



THE WORLD

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CONTEXTUALIZATION

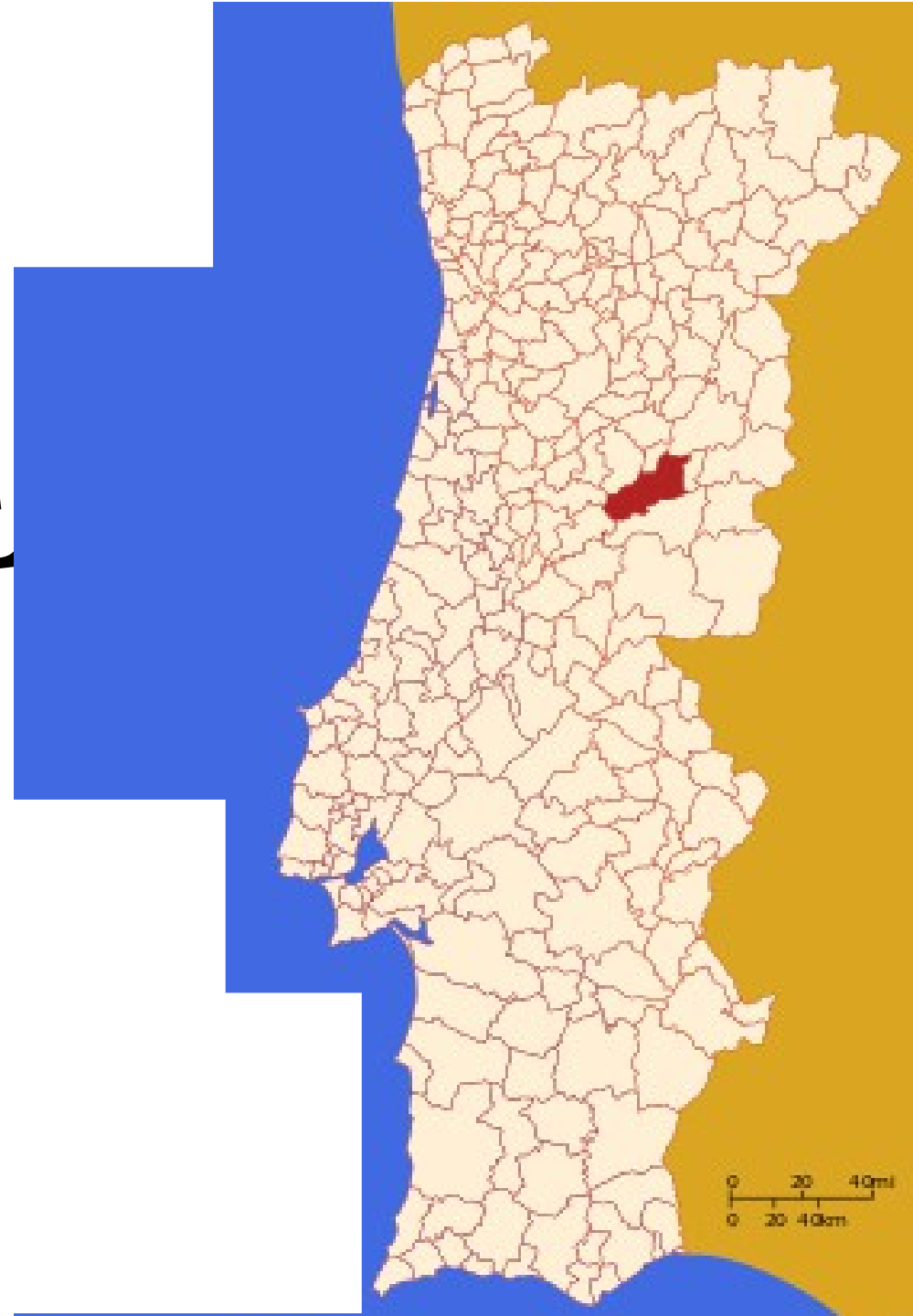
This work results from the *Etwinning Cook Book With Recipes Around The World project*. Spain, Portugal, Scotland, France, Greece, Italy, the Netherlands were part of the project.

The project aimed to investigate, share and gather the gastronomic heritage of various countries of the world in order to show our students the worldwide diversity that exists in many fields, including gastronomic, which is directly related to the history of each people.





PORTUGAL



CHEROVIA

ACCOMPANY MEAL



HISTORY

Nutritionally, chervia turns out to be richer in vitamins and minerals than carrots, and stands out essentially for the amount of potassium, phosphorus, vitamin A, vitamin B and for its caloric value.

