender
- Masher

# Directions

1. Preheat the oven on to 220°C. Boil water in a water boiler.
2. Lay the pancetta in the oven dish and put in the oven to pre-cook.
3. Cut the cauliflower head into large pieces. Place in a large saucepan with the stalks downwards and add the macaroni.
4. Pour hot water to cover the ingredients, season with salt and pepper, add a little bit of olive oil and place on high heat. Stir well until the water boils again, and cook with the lid slightly open.
5. Add crème fraiche and crushed garlic to grated cheddar cheese.
6. Remove bacon from oven. Using a food processer, blend well with the bread and rosemary leaves. Add a bit of olive oil to bind the ingredients into a coarse breadcrumb consistency.
7. Once the cauliflower and macaroni is cooked, drain it, while keeping the cooking water into another pot or bowl.
8. Put the pasta and cauliflower mixture into the oven dish that the bacon was cooked in. Add about 400 mL of the cooking water that was kept.
9. Stir in the crème fraiche and cheese mixture, breaking the cauliflower up with a fork or masher until you have bite-sized pieces. Season with salt and pepper. The sauce should not be too sticky, so if necessary, add a bit of the cooking water that was kept.
10. Spread the mixture out evenly in the oven dish and top it all with the breadcrumb topping.
11. Cook in the oven for around 8-10 minutes, or until the topping is golden and the mixture bubbling.
12. Serve with grated Parmesan cheese.

# RATATOUILLE

Introduced by Olivier Vos (Class of 2017)

This recipe serves 4 people.

Preparation time: 50 minutes

TAG: vegetarian, vegan

## Ingredients

- 2 large Aubergine/Eggplant
- 4 small Courgette/Zucchini
- 2 Red or yellow bell pepper
- 4 large Tomato
- 5 tbsp. Olive oil
- 1 small batch Basil
- 1 medium Onion, peeled and thinly sliced
- 3 garlic clove, peeled and crushed
- 1 tbsp. Red wine vinegar
- 1 tsp. Sugar

## Materials

- Heatproof bowl
- Water boiler
- Pot
- Saucepan



# Directions

1. Chop the eggplants. Slice the zucchini. Chop the bell peppers.
2. Cut a small 'x' on the base of each tomato, then put them into a heat-proof bowl. Pour boiling water over the tomatoes, leave for 20 secs then remove. Pour away the hot water and blanche the tomatoes, letting it cool in the water, then peel the skin away. Cut the tomatoes in quarters, scrape away the seeds with a spoon, then chop the flesh.
3. Set a saucepan over medium heat and when hot, pour in approx. 2 tbsp. olive oil. Brown the eggplants for 5 minutes on each side until the pieces are soft. Set them aside and fry the zucchini in another tbsp. of oil for 5 minutes, until golden on both sides. Repeat with the bell peppers. Don't overcook the vegetables at this stage, as they still have some more cooking left.
4. Tear up the basil leaves and set aside. Cook the onion in the pan for 5 minutes. Add the garlic and fry for another minute. Stir in vinegar and sugar, followed by the tomatoes and half the basil. Mix the vegetables in. Season with salt and pepper to taste. Cook for 5 more minutes and then serve with the rest of the basil.

# RICE WITH DATES

Introduced by Jim Hoekstra (Class of 2016)

This recipe serves 4 people.

Preparation time: 40 minutes

## Ingredients

300-400 g Minced meat  
2 big Leeks (*prei*), or 3 smaller ones  
2 full cups (350 g) Rice  
1/2 cup Raisins  
15-20 Dates  
1 stock cube  
ground cinnamon  
ground clove (*kruidnagel*)  
grated cheese, to serve

## Materials

Large pan/pot  
Knife  
Cutting board

## Directions

1. Fry the meat in a big pan until it's done, in the meanwhile cut the leeks in rings and wash them.
2. When the meat is done, add the leeks to the meat and fry them for a few minutes. Then add two full cups of white rice and mix with the rest, and add 3 cups (600 mL) of water. If you are using brown rice, you should add 4 cups (800 mL) of water.
3. Add the stock cube, and some (or a lot of) cinnamon and clove. The clove is the best part of this dish, so don't add too little! Bring to a boil and then turn down the heat, put the lid on the pan and let it simmer.
4. Meanwhile, remove pits from the dates if necessary, and cut them in half.
5. Put hot water in a cup with the raisins and let them soak. Once the rice has absorbed all the water, drain the raisins. Add raisins and dates to the rice. Mix well, and it's done!
6. Serve with grated cheese on top.

# RICE CASSEROLE

Introduced by Tristan Poiesz (Class of 2018)

This recipe serves 4 people.

Preparation time: 40 minutes

TAG: vegetarian

## Ingredients

300 g Rice  
3 large Tomatoes  
1 Zucchini  
1 big Onion  
1 clove Garlic  
2 Eggs  
100 mL milk or cream  
Salt, pepper, and any spices to taste  
1 bag Grated cheese  
Optional: other vegetables, eg. Mushrooms

## Materials

Pot  
Pan  
Oven  
Oven dish  
Bowl  
Cutting board  
Knife

## Directions

1. Cook the rice
2. Preheat the oven at 220 degrees Celsius.
3. Chop the zucchini, onion, garlic, tomatoes, and any other vegetables into slices or pieces, whichever is preferred.
4. In a pan, fry the onions and garlic. Continue by stir frying the rest of the vegetables in the same pan. Once done, set aside.
5. Break the eggs into a bowl and pour in the milk or cream. Season it with salt, pepper, and spices. Beat everything together.
6. Take an oven dish, put the rice, the vegetables, the egg mixture and the grated cheese all in there and mix them together.
7. Put it in the oven for 15 minutes at 220 degrees Celsius. It is ready once the egg is cooked.

