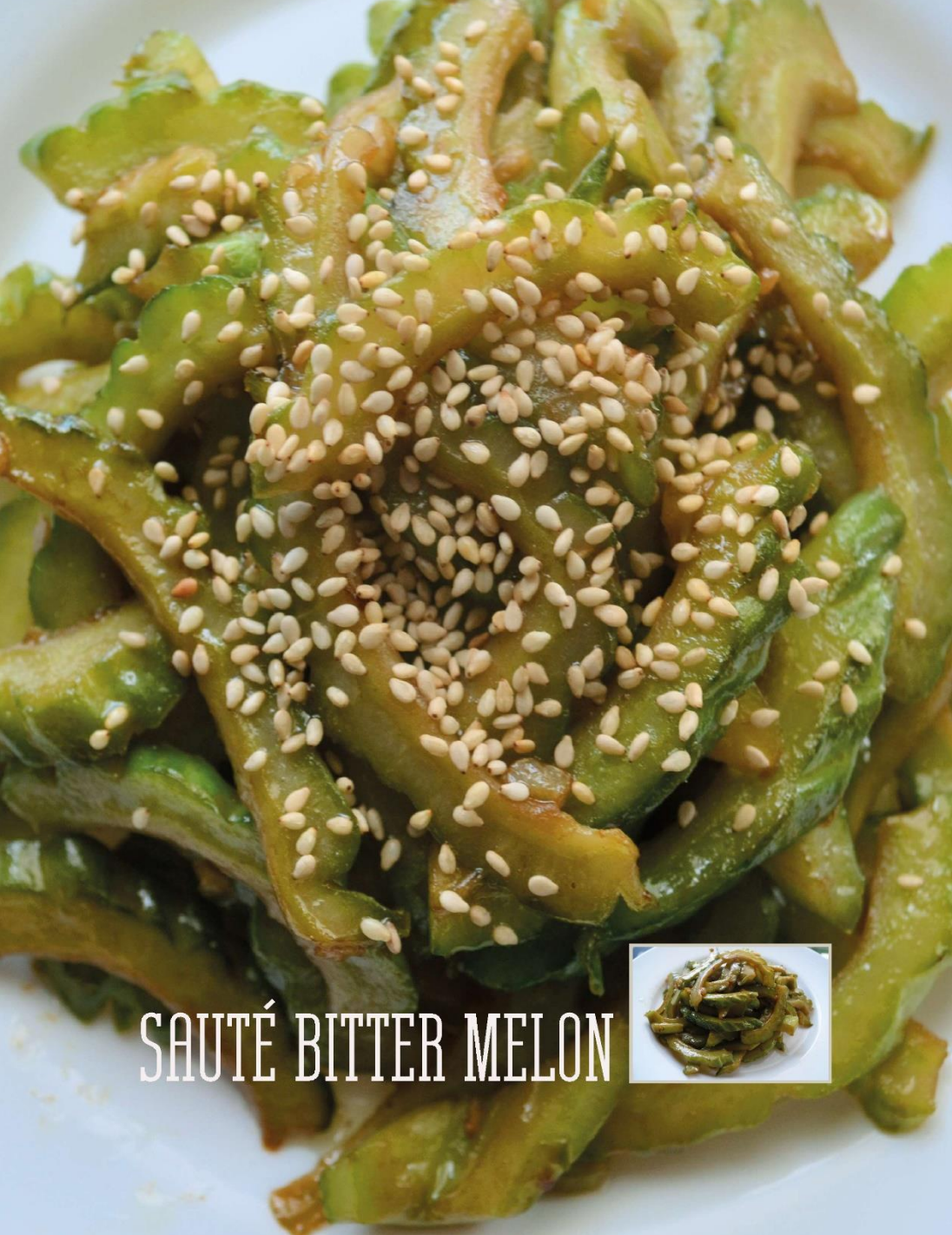


# NEDERLANDSE INHOUD

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SAUTÉ BITTER MELON





## SAUTÉ BITTER MELON



Rinse the bitter melon



Cut the bitter melon in half



Remove the seeds



Slice it into 1/2 cm thick pieces

### Ingredients

1	Bitter melon
1/2 teaspoon	Sea salt
1 teaspoon	Soy sauce
1 teaspoon	Brown sugar
2 cloves	Finely chopped garlic
1 teaspoon	Toasted sesame seeds
1 teaspoon	Sesame oil
2 tablespoons	Cooking oil