This plant does not grow in hot climates and needs frost to develop its flavour. By the type of root it is, the chervia prefers sandy and / or silty grounds. Clay or stony grounds makes it difficult to grow, causing deformed and small roots.

In Portugal, it is grown in the Serra da Estrela region, but it is also possible to grow it in other parts of the country. It is a tuber with which Covilhã and its municipality is identified. The vast production is only possible in “lands of Covilhã”, which makes it an ex-libris of local cuisine, and it can be cooked in many different ways: in soups, salads, sautéed vegetables, fried, in puree, etc...



PREPARATION:

30 minutes

4 people

INGREDIENTS:

1 cherovia | 1 egg | 1 flour cup | salt | frying oil

COOKING TOOLS:

frying pan

PRÉPARATION IN STEPS:

1. Cut the cherovia into thin slices and cut the slices into 10 cm long piece;
2. Soak the cherovia in cold salted water from one day to the next;
3. Mix the egg, the flour, the water and the salt;
4. Dry the pieces of cherovia with a cloth, dredge them in the flour mixture and coat liberally;
5. Fry in olive oil;
6. Serve as an accompaniment to other food.



SAUCE PASTEL

MAIN MEAL



HISTORY

The Covilhã Sauce Pastry has almost a century of history. This tradition was born to replace soup for factory workers.

In 1920, the workers had no time to make soup, so they replaced it with these pastels that lasted several weeks, which was not the case with soup.

They are pastries stuffed with meat, then baked in the oven and served with saffron sauce. It can be eaten with saffron sauce, but some prefer watered with chicken soup / broth, tea or dry.



PREPARATION:

1 hour

8 peoples

INGREDIENTS:

Pasta:

1 cup of water | 2 eggs | 500g flour | 250g animal fat | salt

Filling:

500g beef | 1 onion | 2 tbsp olive oil | salt | chili

Broth (1 person):

3 dl of water | 1 tbsp vinegar | salt | 3 feet of parsley | saffron

COOKING TOOLS:

Balance

Bowl

Dough Roll

Board

Vegetal paper

Mincer

PRÉPARATION IN STEPS:

Pasta:

1. Beat the water well with the eggs and a little salt.
2. Then the flour is added gradually, working the mixture.



3. When the dough comes loose from the bowl, it is removed to the table stone and worked very well;
4. The fat is kneaded by hand and divided into three parts;
5. After rolling the dough with the rolling pin and using flour, it spreads over 1/3 of the fat;
6. Rolls up. roll out with the rolling pin and cover with 1/3 fat;
7. Roll back the dough, spread and cover with the remaining fat;
8. Roll out and roll dough twice more without adding fat;
9. Then, with a very sharp knife soaked in water, cut the rolling pin into thick slices;
10. Grease with a little olive oil and spread with the rolling pin;
11. Place a stuffing spoon on one edge and fold to cover the stuffing;



- 12.** Bake in a strong oven in a greased pan, with the folded end of the pastry in contact with the pan;
- 13.** After cold, they are stored in boxes lined with parchment paper;
- 14.** At the time of serving the pastries, bring the water with the vinegar, saffron, parsley and salt to the heat and boil until well yellow;
- 15.** Place a pastry on each plate and drizzle with the boiling sauce after the parsley has been removed;
- 16.** Cover a little with another plate for the pastry to open and serve.

Filling:

1. Bake the meat and mince;
2. Chop an onion and brown with olive oil;
3. Add the minced meat, sauté a little and season with salt and pepper.



ESQUECIDOS

BREAKFAST/ SNACK



HISTORY

The *esquecidos* are typical biscuits of the region of Beira Baixa - Covilhã.

The name is pretty funny, it means forgotten and it has this name because this dough needed to be beaten for so long, that people forgot what they were doing.

It was tradition to make the *esquecidos* at Easter. When the priest made the Easter visit to his parishioners' house, these dumplings were always present at the tables.



PREPARATION:

40 minutes

18 portions

INGREDIENTS:

250 gr sugar | 250 gr wheat flour with yeast | 4 eggs

COOKING TOOLS:

Mixer

Baking tray

PRÉPARATION IN STEPS:

1. Preheat your oven to about 180°.
2. For about 30 min, the eggs are beaten with the sugar. Then add the flour without beating.
3. Pour the dough into spaced spoonfuls on a baking tray greased with butter and sprinkled with flour.
4. Drop the tray on the table to spread the dough and take the esquecidos to bake in a very hot oven, about 10 min or until they have a golden color.



GARGANTAS DE FREIRA

Nun's throats

DESSERT



HISTORY

Sweet conventual brought to Covilhã by the Spanish Francisco Muñoz Gomes, who disclosed the recipe in a pastry shop that opened "A Lisbonense", when, at the beginning of the century. XX, went to live there, a city located in the central region of Portugal, next to Serra da Estrela.