# RISOTTO WITH SPINACH

Introduced by Mark van den Heuvel (Class of 2017)

This recipe serves 5 people.

Preparation time: 45 minutes

TAG: vegetarian

## Ingredients

500 g Risotto rice  
1 large Onion  
2 cloves Garlic  
1.2 L Vegetable stock  
450 g Frozen spinach or 900 g Fresh spinach  
200 mL Cream (liquid whipped cream)  
50 g Pine nuts  
1 jar Green pesto  
1/2 jar Sun-dried tomatoes  
100 g Rocket salad/rucola  
250 g Parmesan cheese, grated  
Olive oil

## Materials

Cutting board  
Knife  
Bowl or measuring cup  
Pan

## Directions

1. Chop the onion and finely chop the garlic. Make sure the stock is ready to be used.
2. Fry the onion for about 2 minutes in a heavy based pot and add the garlic. Fry for another minute or so. Add enough olive oil to cover all rice grains in a small layer of oil. Wait until the oil is hot and add the rice. Stir fry for a few minutes. Now turn down the heat and add just enough stock to the rice to submerge everything. Wait until almost all stock is absorbed and repeat (for about 40 minutes).

3. Meanwhile, defrost the spinach or roughly cut the fresh spinach and briefly fry it. If needed, also grate the parmesan cheese. Carefully roast the pine nuts in a frying pan, without oil. When the color starts to change, take the pine nuts out of the pan. Also cut the sun-dried tomatoes.
4. If all stock has been absorbed, add the pesto, cream, roasted pine nuts, sun-dried tomatoes and parmesan cheese (you can also save a part for garnishing). Let it heat again for about a minute. Add the spinach and rocket salad and serve.

# PUMPKIN RISOTTO

Introduced by Stef Koenis (Class of 2018)

This recipe serves 4 people.

Preparation time: 40 minutes

TAG: vegetarian

## Ingredients

300 g Pumpkin  
1 Onion  
1 clove Garlic  
20 g Italian spices  
3 tsp. Pine nuts  
3 tsp. Olive oil  
300 g Risotto rice  
100 mL Sherry medium dry  
1 Block vegetable stock  
400 mL Water  
150 g Soft goat cheese  
1 tsp. Butter  
50 g Parmesan cheese, grated  
Rocket salad/Rucola for decoration

## Materials

Large pan/wok  
Cutting board  
Knife  
Peeler  
Lid  
Plate

## Directions

1. Clean the pumpkin, peel it, and cut it into cubes. Chop the onion and garlic.
2. Heat oil in a wok pan, fry the pumpkin for about 3 minutes, and season it with some Italian seasoning. Remove from pan onto a plate and set aside.

3. Using the same oiled pan, fry the onion and garlic for about 2 minutes. Add the risotto and stir until the grains are translucent. Stir in sherry and add more Italian seasoning. Crumble the stock cube over the rice and add water. Let the rice simmer under low heat for about 15 minutes.
4. Once the rice is done, add in the pumpkin mixture, letting it warm again for about 5 minutes. Crumble in the goat cheese. Mix in butter, Parmesan, and pine nuts. Cover the pan and let it simmer for about 5 more minutes. Serve with more parmesan and pine nuts.

# ROTI & CHICKEN CURRY

Introduced by Mo de Jong (Class of 2017)

This recipe serves 4 people.

Preparation time: 50 minutes

## Ingredients

- 4 Roti Pancakes
- 500 g Green beans (*sperziebonen*)
- 3 cloves Garlic
- Olive oil
- A bunch of curry masala
- 4 chicken legs/wings
- 1 Pak choi
- 200 g soft Potatoes

## Materials

- Large pot
- Cutting board
- Knife
- Microwave/oven

## Directions

1. To prepare: Potatoes should go in half or in quarters, depending on their size. Garlic should be finely chopped. Chop pak choi into small strips. Cut the green beans into relatively short pieces.
2. Take a big enamelled pot or a big pan. Put quite some olive oil in it, at least 3 times as much as you usually do. Fry garlic slowly and gently until they're nice and brown. Now add the chicken legs and let them cook for a bit (5 minutes or so), then add a bunch of curry masala to taste. Using a lid, let the chicken continue to cook; make sure they don't burn.
3. Meanwhile, cook potatoes in boiling water for about 20 minutes. It is fine if they are slightly undercooked, as they will be cooked again later.

4. Continuously keep an eye on the chicken. You do not want it to be undercooked, yet also not overcooked, as it will be too dry. Make sure that there is enough oil in the pan, also. Once done, add the pak choi bit by bit while stirring the pot. Follow by adding the green beans. If desired, you can also add more curry masala seasoning.
5. Put your roti pancakes in the microwave or oven for about 2-3 minutes. While still stirring your curry, add the potatoes and stir until everything is well mixed and warm.
6. Now you're ready to serve! Put your rotis on your plate, add your curry, and don't forget to eat with your hands.

