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GELDERLAND MENU

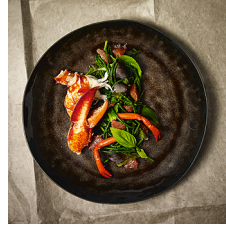
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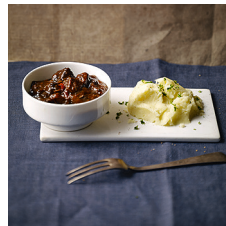


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Introduction

THE DUTCH KITCHEN

As I said earlier, Dutch cuisine was pretty much unknown to me. But I could say that now I'm rather aware of my culinary heritage. I undertook a delicious quest to the roots and backgrounds of it for this book about the Dutch cuisine.

The quest started – could it be otherwise? – with my mother and grandmother. They gave me cookery books with notes in them and loose pages. Reading and especially cooking from these books, made that I felt a little more close to them, and in that way to my own history as well.

Our society has become one big melting pot of different cultures, something one also notices when looking at the food we eat. Take spices like cloves, cinnamon, ginger and vanilla: these came from the Dutch East Indies and we can't do without them anymore. They are a great contribution to our cooking but our own cuisine seems to get pushed to the background a bit and that would be an awful shame.

From my quest I learned that our cuisine is actually a real honest, purely organic and sustainable way of cooking. This is no kitchen for people that are in a hurry. Nothing gets wasted, you use seasonal and locally grown produce. Real slow food*, actually!

And so it is time to proudly put the balkenbrij back on the table. Balkenbrij was a dish that came from poverty. It is a kind of porridge made with meat left overs. But with my minor changes the balkenbrij has turned into a tasty terrine. It is a dish to surprise guests with – and there's a nice story to be told about it too. Besides, it's not an expensive dish, which is also important in these times.

But what exactly is Dutch cuisine? Let the recipes tell you the answer. I hope you will have lots of fun and I wish you good luck with preparing these Dutch dishes!

Note: Because Flevoland hasn't existed for a very long time (it is a province built on reclaimed land) and therefore doesn't have any traditional regional dishes, the Flevoland menu is based on different choices. I chose pancakes (because people often say Flevoland is as flat as one) with elderflower syrup (because elderflower grows there), pheasant (they run around there a lot) with Jerusalem artichoke (which is grown there) and potato cheese croquette (because no Dutch cookery book is complete without a croquette – and potato and cheese are two very Dutch ingredients).

** The slow food movement is a response against the so-called fast food and it hopes to preserve cultural or traditional cuisine. Traditional vegetables, seeds and meats and the agricultural traditions of a certain region are used and being kept alive.*

Introduction

GOOD TO KNOW

Even though they are based on old recipes, the dishes in this book have to be treated as guidelines. Don't let them stop you leaving things out or adding things in! Personally, I've only adjusted the quantities and added some herbs and spices here and there. The kind of oven you have (and its temperature) can be different from the one I used. I used a fan assisted oven and the temperatures in this book have been based upon that. But do trust your experience and your own oven! Mine, for instance, has got a hot spot in the back, on the right side...

In this book I use several abbreviations:

tablespoon = tbsp (15 g)

teaspoon = tsp (5 g)

gram = g

kilo = kg

decilitre = dl

centilitre = cl

millilitre = ml

Some kitchen appliances not everyone may own:

meat thermometer

core temperature

50–55 °C / 122–131 °F = rare

60–65 °C / 140–149 °F = medium

70–75 °C / 158–167 °F = well done

butcher's twine

hand held blender

Kitchen-aid

food processor

cheese cloth

pestle and mortar

baking paper

pâté dish



Groningen menu

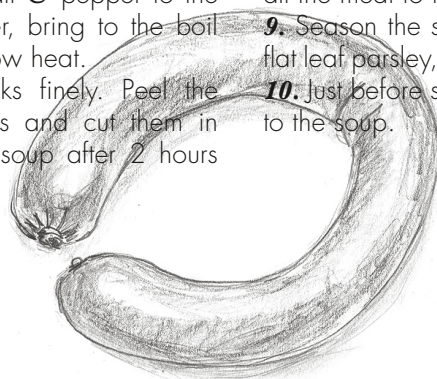
PEA SOUP

<i>250 g dried peas</i>	<i>1 celeriac</i>
<i>250 g split peas</i>	<i>4 potatoes (bintje)</i>
<i>3 onions</i>	<i>1 smoked sausage</i>
<i>1 big carrot</i>	<i>½ bunch of flat leaf parsley</i>
<i>200 g ham hock</i>	<i>½ bunch of leaf celery</i>
<i>250 g smoked bacon</i>	<i>½ chilli</i>
<i>1 tbsp fresh thyme, finely chopped</i>	<i>salt & pepper</i>
<i>2 fresh bay leaves</i>	<i>olive oil</i>
<i>2 small leeks, washed</i>	

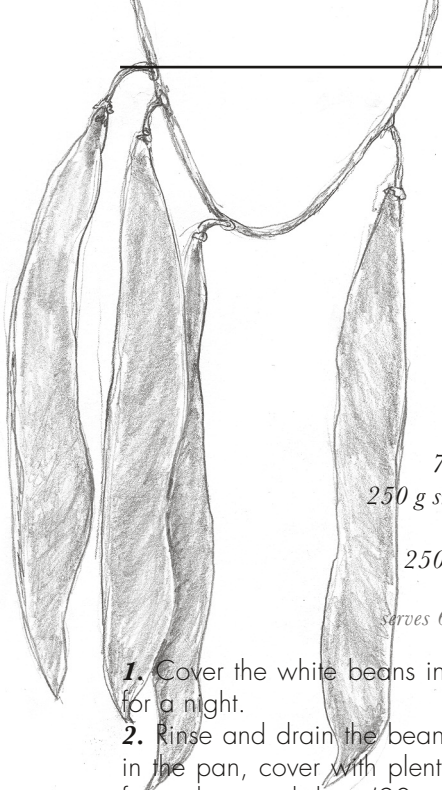
serves 6 – 1 night preparation – 2 hours to cook

- 1.** Wash the peas and split peas, put them in a pan, add water until just above the peas and let them soak for a night.
- 2.** Peel the onions and chop finely.
- 3.** Peel the carrot and dice it.
- 4.** Add the onions, ham hock, bacon, chilli, thyme, bay leaves and salt & pepper to the peas in the soaking water, bring to the boil and stew for 2 hours on low heat.
- 5.** Slice the washed leeks finely. Peel the celeriac and the potatoes and cut them in cubes. Add these to the soup after 2 hours and boil on low heat.

- 6.** Warm up the smoked sausage in hot water on low heat for 15 minutes.
- 7.** Remove the ham hock, bacon, chilli and bay leaves from the soup.
- 8.** Slice the smoked sausage, take the meat off the bone and cut the bacon into cubes. Add all the meat to the soup.
- 9.** Season the soup with the washed and cut flat leaf parsley, leaf celery and salt & pepper.
- 10.** Just before serving, add a swirl of olive oil to the soup.







Groningen menu

AUTUMN MASH

<i>750 g flouy potatoes</i>	<i>salt & pepper</i>
<i>250 g smoked streaky bacon</i>	<i>100 g butter</i>
<i>500 g runner beans</i>	<i>4 tbsp olive oil</i>
<i>250 g dried white beans</i>	<i>1 tbsp freshly grated nutmeg</i>