He always made a point of mentioning that the recipe for this candy had been brought from a convent and hence the name "Gargantas de Freira" for being a sweet conventual, arising in the religious community and made with host pasta.



PREPARATION:

20 minutes | 9 portions

INGREDIENTS:

1 cup of egg strands | 1 leaf of host (wafer) | 100 ml water |
200 g sugar

COOKING TOOLS:

Pan

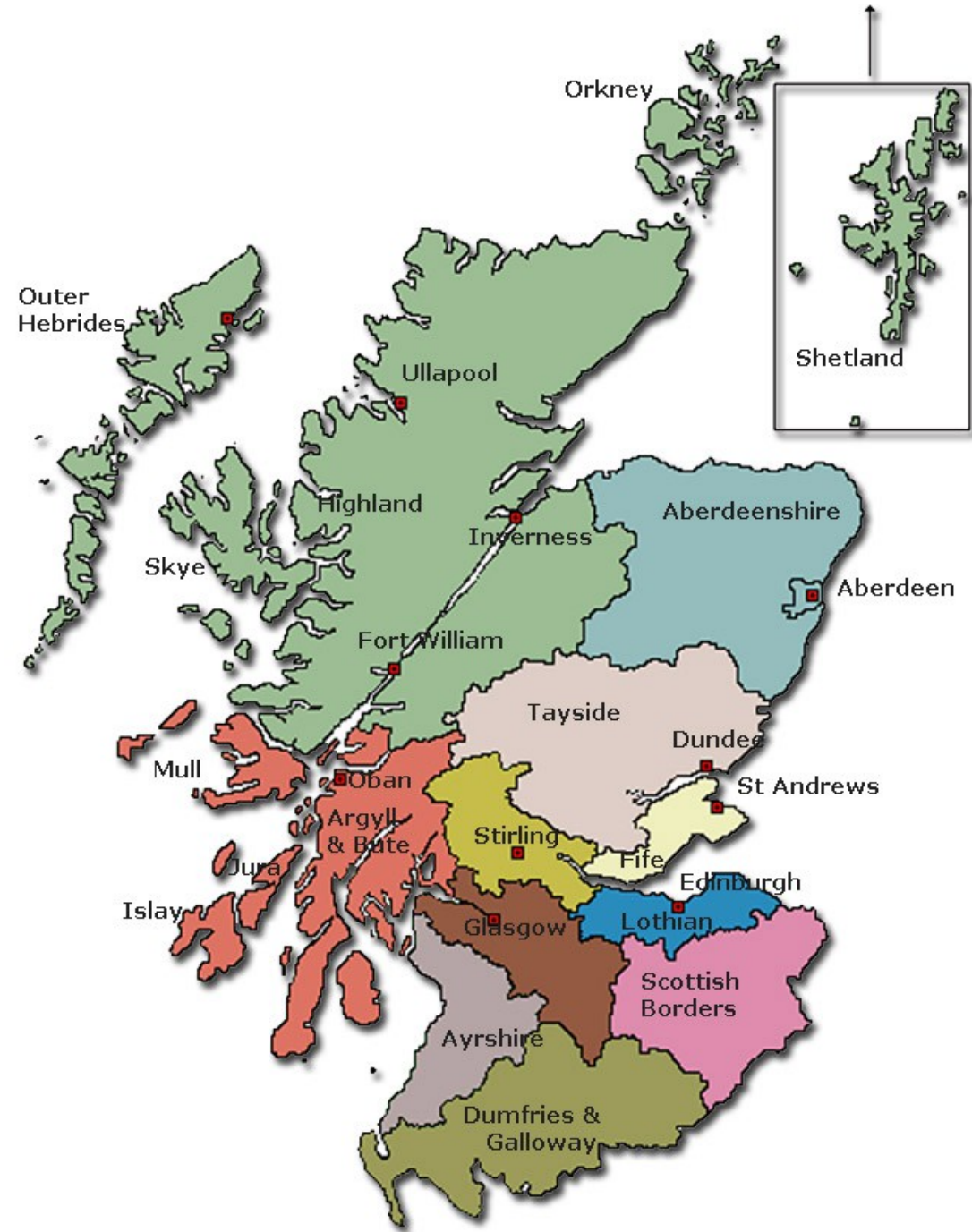
PRÉPARATION IN STEPS:

1. Cut the host into nine rectangles.
2. With the egg threads, make 9 small cylinders with the length of the wafer rectangles.
3. Bring the sugar to the heat with the water and simmer until soft-ball stage (108 o C).
4. Pass the cylinders of egg threads through the sugar syrup and drain them.
5. Place each cylinder of egg threads on a rectangle of wafer and wrap in cigar shape, thus forming this wonderful conventual sweet.





