



DUTCH FOOD GUIDE

DOELGROEP

Internationale studenten in Amsterdam.



DOEL

Bekend maken met de Nederlandse eetcultuur



SCENARIO

1. Trek
2. Vreemd land
3. Kent het eten niet
4. Gebruikt app
5. Filtert op maaltijd en smaak
6. Leest over gerechten
7. Kookt het



NIEUWE FEATURES

- 1 van de filters weg kunnen laten.
- Foto's bij namen van maaltijden i.p.v. alleen een knop.
- Alle paden afmaken bijvoorbeeld nog typisch Nederlandse dingen als tompouce, oliebol, stroopwafel, patatje met, pannenkoeken, etc.
- Tone of voice meer aanpassen op studenten.



HUTSPOT

DESCRIPTION


On cold winter days in the Netherlands stampot (stamped dish) is eaten, a one-pot dish of potatoes, kale, sauerkraut, endive or carrots and onions that is served with smoked sausage or a steak and gravy. For a long time, until the twentieth century, the workers went to work on the land in the harvest months (end of July until the beginning of October), the workers had long days of work and needed a lot of energy to do the heavy work. Hutspot contained all the energy and nutrients they needed. Stampot was a cheap one-pot dish that could easily be made in large quantities and the cook did have little work. The stew of potatoes, carrots and onions is called hutspot. Stampot wasn't eaten by houses of higher class and the bourgeoisie because (generally) it was known to be a dish for poorer people.

INGREDIENTS

- 1 kg of crumbly potatoes
- 1 kg of fresh sliced stew vegetables
- 400 g of smoked sausages
- 3 shallots
- 25 g unsalted butter (or margarine)
- 3 el dijon mustard
- 150 ml herbal broth from tablet
- 50 ml of semi-skimmed milk

INSTRUCTIONS

1. Peel the potatoes and cut them into pieces. Cook them together with the hutspot vegetables for 15 minutes. Heat the smoked sausage according to the instructions on the packaging.
2. Chop the shallots and fry them in the butter. Stir in the mustard and stock and heat.
3. Heat the milk. Drain the potatoes and the vegetables and crush them coarsely, pour the milk and stir puree. Season with salt and pepper. Serve with the smoked sausage and the mustard gravy.



BOEREN KOOI

DESCRIPTION

Boerenkool or boerenkoolstampot is a "stampotgerecht" (stamped meal) with boerenkool (vegetable/kale) and potatoes. The dish is mostly eaten in the Netherlands, parts of North-Germany and parts of Scandinavia. Boerenkool is grown in many countries and can even be found in America. Since recently, it is even named superfood. Usually the Americans call it kale, curly kale or cow cabbage. Sometimes americans say borecole which sounds very similar to the dutch word "boerenkool". You can cut the boerenkool yourself, but this is time-consuming. Boerenkool is therefore sold pre-cut into plastic bags of 300 or 500 grams. Boerenkool is traditionally eaten with a little of gravy, sausage (bratwurst, pulled pork or smoked sausage), mustard and fried bacon. ('Sour' additives such as silver onions, Amsterdam onions and pickles can also be added to the dish.) Traditionally, boerenkool has a green color. In the 21st century, aubergine-colored kale also came on the market. Vitamin bomb It is good to eat boerenkool regularly. It has extremely high vitamin values. A, B, C and K. Vitamin B takes care of skin, hair, nervous system and energy supply. And without vitamin C, humans cannot even live, as this ensures a properly functioning immune system. Did you know...

- There is more vitamin C in boerenkool than in oranges?
- Boerenkool is packed with minerals in addition to vitamins?

INGREDIENTS

- 1½ kg slightly crumbly potatoes
- 600 g fresh kale (bag of 300 g)
- 350 g of Gelderse smoked sausages-
- 100 ml of semi-skimmed milk
- 50 g unsalted butter (or margarine)
- 3 tbsp honey mustard

KITCHEN STUFF

- Potatoe masher

INSTRUCTIONS

1. Peel the potatoes and cut them into 4 equal pieces. Cook them together with the boerenkool in plenty of water with salt in 20 minutes until done. Drain. Heat the smoked sausage according to the instructions on the packaging.
2. Heat the milk and the butter in a saucepan. Pour the potatoes and kale and stamp with the puree pestle into a coarse puree. Season with the honey mustard, pepper and salt. Divide the stew over plates and serve with the smoked sausage.

Variation tip:
You can give the stew extra flavor and firmness by mixing 100 g of grated old cheese through it.

Preservation tip:
You can prepare the stew one day in advance. Keep it covered in the refrigerator. The next day put it in a pre-heated oven for about 15 minutes at 175 ° C. Serve with the smoked sausage.