serves 6 – 1 night preparation – 1 hour and 20 minutes to cook

- 1.** Cover the white beans in water and soak for a night.
- 2.** Rinse and drain the beans, put them back in the pan, cover with plenty water and boil for an hour until done (20 minutes if you have a pressure cooker). Don't add salt or vinegar as this slows down the process.
- 3.** Wash and peel the potatoes and cut them in pieces. Put in a pan with the bacon, cover with water and cook for 20 minutes until done.
- 4.** Put a pan of salted water on high heat and bring to the boil.
- 5.** In the meantime, wash the runner beans and slice them into pieces at an angle. Add to the boiling water and cook for 8 minutes until done.
- 6.** Remove the bacon from the pan and add the runner beans and white beans to the pan with the potatoes. Boil this gently for another 5 minutes.
- 7.** Drain the potatoes, runner beans and white beans and puree them with a masher, together with the butter and olive oil.
- 8.** Add pepper and freshly grated nutmeg to taste.
- 9.** You could dice the left over bacon and stir this through.
- 10.** Just before serving, sprinkle a bit of olive oil over the mash.



Groningen menu

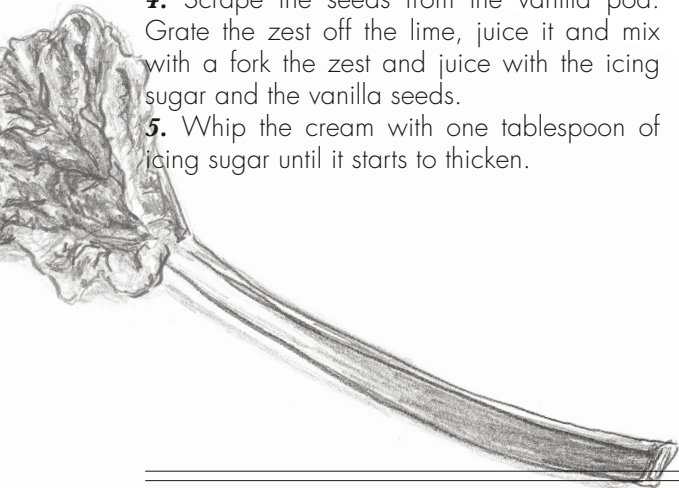
STRAINED YOGURT WITH RHUBARB

300 g yogurt with at least 10% fat content
200 ml whipping cream
3 tbsp icing sugar
zest and juice from 1 lime
1 vanilla pod

RUBARB
200 ml cider
4 stalks of rhubarb
3 tbsp icing sugar
1 tbsp ginger syrup

serves 6 – 1 night preparation – 30 minutes to marinate – 20 minutes to cook

1. Rinse a clean tea towel under the tap to remove any soapy residue.
2. Line a rounded sieve with the tea towel and put it on top of a bowl.
3. Pour the yogurt into the tea towel, close the tea towel with a knot and place something heavy on top. Put in the fridge overnight.
4. Scrape the seeds from the vanilla pod. Grate the zest off the lime, juice it and mix with a fork the zest and juice with the icing sugar and the vanilla seeds.
5. Whip the cream with one tablespoon of icing sugar until it starts to thicken.
6. Whip the strained yogurt and add the lime-vanilla mix.
7. Mix well and fold through the whipped cream. Set aside in the fridge.
8. Wash the rhubarb and dice it finely.
9. Bring the cider just to the boil with the empty vanilla pod, icing sugar and ginger syrup and then turn off the heat.
10. Add the diced rhubarb and leave to stand for at least 30 minutes.
11. Serve the strained yogurt with the marinated rhubarb.
Nice with some thin strips of fresh mint!



12 Menus

A MENU
FOR EACH
PROVINCE

The
**DUTCH
KITCHEN**

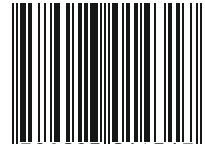
The Dutch Kitchen contains comfort food that will put a smile to your face, and since it's Dutch it is also wallet-friendly.

This book shows pure and honest food from each of the 12 provinces of the Netherlands. It will show you a piece of the history and traditions of Dutch cooking. For Claartje Lindhout it was also a discovery of her own culinary heritage. She created 12 menus which capture the essence of each province.

The recipes are grandmother's finest but with a modern twist. Let this book encourage you to try Dutch cooking and have as much fun with it as Claartje had!

www.becht-boeken.nl

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