SCOTLAND



CRANACHAN

DESSERT



PREPARATION:

20 minutes | 4 *peoples*

INGREDIENTS:

300g raspberries | a little caster sugar | 350ml double cream | 2
tbsp honey | 2 tbsp porridge oats

COOKING TOOLS:

Frying pan

Pan

PRÉPARATION IN STEPS:

1. Gather the ingredients.
2. Heat a large heavy heavy-based frying skillet on the stove until hot, but not burning.
3. Add the oats and continually stirring, toast the oats until they have a light, nutty smell and are only just beginning to change color.



PRÉPARATION IN STEPS:

4. Once toasted, remove immediately from the pan.
5. Mash the raspberries and add.
6. Whisk the cream.
7. Add the honey .
8. Put in a small glass.





SPAIN



TORTILLA DE PATATAS

PREPARATION:

45 minutes | 4 peoples

ACCOMPANY MEAL



INGREDIENTS:

6-7 potatoes | 2-3 cups olive oil | 6-7 eggs

COOKING TOOLS:

Frying pan | fork | spoon | bowl

PRÉPARATION IN STEPS:

1. Gather the ingredients.
2. Peel the potatoes, cut them.



PRÉPARATION IN STEPS:

3. In a large heavy nonstick frying pan, pour 1 ½ cups of the olive oil on medium high heat. Carefully place the potatoes into the frying pan and add the salt. The oil should almost cover the potatoes. You need to turn down the heat so the potatoes do not burn. You want them to tender and creamy. It is importante to use good olive oil, as the potatoes absorb quite a bit of the oil.

4. Crack the eggs into a large bowl and beat by hand with a fork. Pour in the cooked potatoes, mix together with a large spoon.

5. Pour 1 to 2 tablespoons of the remaining olive oil a nonstick frying pan ans heat on medium heat. When hot, pour the mix (eggs and popatoes) into the pan and spread out evenly. Allow the egg to cook around the edges. Then you can carefully lift up one edge of the omelet to check if the egg has cooked.



PRÉPARATION IN STEPS:

6. When the mixture has browned, it's ready to turn it over to cook other edge. Take the frying pan to a sink. Place a large dish upside down over the frying pan. With one hand in the frying pan and another on the plate, turn upside down.
7. Let it cook on the other side.
8. Place the omelet on a serving plate.
9. Enjoy.



PAELLA VALENCIANA

MAIN MEAL



PREPARATION:

55 minutes | 6 peoples

INGREDIENTS:

400 grams of rice | 1kg of chopped chicken | 500 grams of chopped rabbit | chopped pork ribs | 200 grams of green beans | 100 grams of chopped tomato | 6 tablespoons of olive oil | A few strands of saffron | Ground red paprika | Some garlic | Salt | For the meatballs: minced meat, egg, breadcrumbs, cinnamon, pepper, pine nuts, salt and parsley

COOKING TOOLS:

Paella recipe

PRÉPARATION IN STEPS:

1. Pour the oil over the paella and light the fire. Once the oil is hot, add the garlic, the rabbit, pork ribs, chicken and meatballs and saute until they turn a golden color. Remember to turn the pieces of meat so they cook evenly. Then put in the vegetables.



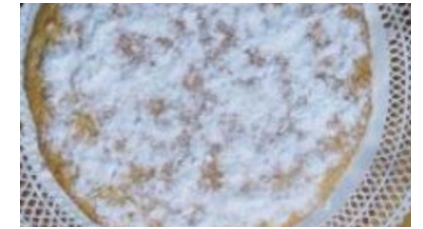
PRÉPARATION IN STEPS:

2. Now pour the grated tomato and fry it in the same way, stirring constantly.
3. Now it's the paprika turn. Add it and remove it just a moment, then you have to pour the water in the rivets of the paella to avoid burning.
4. Add saffron and sat. Once the water begins to boil, let it boil for 5 minutes with live fire. Then lower medium heat and let it cook for 20-30 minutes.
5. Fan the fire and add the rice. The traditional way of putting it in is by making a cross in the boiling water and spreading it evenly across the surface of the container. Take advantage now to try and adjust the salt.
6. Keep the heat strong for about 10 minutes and reduce the heat by half for a similar time until the rice is at its cooking point.