# SALTY & SWEET PORK

Introduced by Kwan Suppaiboonsuk (Class of 2017)

This recipe serves 4 people.

Preparation time: 30 minutes

## Ingredients

I pack (300 g) Pork chops (*hamlappen*)  
I pack (300 g) Bacon meat (*spekklapjes*)  
2 tsp. Sea salt  
2 tbsp. Sunflower oil  
1 tbsp. Fish sauce  
Sweet soya sauce  
Soya sauce  
Rice/Glutinous rice/Bread, to serve.

## Materials

Pot

Lid

Stirring spoon

Cutting board

Knife

## Directions

1. Slice the pork chops and bacon into 1/2 inch pieces (rectangular not cubes). When cutting the bacon try to get each piece to contain both fat and meat. Put all the meat in a pot.

2. Barely cover all the meat with water. Bring the water to a boil and add the sea salt. Continuously stir. Close the lid and let the meat cook. Watch out to make sure it doesn't overcook, otherwise the meat will be too tough. Once cooked, drain the water out by keeping the lid over the pot. Leave a thin layer (1/2 cm) of water at the bottom.

3. Put the pot, without the lid, on the stove again under low heat. Add the sunflower oil to the pot and stir until you start to hear the pork sizzle. Add fish sauce. Then add sweet soya sauce (at least 2 tbsp.) and soya sauce to taste, while continue to stir the pork. The sweet soya sauce will make the pork look dark-ish brown. If the pork starts sticking to the bottom of the pot, add more oil. Stir until the seasoning is well mixed. Remove from stove and serve with rice, sticky rice, or even bread.

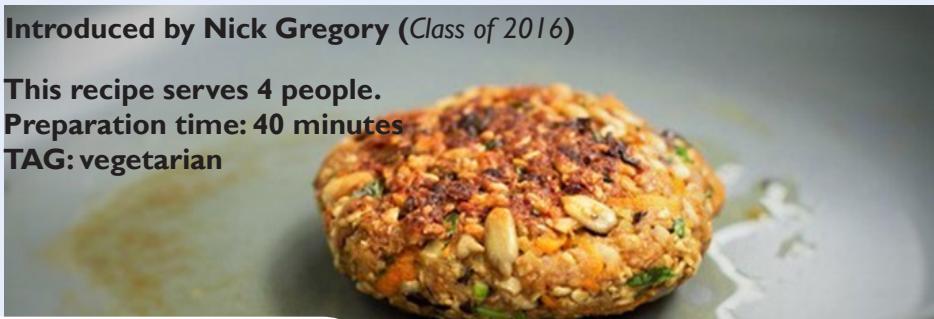
# SEED AND NUT BURGERS

Introduced by Nick Gregory (Class of 2016)

This recipe serves 4 people.

Preparation time: 40 minutes

TAG: vegetarian



## Ingredients

1/3 cup (80 mL) warm water  
Mashed potato, as much as you need to hold all the other ingredients together, less is better  
Butter  
1 tbsp. extra-virgin Olive oil  
3/4 cup red or yellow onion (around 1 small one), finely chopped  
2 large cloves Garlic, minced  
1 cup Carrots, grated  
1/3 cup fresh Parsley, finely chopped  
1/2 cup Sunflower seeds, toasted  
1/2 cup Pumpkin seeds, toasted (more seeds is better)  
1 tsp. Soya sauce  
1 tsp. Chili powder  
1 tsp. Dried oregano  
1/2 cup Bread crumbs  
1-2 tbsp. flour, as needed  
An egg or two (to make it stick)  
Some good, crunchy bread rolls or baguette for burger buns  
1/2-3/4 tsp. fine sea salt to taste  
Freshly ground black pepper to taste

## Materials

Pot  
Masher  
Pan  
Baking sheet  
Baking tray  
Oven  
Cutting board  
Knife

# Directions

1. Cook some potatoes and mash them with a bit of butter.
2. Add the oil to a pan and heat. Stir in the onion, garlic, and add a pinch of salt. Sauté for 3 to 5 minutes, until the onion softens. Transfer the onion mixture into the bowl with the mashed potatoes.
3. Stir in the egg, grated carrots, parsley, toasted seeds, soya sauce, chili powder, and oregano until thoroughly combined.
4. Now, stir in the bread crumbs and flour until the mixture comes together. It should be easy to shape the dough into patties. Stir in the salt and pepper to taste.
5. Shape the dough into burgers that fit the buns. Pack the dough together tightly as this will help it stick together. Place onto the baking sheet. Cover them lightly with oil or butter.
6. Bake burgers for 15 minutes at 180 degrees Celsius, gently flip, and bake for another 15 to 20 minutes until burgers are firm and golden.
7. Cool the burgers on a cooling rack for a couple minutes. This helps them firm up a bit.
8. Serve in a bun or lettuce wrap with your desired toppings. Leftover burgers will keep in an airtight container in the fridge for 2 to 3 days, or you can freeze cooled burgers for up to 1 month. Simply wrap each burger in tinfoil and then place all of the wrapped burgers into a zip freezer bag.

