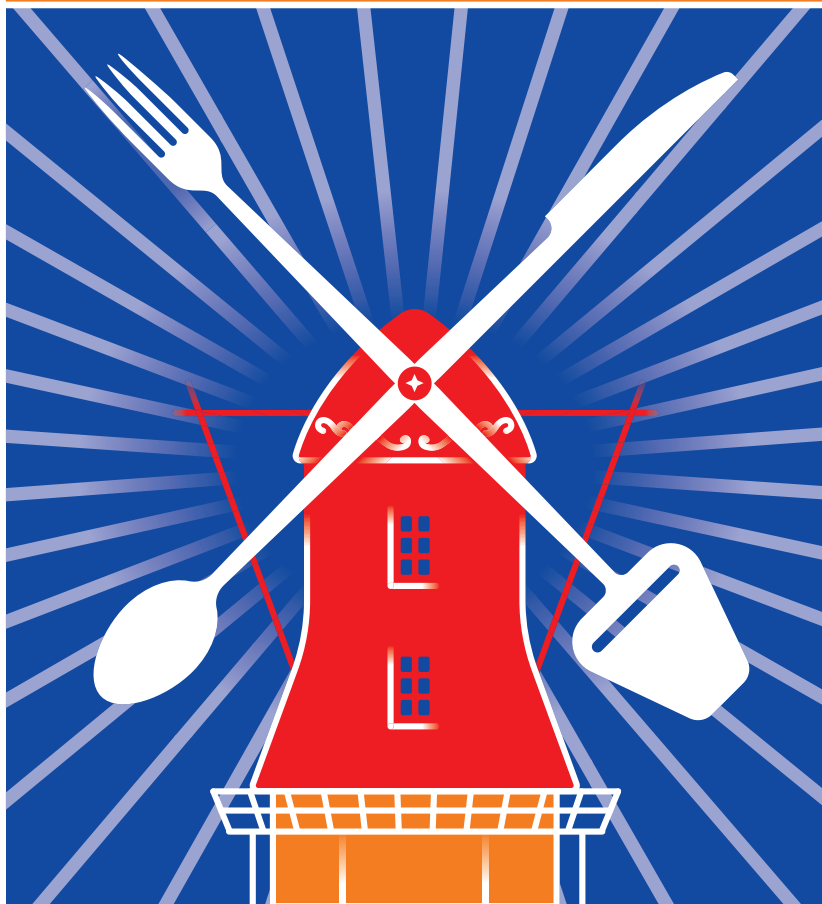


60 DELICIOUS RECIPES FROM THE NETHERLANDS



DUTCH

COOKING

TODAY

KOSM • S



Dutch

cooking today

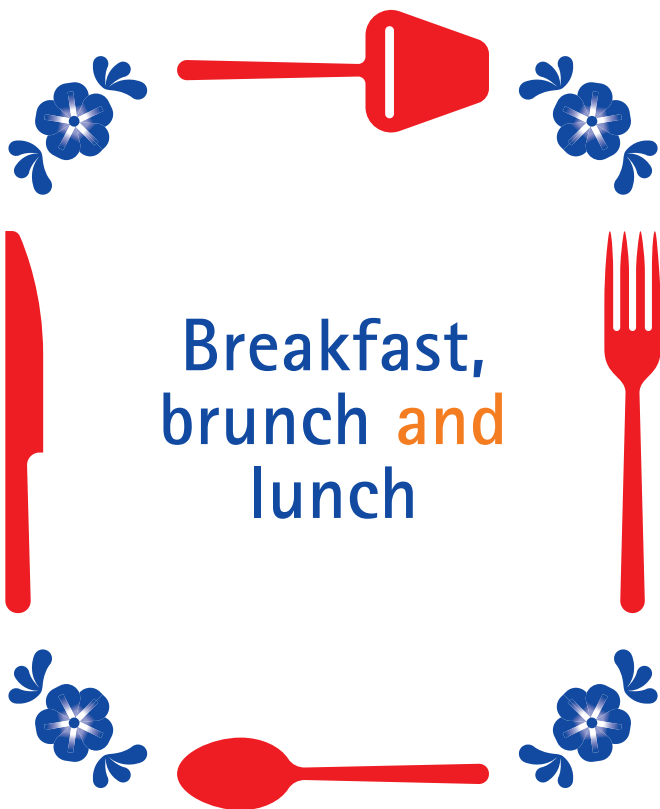
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Kosmos Uitgevers, Utrecht/Antwerpen