CRISTINA

DESSERT



PREPARATION:

55 minutes | 8 *portions*

INGREDIENTS:

4 large eggs | 125 grams of sugar | 320 grams of almonds | A litl bit of cinnamon and grated lemon peel | neulas for the base and icing sugar to decorate

COOKING TOOLS:

Oven |

PRÉPARATION IN STEPS:

1. Preheat the oven to 130 o C.
2. Grate the almonds.



PRÉPARATION IN STEPS:

3. Separate the yolk from the whites.
4. Beat the whites to the point of snow and gradually add the sugar.
5. Add the yolks, cinnamon, grated lemon peel and the crushed almond.
6. Bake at the lowest part of the oven for 30 minutes.
7. Finally, place the neulas on top and decorate with icing sugar.





FRANCE



BUCHE DE NOËL

DESSERT



PREPARATION:

55 minutes | 8 peoples

INGREDIENTS:

8 eggs | 280 g sugar | 200 g flour | 22 g baking powder | 500 g chocolate | 400 g butter

COOKING TOOLS:

2 bowls | 1 whisk | 1 pan | 2 tablespoons | 1 towel | 1 fork

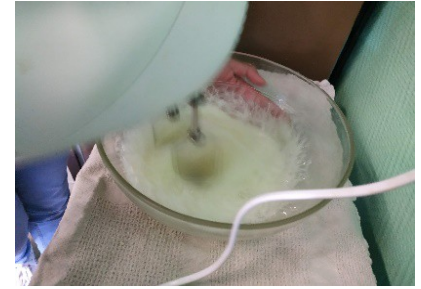
PRÉPARATION IN STEPS:

1. Separate the whites from the yolks. Whisk the egg yolks with the sugar and 3 tablespoons of lukewarm water to lather.
2. Gradually add the flour and baking powder.



PRÉPARATION IN STEPS:

3. Beat the egg whites until stiff, then gently fold them into the previous mixture.
4. Preheat the oven to 180 ° C (thermostat 6). Roll out the dough in a long and flat pan (such as a universal pan) covered with baking paper, 1 cm thick. Bake for 10 to 15 minutes, the biscuit should be lightly browned.
5. At the exit of the oven, place on the biscuit a clean damp towel then unmold it and roll. Let cool

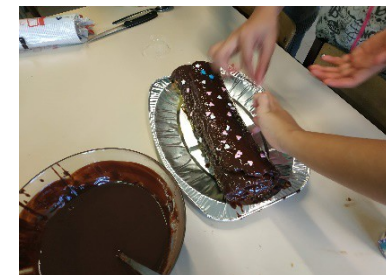


PRÉPARATION IN STEPS:

6. Break the chocolate, and put it in the microwave oven with a little water. When melted, add the soft butter and mix.

7. Unroll the cake and spread 2/3 of the chocolate in it. Then roll the biscuit again on itself.

8. Cover the biscuit with the rest of the chocolate and then, using a fork, streak the top. Make take in the refrigerator.



CRÊPES SUCRÉS

DESSERT



PREPARATION:

10 minutes | 15 *portions*

INGREDIENTS:

3 eggs | 300 g flour | 3 tablespoons sugar | 3 tablespoons oil |
60 cl milk | 50 g butter for the pan

COOKING TOOLS:

2 bowls | 1 whisk | 1 ladle | 1 pancake pan or
normal | 1 pancake pan or normal | 1 towel

PRÉPARATION IN STEPS:

1. Put the flour in a bowl and form a well.
2. Add the whole eggs, sugar, oil and butter.

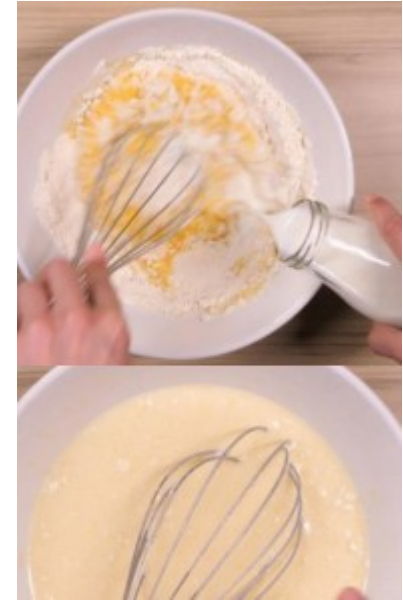


PRÉPARATION IN STEPS:

3. Gently mix with a whisk, gradually adding the milk. The resulting paste should have a consistency of a slightly thick liquid.

4. Heat a non-stick pan and lightly oil it. Pour a ladle of dough into it, distribute it in the pan and wait until it is cooked on one side before turning it over. Cook all the pancakes over low heat.

You can eat them with chocolate, marmalade or sugar....