# GRILLED CAULIFLOWER & CURRY TOFU

Introduced by Sebastiaan Koppen (Class of 2017)

This recipe serves 4 people.

Preparation time: 20 minutes (+30 minutes waiting time)

TAG: vegetarian, vegan

## Ingredients

### GRILLED CAULIFLOWER

- 1 head Cauliflower, chopped into flowers
- 1 tsp. ground Cumin
- 1 tsp. coarse ground Pepper
- 1 tbsp. Coconut oil
- Salt to taste

Oven

(Microwave)

Oven dish

Wok/pan

Cutting board

Knife

### CURRY TOFU

- 1 block tofu
- 1 tbsp. Coconut oil
- 1 onion, chopped
- 1 can Coconut milk
- 1 tsp. Sambal
- 1 tsp. Curry powder

Rice and krupuk, to serve

## Materials

# Directions

1. Preheat the oven at 175 degrees Celsius.
2. Mix the cumin, the pepper, and the salt with the coconut oil. Put it in an oven dish and mix it with the washed cauliflower flowers. Put the dish in the oven for around 35 minutes. If you first put it in the microwave for 5 minutes, then you can take it out of the oven 10 minutes earlier.
3. Dice the tofu into small blocks. Put coconut oil in a wok and fry the onion, garlic, sambal, and spices. Add the tofu. In the end, add the coconut milk and let the whole thing simmer for around 15 minutes.
4. Serve with rice and krupuk

# QUICK & DIRTY WRAPS

Introduced by Anne Sietsma (*Class of 2016*)

This recipe serves 6 people.

Preparation time: 20 minutes

TAG: vegetarian (possible)

## Ingredients

12 large or 18 small Tortillas

Sour cream

6 Tomatoes

Lettuce

250 g young Dutch cheese

Curry powder

Paprika powder

3 cloves Garlic

Olive oil

### GARLIC SAUCE

1 cup yoghurt

3-4 cloves Garlic

Parsley, pepper, and salt to taste

Sambal (optional)

### VEGGIE MIX

2 large cans Chili/Kidney beans or Black beans

1 large can Corn.

1 Zucchini/Courgette

400 g (White) mushrooms

4 Onions

3 Bell peppers

1 Chili pepper

Others (optional): sweet potato, pumpkin, aubergine/eggplant, or any other vegetables you have laying around. For the non-vegetarians, adding ground meat is also possible.

## Materials

Cutting board

Knife

Spoon

Pot/Pan

Lid

Microwave

# Directions

1. To prepare: Chop anything you choose to add in the veggie mix, either in slices or cubes (mushrooms sliced, zucchini diced, bell peppers diced, chili pepper finely chopped, garlic finely chopped).
2. Dice the onions and fry in olive oil. Add mushrooms, zucchini, and bell peppers, each about 2 minutes from the previous one. Add the chili pepper and garlic cloves. (TIP: When using potatoes or pumpkin for example you'd best cut them in advance in small dices, and make sure that they are almost cooked before adding anything else.)
3. Drain the corn and beans from any liquid in the cans, then add them to the mixture. After a couple of minutes lower the heat, add the spices, and put the lid on.
4. Chop the lettuce and tomatoes and grate the cheese. Put each in a separate bowl.
5. When the vegetable mixture is cooked, put the tortilla in the microwave at 600 watts for about a minute. Serve immediately; everyone can add sauce, sour-cream, cheese and vegetables to their own wrap. Garlic sauce can be made by mixing all the stated ingredients together.

# WRAPS

Introduced by Olivier Vos (Class of 2017)

This recipe serves 5 people.  
Preparation time: 20 minutes

## Ingredients

10-12 Tortilla wraps  
2-3 cloves Garlic  
1 large Onion  
500 g minced meat  
1-2 Zucchini/Courgette  
1-2 Bell peppers/Paprika  
½ Chinese cabbage  
1 can Kidney beans  
1 can Corn  
Optional: pineapple, broccoli, cucumber, cooked rice, eggplant  
Sour cream and grated cheese, to serve

## Materials

Cutting board  
Knife  
Pan/Pot  
Microwave

## Directions

1. In a pan, fry the garlic and onion in oil, then add the minced meat.
2. Once the minced meat is slightly cooked, add the slowest cooking vegetable such as broccoli or eggplant, so that they can soften. Then a little later, add the other ingredients. You should end with adding the canned (pineapple,) beans and corn - Put them in the wok without the excess moist. Wait for the beans and corn to warm.
3. Season the food with whatever you see fit. Serve with warm tortilla, sour cream, and grated cheese.

# CHOCOLATE BANANAS

Introduced by Tristan Poiesz (*Class of 2018*)

This recipe serves 5 people.

Preparation time: 10 minutes (+10 minutes waiting time)

TAG: vegetarian, vegan (possible)

## Ingredients

5 bananas

1 Chocolate bar

## Materials

Knife

Aluminum foil

Oven

## Directions

1. Preheat the oven at 180 degrees Celsius.
2. Slice open each banana lengthwise, but do not cut it all the way through.
3. Break the chocolate bar into pieces and stuff it inside each banana. Try to stuff it so that all the chocolate still fits inside the banana.
4. Wrap each banana in aluminum foil.
5. Put the bananas in the oven and let them bake for approximately 10 minutes at 200 degrees Celsius.
6. Remove from oven and let it cool slightly before serving.