Contents

Breakfast, brunch and lunch	7
Cakes with tea or coffee	21
Appetizers and snacks	29
Soups	39
Mashed dishes (stampptotten) and other one-pan dishes	55
Main courses	75
Vegetables and side dishes	97
Desserts	107
Index	124



Breakfast,
brunch and
lunch



Uitsmijter: Fried Eggs with Raw Ham and Mustard Cheese

serves 4 | preparation: approx. 10 min

25 g / 1 oz butter + butter for

the bread

4 eggs

4 slices Dutch mustard cheese

(or mustard Cheddar)

salt and freshly ground pepper

4 slices wholemeal farmhouse

bread

100 g / 3 ½ oz sliced raw ham

4 gherkins, sliced into 'fans'

2 tomatoes, quartered

finely chopped parsley

● In a large frying pan, melt the butter. Break the eggs into the pan and fry for a few minutes on a low heat.

● Arrange a slice of mustard cheese around each yolk and season to taste. Cover the pan and cook the eggs a few minutes more until done and the cheese has melted.

● Toast the slices of bread and spread with butter. Top with ham and place a fried egg on top. Garnish with gherkin, tomato and parsley.



Bitterballen: Bite-Size Croquettes

makes 24 | preparation: approx. 1½ hours | cooling: 2 hours

200 g / 7 oz stewing beef or

veal, cubed

1 bouquet garni

400 ml / 14 fl oz beef stock

(from 1 stock cube)

30 g / 1 oz butter

30 g / 1 oz flour

salt and freshly ground pepper

nutmeg

vegetable oil for deep-frying

2 eggs

100 g / 3½ oz fine, dry

breadcrumbs

● In a pan, bring the meat, bouquet garni and beef stock slowly to the boil. Simmer on a low heat for about 1 hour until the meat is tender. Strain off 200 ml / 7 fl oz stock into a measuring jug. Chop the cooked meat very finely.

● In a pan, melt the butter and stir in the flour. Still stirring, add the stock and continue stirring until the sauce is thick and smooth. Leave the sauce to cook gently for about 2 minutes. Stir in the meat and add salt, pepper and nutmeg to taste. Pour the ragout onto a flat plate, cool and refrigerate 2 hours until firm.

● Heat oil in a deep frying pan to 180°C / 350°F. In a shallow bowl, beat the eggs with one tablespoon of water. Put the breadcrumbs in a shallow bowl. Shape the ragout into 24 balls and roll in the breadcrumbs. Then roll in the beaten egg and breadcrumbs again.

● Deep-fry the croquettes 6 at a time for 3-4 minutes until brown and crisp. Drain on paper towels. Arrange the bite-size croquettes on a serving dish and serve with coarse mustard.



Cod Braised with Tomato, Lemon and Parsley

serves 4 | preparation: approx. 20 min

600 g / 20 oz thick cod fillet
salt and freshly ground pepper

1 lemon

75 g / 3 oz butter

3 spring onions or one small leek,
thinly sliced

1 small bunch parsley,
finely chopped

2 tomatoes, skinned, seeded and
chopped

● Pat the cod dry with paper towel; cut into four equal fillets and season well. Cut four slices of lemon. Squeeze the juice from the remaining piece of lemon.

● In a deep frying pan, melt 50 g butter and add the cod fillets. Scatter the spring onions or leek and parsley over. Sprinkle the lemon juice over and arrange a slice of lemon and some chopped tomato on each fillet. Season well and dot the fish with the remaining butter.

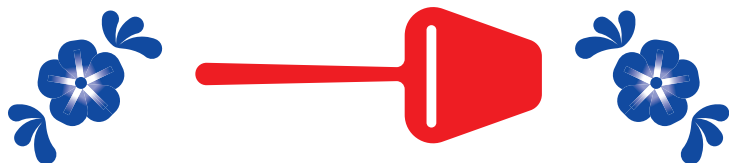
● Cover the pan and braise the cod fillets 8 minutes on a low heat until done.

● Arrange the fillets with the herbs and lemon on four warmed plates. Reduce the liquid in the pan by cooking 2 minutes over a high heat. Pour over the fish.

Delicious with mange-tout and small new potatoes.







As Dutch as apple pie,
that's **Dutch Cooking Today**.
This compilation of classic recipes
celebrates all the pleasures and
unexpected variety of Dutch
cuisine. *Wentelteefjes* (French Toast
with Lemon), *Bitterballen* (Bite-Size
Croquettes) and *Hutspot* (Carrot
and Potato Mash): **truly Dutch,**
truly delicious!



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