GREECE



KOURAMPIEDES

Κουραμπιέδες

DESSERT



PREPARATION:

55 minutes | 50 portions

INGREDIENTS:

250g cow milk butter, at room temperature | 100g icing sugar |
1 tsp vanilla extract | 450–500g all-purpose flour, sifted | baking
powder 1 1/2 tsp | 300g icing sugar for powdering | Cognac 1
1/2 tsp

COOKING TOOLS:

electric mixer
Oven
2 bowl
platters

PRÉPARATION IN STEPS:

1. Use an electric mixer, to mix the butter and the icing sugar (100g) for about 20 minutes, until the butter is creamy and fluffy, like whipped cream.



PRÉPARATION IN STEPS:

2. Add the vanilla extract and the cognac and blend.
3. In another bowl, blend the sifted flour and the baking powder. (It is very important to sift the flour, so that the cookies will become light and smooth).
4. Gradually add the flour into the butter mixture (from step 2) and work the mixture with your hands, until the ingredients are combined and the dough is soft and easy to work. You will need 450-500g of flour, depending on the flour.
5. Preheat the oven to 200C and lay the bottom of 2 baking trays with parchment paper.
6. Form the kourampiedes: roll 1-2 tbsps of the dough into a ball, place on the baking tray. Continue with the rest of the dough.



PRÉPARATION IN STEPS:

7. Bake for approx. 20 minutes, until they have a very light golden colour and are cooked through. Be careful not to overcook them.
8. Leave them aside to cool down for a while. If you try to lift them, while still warm, they will break.
9. In a large bowl, add 500g of icing sugar and dip the kourampiedes in the sugar, rolling them around, so that the sugar sticks on all sides. Place on one or two large platters.
10. When done, sift the extra 500g icing sugar over the kourampiedes.



ARTICHOKES A LA POLITA

MEAL

PREPARATION:

50 minutes | 4 peoples

INGREDIENTS:

12 medium sized artichokes | 1 kilo peas | 2 medium sized carrots | 2 big potatoes | 500 gr. spring onions | 1 cup extra virgin olive oil | 2 bunches of parsley | juice from 2 small lemons

COOKING TOOLS:

a large pot, a peeler, a knife

PRÉPARATION IN STEPS:

1. Clean the artichokes as follows: remove the stalks and the hard leaves from the artichokes. Cut the hard edges of the leaves, remove the fuzzy choke, cut them and put them in a bowl of water and juice of one lemon so as not to blacken.



PRÉPARATION IN STEPS:

2. Cut the carrots in thin strips, peel and slice the potatoes in wedges and chop the onion and dill.

3. Heat some extra virgin olive. Reduce heat and add the onion until golden. Add the peas and the artichoke hearts and sauté for 5 minutes.

4. Add the rest of the ingredients except for the lemon juice. Add water, as much as is needed in order to cover half of the ingredient. Close the lid and allow to simmer until the vegetables soften – for about 45 minutes.



TZATZIKI

Τζατζίκι

Appetizer-spread



PREPARATION:

10 minutes | 4 portions

INGREDIENTS:

2 cups cucumber, 1 ½ cups plain Greek yogurt,
2 tablespoons extra-virgin olive oil, 2 tablespoons chopped
fresh oregano and/or dill, 1 tablespoon vinegar
2 medium clove garlic pressed, ½ teaspoon fine sea salt

COOKING TOOLS:

A cheese gratter
A Spoon
2 bowl

Tzatziki is often served with grilled meats , gyros, fried potatoes and grilled or roasted vegetable.

PRÉPARATION IN STEPS:

1. In a bowl use a cheese grater and grate the cucumbers.



PREPARATION IN STEPS:

2. Working with one big handful at a time, lightly squeeze the grated cucumber between your palms over the sink to remove excess moisture. Transfer the squeezed cucumber to a serving bowl, and repeat with the remaining cucumber.

3. Add the yogurt, olive oil, herbs, vinegar, garlic, and salt to the bowl, and stir to blend.

4. Let the mixture rest for 5 minutes to allow the flavors to meld. Taste and add additional chopped fresh herbs, vinegar, and/or salt and pepper, if necessary.