# MANGO CRUMBLE

Introduced by Katrina Klösel (*Class of 2016*)

This recipe serves 4 people.

Preparation time: 10 minutes (+25 minutes waiting time)

TAG: vegetarian

## Ingredients

60 g unsalted butter  
180 g flour  
1 tbsp. lemon peel  
4 eggs  
160 g sugar  
2 mangos  
Vanilla ice cream, to serve

## Materials

Oven  
Mixing bowl  
Whisk  
Baking dish

## Directions

1. Preheat the oven at 180 degrees Celsius.
2. Put butter, flour, lemon, sugar and eggs together in a large bowl. Mix well.
3. Slice mangoes and put in a baking dish. Crumble the dough over the mangos.
4. Put the baking dish in the oven for 20 to 30 minutes.
5. Remove from oven and serve with vanilla ice cream.

# 3

# ATLAS

# Specials

*“Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes, and having fun.” – Mary Lou Cook*

There are no rules in the kitchen space that can limit you from trying out new combos and techniques. Cooking is a form of art. It's experimenting what tastes well with what; exploring the tastes newly created by mixtures of ingredients which can either be chosen with precision or with total randomness. In this section, the creative recipes created by the minds of ATLAS students are presented. Let this be an inspiration for creating flavorful art; be it one that dances on the tips of our tongues or one that allows the soldier to troop on.

# Recipes

## Couscous Burger

129

This delicious burger made from couscous can be enjoyed by both vegetarians and non-vegetarians alike.

## Flappy Wraps

131

Folded and egg-dipped tortilla wraps stuffed with spinach, mushrooms, tomatoes, and possibly bacon. The wraps is fried and then topped with extra cheese and baked.

## The Gliz

133

This mesh of spinach, zucchini, bacon, and sausage can be enjoyed with bread and is a great pre-party or hungover food. It's easy to make and easy to eat.

## The Kenn Oath Sandwich

135

The ultimate sandwich that might as well be the BLT+++++. Warning: To be eaten when extremely hungry. This dish could fill you up for a whole week.

## Mango - Sweet Potatoes

137

An experiment still in the making, but this preliminary stew-like dish made with mashed mangoes and sweet potatoes can be enjoyed with rice.

## The Meat Dream

139

As suggested by the name, this bacon-wrapped meat-covered cheese-stuffed chicken is the epitome of a meatlover dish.

# **Mint Sauce & Sweet Potatoes**

A nice combo of sweet and sour, this baked sweet potatoes dish is served with a fresh minty sauce.

## **Mustard Cream Sauce 142**

This simple sauce can be made to put on top of rice, pasta, vegetables, or meat. Cooking this sauce also does not take long at all!

## **Pizza Bread 143**

This is a variation of a healthy pizza (minus the bacon).

## **Vegetable Cookies 145**

Are the vegetables in your fridge starting to go bad? Well then, turn them into cookies! Use this fried vegetable cookies recipe as an inspiration.

# COUSCOUS BURGER

**Creation of Sarah Schöttler (Class of 2017)**

**This recipe serves 6 people.**

**Preparation time: 50 minutes**

**TAG: vegetarian**

## Ingredients

### PATTIES

- 2 cups (340 g) couscous
- 6 eggs
- 2 tbsp flour

### CONDIMENTS (optional, but recommended)

- Sliced tomatoes
- Sliced beetroot
- Sliced mozzarella
- Salad
- Ketchup, Sriracha, etc.
- Burger buns



## Materials

- Pot
- Whisk (or something to beat and mix the patties)
- Pan



Couscous burger patties cooked in a pan.

# Directions

1. Prepare the couscous according to the instructions on the package. You can use pre-spiced couscous (recommended, that's why it's the odd 340g). Let it cool down a bit.
2. Beat the eggs and add them in. Mix everything well and add the flour. Form small balls.
3. Use a frying pan with your favorite oil on low to medium heat. Put the burger in the pan and flatten them. Fry until they look good!
4. You can either eat them just like that or put them into buns with tomato, mozzarella, beetroot and salad (or anything else).



# FLAPPY WRAPS

**Creation of Kwan Suppaiboonsuk (Class of 2017)**

*"I was struggling with deciding on what I wanted to cook for dinner. I was really craving for burritos, but also mozzarella sticks, and also something egg-dipped. So I attempted to blend them all together." - Kwan Suppaiboonsuk*

**This recipe serves 6-8 people.**

**Preparation time: 60 minutes**

**TAG: vegetarian (possible)**

## Ingredients

- 1 box (450 g) frozen spinach a la creme
- 1 pack (250 g) bacon pieces (spekreepjes) (optional)
- 1 pack (400 g) champignon mushrooms
- 3 tomatoes
- 2 pack (125 g/pack) mozzarella
- 1 pack (x8) tortilla wraps
- 3 eggs
- Grated young cheese

## Materials

- Cutting board
- Knife
- Regular bowl
- Pan(s)
- Oven tray

## Directions

1. To prepare: Slice the mushrooms. Dice the tomatoes. Slice the mozzarella in such a way that you get longer strings (more long ovals, not too circular). Beat the eggs in a bowl. Oil an oven tray (the wraps will sit in there, so make sure they don't stick).