🎵 🎶 ☺ 2 - 4 servings

1. Rinse the bitter melon.
2. Cut it in half and deseed it.
3. Cut the bitter melon into 1/2 cm thick slices.
4. Peel the garlic and chop it finely.
5. Mix the sea salt, soy sauce and brown sugar in a small bowl.
6. Heat up a pan with cooking oil over medium high heat.
7. Add the garlic and sauté for 15 seconds.
8. Add the sliced bitter melon and sauté over medium high heat.
9. After 5 minutes, add sesame oil and stir it a bit.
10. Turn off the heat and transfer it onto a serving plate.
11. Sprinkle the toasted sesame seeds on top.



## ROERBAK BITTERMELOEN

1	bittermeloen
1/2 theelepel	zeezout
1 theelepel	sojasaus
1 theelepel	bruine suiker
2 teentjes	fijngehakte knoflook
1 theelepel	geroosterde sesamzaadjes
1 theelepel	sesamolie
2 eetlepels	bakolie naar keuze

🎵 🎶 ☺ 2 - 4 porties

1. Spoel de bittere meloen af met koud water.
2. Snijd het in tweeën en verwijder de pitjes.
3. Snij de bittere meloen in 1/2 cm dikke plakken.
4. Pel de knoflook en hak hem fijn.
5. Meng het zeezout, soja saus en bruine suiker in een kleine kom.
6. Verwarm een pan met bakolie op matig hoog vuur.
7. Voeg de knoflook toe en bak gedurende 15 seconden.
8. Voeg de gesneden bittere meloen toe en bak op middelhoog vuur.
9. Voeg na 5 minuten sesamolie toe en roer het een beetje.
10. Zet het vuur uit en breng het op een serveerschaal.
11. Strooi de geroosterde sesamzaadjes er overheen.



ROCK SUGAR VINEGAR  
SPARE RIBS

A close-up photograph of a roasted pork belly. The top surface is covered in a thick, golden-brown, and highly textured layer of crispy skin. Below the skin, the layers of fat and meat are visible, showing a rich, reddish-brown color. The pork is resting on a metal rack, and some rendered fat is visible in the pan below. The lighting is warm, highlighting the glistening texture of the fat and the crispiness of the skin.

# CRISPY ROAST PORK BELLY



INARI SUSHI







# BALI EGGS

(AUTHENTIC VERSION)



A close-up photograph of a Moroccan roast chicken, known as 'dinde', served on a round wooden cutting board. The chicken is roasted to a golden-brown, slightly charred finish. It is garnished with fresh green cilantro leaves. In the background, a plate of Moroccan tagine with vegetables and a slice of lime are visible. The text 'MOROCCAN ROAST CHICKEN' is overlaid in a white, outlined, serif font.

# MOROCCAN ROAST CHICKEN

The cooking technique is not so difficult as you thought. Surprise your guests by making this delicious dish!



## SARDINES

It's not just limited to salmon and tuna, sardines is one of best sources of omega 3 fatty acids as well. Sardines is more affordable and with less fat than mackerel which is also reasonably priced in general. In my recipe, I will show you how to cook sardines in Moroccan style with also deboned sardines.

Interesting? Turn to the next page and let's start





# *Klepon*

*Rice Ball with Coconut flakes*



Cup Cakes for Kids Party



A close-up photograph of a slice of warm, golden-brown homemade bread on a white plate. The bread is topped with a layer of melted butter and a dollop of dark, thick Dutch apple syrup. A butter knife is positioned on the bread, spreading the syrup. In the background, a glass jar with a red lid and a decorative floral pattern is visible, containing more of the Dutch apple syrup. The scene is set on a light-colored wooden surface.

A simple breakfast:  
a slice of warm homemade  
bread with butter and  
Dutch apple syrup.