4. Serve tzatziki immediately or chill for later. Leftover tzatziki keeps well, chilled, for about a week



Horiatiki Salad

Χωριάτικη Σαλάτα

Salad



PREPARATION:

10 minutes | 4 portions

INGREDIENTS:

1 large, ripe tomato, 1/2 a large cucumber, roughly chopped
1 small green bell pepper, roughly chopped, 1/2 a large red onion roughly chopped, 1/4 cup Kalamata olives, 1 Tablespoon vinegar, 200 gr high-quality Feta cheese, 1/2 teaspoon dried oregano, 3 Tablespoons extra virgin olive oil, salt and pepper

COOKING TOOLS:

A knife
1 big bowl

PREPARATION IN STEPS:

1. Wash the tomatoes, the peppers and the cucumbers.



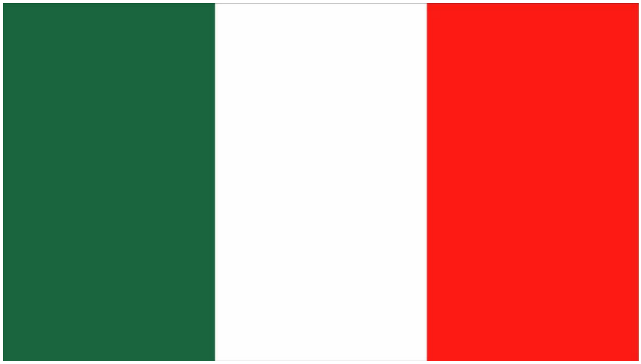
PREPARATION IN STEPS:

2. Cut the tomato into bite-sized pieces over a large serving bowl to catch the dripping juice.

3. Add in the cucumber, bell pepper, onion, olives, and salt. Use hands to toss together, squeezing occasionally to allow the tomatoes to release more juices.

4. Place the whole brick Feta cheese on top of the salad. Sprinkle with oregano, drizzle with olive oil and vinegar and serve! Enjoy!





ITALY



PIZZA MARGHERITA

MAIN MEAL



PREPARATION:

1 hour | 5 peoples

INGREDIENTS:

1 (6-ounce) ball fresh Pizza Dough | 1/2 cup homemade pizza sauce | ½ cup grated mozzarella | 6 to 8 fresh basil leaves |
Extra virgin olive oil

COOKING TOOLS:

Spoon
bowl
Cup
shovel
oven



PRÉPARATION IN STEPS:

1. Preheat oven to 450 degrees F with a pizza stone inside for 1 hour prior to bakin.
2. While oven is preheating, dust a smooth working surface with flour.
3. Place dough ball in center and roll out evenly until about 12 inches in diameter.
4. Spoon pizza sauce evenly over the top and sprinkle generously with the mozzarella cheese.
5. Using a pizza shovel, place the pizza on the stone and bake for about 10 to 15 minutes, or until crust is golden brown.
6. Remove pizza from oven and then sprinkle basil leaves on top and drizzle with olive oil.





THE NETHERLANDS



PEA SOUP

Erwtensoep

SOUP



PREPARATION:

50 minutes | 4 peoples

INGREDIENTS:

Half a liter of tap water | 300 g split peas | 2 shoulder chops - 1 dried bay leaf | 1 celeriac | 2 leeks | 25 grams of fresh celery | 1 fine smoked sausage (280 grams)

COOKING TOOLS:

Pan



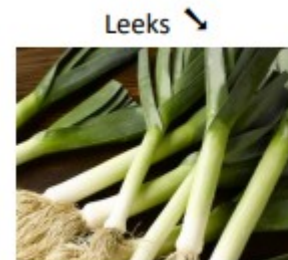
split peas ↗



shoulder chops ↗



celeriac ↗



Leeks ↘



fine smoked sausage ↘



dried bay leaf ↘



PRÉPARATION IN STEPS:

1. In a soup pot, bring the water with the peas, chops and the bay leaf to the boil. With the lid on the pan, simmer for 20 minutes over low heat.
2. In the meantime, peel the celeriac and cut into 2 cm pieces. Wash the leeks and cut into half rings. Finely chop the celery.
3. Take the pork chops out of the pan and cut into small cubes. Put back in the pan. Add the celeriac, leek and $\frac{3}{4}$ of the celery and stir. Put the smoked sausage in the soup and let it simmer for another 20 minutes until all the vegetables are cooked. Stir regularly. Mash the soup (not the sausage!) A few times with the mashed potatoes.
4. Remove the smoked sausage from the pan, cut into slices and stir it into the soup. Garnish with the rest of the celery.

Preparation tip:

1. If you think the soup is too thick, dilute it with water or broth.
2. You can prepare the soup 1 day in advance. Store covered in the refrigerator.