2. For a non-vegetarian option, cook the bacon in a pan.

3. (In another pan,) add a tiny bit of oil or butter and melt the frozen spinach. Add mushrooms to the pan. After awhile, once the spinach has completely melted, add the tomatoes. Then mix the bacon in (along with the oil and fat). Mix well and you now have the stuffing.
4. Put the stuffing in a tortilla wrap, while making sure not to put too much, otherwise you will not be able to fold it. Before wrapping it, line the mozzarella slices in the middle, on top of the stuffing. Fold it so that it does not leak. Tip: Fold it into a rectangular shape, with all the folds on one side, so you can flip it around and have it sit on the folds, letting gravity keep the wraps closed for you.
5. Prior to setting the wraps down on a pan, cover it with the beaten eggs. This can be done either by dipping the wraps in the egg bowl (slightly tricky business, but doable) or by using a baking brush if you have one.
6. Preheat the oven at 180 Celsius.
7. Under medium-high heat, fry the wrap on the stove in a new pan just to cook the eggs covering the tortilla. Once the folds seem to have closed, you can carefully flip the wrap in order to cook the other side. In the end, the wrap should look a golden yellow color.
8. Remove the fried wraps from the pan and line them up in an oven tray. Cover the wraps with grated cheese. If you have extra mozzarella slices leftover, you can also lay them on. Stick the tray in the oven just for the cheese to melt. Should take around five minutes.
9. Take out of oven and serve it hot!

# THE GLIZ

Co-creation of Gloria Carta & Liz Weerdmeester (Class of 2017)

This recipe serves 6-8 people.  
Preparation time: 30 minutes

## Ingredients

I large bag (600 g) spinach  
(spinazie)  
I zucchini  
I pack (250 g) bacon pieces  
(spekreepjes)  
Around 300 - 400 g of any kind of sausage  
I pack (400 g) champignon mushrooms  
Pepper to taste  
Any kind of bread for serving



Gloria and Liz busy in the kitchen.

## Materials

Cutting board  
Knife  
Large pan  
Stirring stick



# Directions

1. Dice the zucchini and slice the mushrooms.
2. Open up the sausages and remove the skin, making the insides into minced-like meat. Together with the bacon pieces, cook the sausage meat in a pan making sure the pieces do not stick together too much.
3. Once the meat is nearly cooked, add zucchini, mushrooms, and spinach. Mix everything together until everything is soft.
4. Serve with bread.



# THE KENN OATH SANDWICH

Co-creation of Jason Lim-How & Rick Groenendijk (Class of 2016)

*“The Kenn Oath is apparently a real traditional dish in Australia. Probably not completely true, but whatever.“ - Rick Groenendijk*

This recipe serves 1 hungry man.

Preparation time: 80 minutes

## Ingredients

6 slices of bread (multigrain, sourdough bread, plain white)

Lettuce

1 Tomato, sliced

¼ Cucumber, sliced

Bacon strips

Ham

Slices of cheese

400 g chicken filet

Avocado

2 eggs

Mayonnaise

Honey mustard (optional)

## Materials

Pans

Lid (for pan)

Pot

Knife

Cutting board

Cheese slicer

## Directions

I. Prepare the chicken filets by cutting them so that they nice and thin. Now marinade them in any herbs you can find in your kitchen (yes, the joys of student life) for about 30 minutes or so. Leave this out if you are very hungry.

2. Heat up your frying pan at the highest possible heat. Add a tiny bit of olive oil and scorch both sides of those filets until they have become a beautiful golden brown. Now, remove the pan from the fire, add a little more olive oil. Put a lid on the pan and let it simmer on low heat for about 4-5 minutes for each side of the filets.
3. Cut up all those veggies, preferably slices. Boil the eggs for 5 minutes, so they are not too runny, and slice them. Fry the bacon til they are nice and crunchy.
4. Roast the slices of bread until they have become crunchy.
5. Now it's time to stack the sandwich. Three different types of toppings will be put on top of five of six bread slices; let's call them 'X', 'Y', and 'Z'. We are going to call the empty slice 'K'.
6. Make two slices of 'X': Put the avocado on there first, smear it out a little. Cover with lettuce. Put on tomato and cucumber. Possibly add some cubed avocado and a little bit of honey mustard if you'd like to.
7. Make two slices of 'Y': Put cheese, bacon, ham, slices of boiled eggs, more cheese. Finish with mayonnaise. Not too much or it will be disgusting, this is like cooking a dish from the French cuisine: Delicate balance of flavours!
8. Make one slice of 'Z': Put the avocado on there first, smear it out a little. Cover with lettuce. Put your chicken on there and finish with cheese and mayonnaise. If you have too much chicken you are going to need two slices of 'Z' (such a shame).
9. Now, you end up with five (or six) nicely filled up slices of bread. Season off each of the layers with herbs as you see fit (and have available in your student kitchen). Also, don't eat them individually or you will offend Rick and all the Australian gods.
10. Stack those slices up like: XYZXYK, where X is the bottom and K is the top. If you are unlucky and you got yourself 2 slices of Z, then XZYX-ZYK. Also, remember that eating this sandwich is only possible when you are absolutely starving. It provides you with enough calories to last you a week or two.

# MANGO - SWEET POTATOES

**Creation of Thomas Hugen (Class of 2018)**

*"I was just getting dinner at the supermarket, and I wanted to eat something with lentils. However, I've never cooked anything with lentils before so I did not know what to add. Then, I saw that they were selling mangoes, so I took two just to buy for a snack. Immediately I thought: maybe I can combine them in one recipe! Then I bought sweet potato because I felt like eating it, and I tried to make something with it. It was actually pretty good, but I thought the lentils didn't quite fit the recipe, so I added chicken and bell pepper." - Thomas Hugen*

**This recipe serves 4 people.**

**Preparation time: 45 minutes**

## Ingredients

2 mangoes

1 ½ sweet potato

600 g chicken in pieces

2 Bell peppers

Black pepper and coriander to taste.

Cooked rice for serving.

## Materials

Pan

Lid (for pan)

Pot

Knife

Cutting board

Masher

(Rice Cooker)

# Directions

1. Boil water in a medium-sized pot. Peel and cut the sweet potatoes into large pieces and boil the pieces (they will need to be mashed later).
2. Bake the chicken in a big pan. While baking, cut the mango and dice into small pieces.
3. After the chicken's done, clean the pan, put a bit of oil in it, add the mango pieces and bake it on low fire. Put the lid on the pan.
4. Dice the bell peppers into small pieces.
5. Meanwhile, the sweet potatoes should be done. Take the pieces out of the water and mash them (if not possible, boil it for a little bit longer).
6. Somewhat mash the mango pieces (should be doable by now) and add the mashed sweet potatoes. Mix well and add the bell pepper and chicken pieces. Put the lid on the pan and let the bell pepper soften a little.
7. If you'd like, add black pepper and coriander to taste. Serve with cooked rice.

# THE MEAT DREAM

**Creation of Rick Groenendijk (Class of 2016) under the supervision of house 26 (2013-2014).**

*“The MEAT DREAM came from having minced meat and bacon in my fridge that was almost overdue. But I had no veggies lying around, and I actually wanted to make Cordon Bleu that night.“ - Rick Groenendijk*

**This recipe serves 1 person.**

**Preparation time: 60 minutes**

## Ingredients

The nicest cheese you can find  
Mustard (Get some very spicy French mustard.)  
1 Chicken filet  
200-300 g minced meat  
At least 6 strips of bacon

## Materials

Toothpicks  
Pan  
Knife  
Cutting Board  
Aluminum Foil  
Oven

## Directions

1. Cut out a little pocket in the chicken filet, it should not tear apart, but you should be able to store a couple of fingers in there.
2. Fill up this pocket in the chicken with 2-3 tablespoon of mustard. Now fill the pocket with cheese.
3. Use a couple of pins or toothpicks to firmly seal the chicken. No cheese should be visible from the outside.
4. Roll out your minced meat in a nice plaque. It should be about 0.5 - 1.0 centimeters thick.

5. Preheat your oven to 180 degrees.
6. Heat up your frying pan at the highest possible heat. Add a tiny bit of olive oil and scorch the filet until it is firmly sealed. Remove the filet from the pan.
7. IMPORTANT: Remove those pins/toothpicks from the chicken! Yes, do it now! Be careful and make sure you don't burn your fingers.
8. Place the chicken on your plaque of minced meat. Roll the minced meat around you chicken. Make sure the meat evenly covers the chicken. Firmly press the meat together.
9. Wrap that entire thing in those strips of bacon. Congrats, this is your first encounter with the magnificent MEAT DREAM. Laugh loudly to scare off vegans (and possibly show them your creation?). Proceed to wrap the entire thing very tightly in aluminum foil.
10. Put in the oven for 20 minutes. Then take it out of the oven and out of the foil. Put the meat dream back into the oven (without the foil this time) for another 15 minutes.
11. Remove from oven and serve however you'd like. Or eat it caveman style.

# MINT SAUCE & SWEET POTATOES

**Creation of Hannah Mülder (Class of 2016).**

**This recipe serves 4-6 people.**

**Preparation time: 20 minutes (+ 40 minutes waiting time)**

**TAG: vegetarian**

## Ingredients

Sweet potatoes, orange from the inside

Cooking oil

### SAUCE

3 scoops (70 g) Greek yoghurt

150 g crème fraîche

A handful of fresh mint

1 garlic clove

Lemon juice to taste

Salt and pepper to taste

## Materials

Knife

Cutting board

Oven

Baking sheet

Blender

## Directions

1. Wash the sweet potatoes with water and put them on a baking sheet, pour oil over it and bake until soft at approximately 200 Celsius for 40 minutes. If you slice the potatoes in half, it takes less time.

2. For the sauce, chop both the garlic and the mint and blend with the other ingredients. If necessary season with salt and pepper. Serve with the sweet potatoes.

# MUSTARD CREAM SAUCE

**Creation of Hannah Mülder (Class of 2016).**

**This recipe serves 1 person.**

**Preparation time: 10 minutes**

**TAG: vegetarian (possible)**

## Ingredients

200 mL cream

200 mL cream substitute from soya

A pinch of mustard, not granary

1 vegetable bouillon, crushed

Salt and pepper to taste

Ham (optional)

## Materials

Pan

(Cutting board)

(Knife)

## Directions

1. If you go for the non-vegetarian option, first shortly fry some diced ham in oil.
2. Mix all ingredients and cook the cream until it has boiled once. Cooking the sauce takes around 5 minutes.
3. Serve the sauce by combining it with pasta, rice, vegetables and/or minced meat. Freely adjust the ingredient ratio to get your desired amount of sauce.

# PIZZA BREAD

**Creation of Nick Gregory (Class of 2016).**

*“You can be creative with pizza toppings. Its fun to think and what could go together and its easy to experiment. But making dough can be too much of an effort sometimes...so pizza bread it is!” - Nick Gregory*

**This recipe serves 6 people.**

**Preparation time: 45 minutes**

**TAG: vegetarian (possible)**

## Ingredients

3 ciabattas or any other nice large bread with a  
crunchy crust  
4 cans of tomato puree  
3 apples  
2 bags of walnuts  
Bacon pieces (optional)  
A blue cheese

## Materials

Pan  
(Cutting board)  
(Knife)

## Directions

1. Cut the breads in half long ways and put them under the grill to toast them. Get them nice and crispy because they'll soften once you add the tomato base.
2. Crumble the walnuts into a frying pan and toast them then place them on the side.
3. Fry the bacon pieces if you're using them.

4. Slice the apples into thin slices.
5. Lather the tomato puree onto the bread. Make sure there's plenty on there, no one likes a pizza without tomato sauce.
6. Layer on the apple slices.
7. Sprinkle on the walnuts and bacon pieces.
8. Crumble plenty of blue cheese on top.
9. Put the breads into the oven until the cheese has melted. Serve and enjoy!

# VEGETABLE COOKIES

**Creation of Valerie Lapp (Class of 2017).**

*“There is no real recipe with proper amounts.“ - Valerie Lapp*

**This recipe serves 4 - 8 people.**

**Preparation time: 45 minutes**

**TAG: vegetarian**

## Ingredients

4 carrots or equivalent amount of zucchini or whatever else you have

4 spring onions, or one regular onion

250 g cheese

2 eggs

100 g flour

1 bunch of fresh coriander

Cooking oil

## Materials

Cutting board

Knife

Grater

Large bowl

## Directions

1 Look for leftover vegetables in your fridge and coarsely grate them. Valerie usually uses carrots and/or zucchini.

2 Add (spring) onions, quite some grated cheese, eggs, and flour. If you want it to taste particularly nice, add mushrooms and fresh coriander leaves. If it seems too sticky, add more flour; if it's too dry, add another egg.

3 Add salt and pepper to taste.

4 Heat up oil in a pan, form patties out of the mixture, and fry them until they seem ready.



# Final Words & Reflection



As you may have noticed from the pictures above, DON'T FORGET TO CLEAN UP YOUR MESS AND WASH THE DISHES!

I hope that you have enjoyed reading this cookbook and that you have picked up a thing or two from it! I'd like to thank everyone for the support. Thanks to those who made a contribution and thanks again to Niels Schuur for helping guide me through the making of this book.

With this being the first book of any kind that I have ever made, I'd have to say that I didn't think that making a book would take so much work. It seems like really simple organization work - putting 'this' and 'that' together, - but it is much more than that. Although, I'd have to say that the simple organization part in bringing pieces together is the most tedious part of making a book.

Another difficulty in making a cookbook that takes a large group of people into account, is that you're receiving a lot of inputs and you have to make the decision yourself on what you will do. Even though I really wanted to, I could not have everyone's desired recipes in the cookbook. I had to make sure that my cookbook was sticking to the goals that I have set for it.

Like any other projects, creating a book requires having a vision for what you'd like it to be. I also think that having a theme that you would like your book to revolve around also strengthens the vision. For me, it definitely helps to stay focused and on track, since it is rather easy to get distracted and end up doing too much with all your work being chaotically all over the place. It is also really amazing to see the ideas that you come up with evolve around your theme and then be implemented.

I nearly reached the aforementioned stage of chaos for the first section of 'Food & Culture'. In that moment, I realized that the section was taking up way too much time and effort, and more importantly, I wasn't sure anymore what I was trying to achieve with the section other than to compile as many recipes as possible. However, that was not the goal of that section.

The goal of the ‘Food & Culture’ section was to display how food affects society, and vice versa. It also serves as groundwork for understanding the dynamics in which food has brought us together as a community, despite our differences. While the intent of compiling as many recipes as possible were for the ATLAS recipes, as they reflect the ATLAS student life, as well as satisfies the desires of us students to keep a record of some of our most tasteful recipes. The final section also serves as an inspiration to experiment and create.

On that note, I hope that I have given you a new perspective on food and that I have inspired you to try new things in the kitchen. As for those who are not ATLAS students, I hope that I have provided you with a uniquely different look into an aspect of our lives. To fellow students, in the years to come, may this book be a reminder of the good times spent in the messy confines of a student home.

Cheers,