KALE STEW WITH SMOKED SAUSAGE

Boerenkoolstamp Met Rookworst

MAIN MEAL



PREPARATION:

50 minutes | 4 *peoples*

INGREDIENTS:

600g kale | 800 g floury potatoes | 1 smoked sausage | lump of butter (ca.50g) | splash of milk | natural vinegar | mustard |
Pepper and salt

COOKING TOOLS:

Stew pot | potato masher | kitchen scale | saucepan |
measuring cup



PRÉPARATION IN STEPS:

1. Peel the potatoes and cut them into small of small pieces of the same size, rinse them equally well after peeling and ready for so. If necessary, cut the kale into small strips and also set it ready for it. Put a large mashed pot pan or large cooking pan on the heat and bring a hefty layer of water to a boil.
2. Put the potatoes in the boiling water and place the finely chopped kale on top. Place the smoked sausage on the kale and let it cook for about 20 minutes with the lid on the pan. Plastic before you put the sausage in the pan.
3. Remove the smoked sausage from the pan after 20 minutes and keep it warm in a piece of aluminum foil. Drain the cooking liquid in a measuring cup and mash the potatoes and kale well with a potato masher.
4. Add a knob of butter and a dash of hot milk and mash everything well together again. Add a dash of vinegar to taste and some freshly ground Pepper and salt and mash together well, add a little bit of cooking liquid until little by little. Your stew has the desired creaminess.
5. Serve the stew with a piece of smoked sausage and a tasty lump of mustard.



POFFERTJES

DESSERT



PREPARATION:

50 minutes | 4 portions

INGREDIENTS:

250 Grams of flour | 1,5 tea spoon of baking powder | pinch of salt | 300 ml of milk | 2 eggs.

COOKING TOOLS:

Bowl | poffertjes pan | brush | large plat



PRÉPARATION IN STEPS:

1. Put flour, baking powder and salt in a bowl, beat together with a whisk.
2. Then add the milk and eggs and mix until smooth. Poffertjes batter is a bit thicker, so you could use a piping bag.
3. I myself chose a spray bottle whose opening is large enough, that works best.
4. Put the poffertjes pan on the fire (medium high) so that it can get hot.
5. Heat a knob of butter in another pan. When it has melted, use a brush to grease the poffertjes pan.
6. Fill the dimples for a maximum of 2/3 with batter. When bubbles come on top you can easily turn them over with a shape.
7. Are they not completely releasing? Then wait a few seconds, because if they are good you can turn them around very easily.
8. Re-grease the poffertjes pan for every round poffertjes. Serve the poffertjes immediately per round, or put them all on a large plate.
9. Cover this plate with another plate or foil to keep them warm.



KROKETTEN

MAIN MEAL



HISTORY

Before the Second World War it was fashionable to serve kroketten, or croquettes as the French say, during dinner as a first course. It was also a useful recipe because leftover meat or fish could be used as stuffing. The picture shows how kroketten were served in 1936: on a plate, in a napkin, garnished with parsley.

An open bitterbalThe Bitterbal, a small Krokot

The name bitterbal, literally ‘bitter ball’, does not indicate that it tastes bitter, but that they were originally meant to be served with a bittertje (a small glass of Dutch jenever, not quite the same as gin).

Bitterballen are still served in bars to accompany alcoholic beverages (like Spanish tapa), or served as finger food at stand-up receptions. To me, the sight of a formally dressed person trying to eat elegantly a still too hot bitterbal whilst holding a glass of champagne is as Dutch as someone letting a herring slide down his or her throat at a fish stall at the market.



PREPARATION:

1 hour

INGREDIENTS:

To make the roux

1 onion, chopped | 60 gr (4 Tbsp) butter | 60 gr (½ cup) flour | 5 dl (2 cups) stock | pepper, salt, mace, nutmeg, thyme to taste

For the breading

Flour | eggs or egg whites, stirred | paneermeel of fijn verkruimelde beschuit

COOKING TOOLS:

Frying pan

PRÉPARATION IN STEPS:

Kroketten – How to make them

1. First you prepare a ragout. This ragout can be varied upon in many ways. Not only can the main ingredient be different (meat, fish, shrimp, vegetables), but of course the herbs and spices, the used liquid (stock, wine, milk, even plain water), and added ingredients (fried onions, bacon or mushrooms)

can be changed too. Then the kroket is breaded and deepfried.



PRÉPARATION IN STEPS:

2. For 15 to 20 kroketten or 30 to 50 bitterballen; preparation in advance 30 minutes + refrigerating; preparation 15 minutes.
3. The kroketten after deep-frying 600 gr (1¼ pound) cooked meat from making stock (chicken, beef).

Preparation in advance

1. Chop the meat very finely.
2. Make a roux with butter, flour and stock, but start with sauteing the onion. When the sauce is ready, add meat and spices. Let the ragout cool completely. Keep the ragout refrigerated until use, or freeze it.
3. Three stages of breading: first flour (center), then egg (upper right), then breading (upper left)Keep the ragout in the refrigerator until just before making the kroketten. Use your hands to form either sticks (about 10 by 3 cm/4 by 1¼ inches) or balls (diametre 4 cm/1½ inches). Don't make them too large, or they'll have to be deep-fried too long. If necessary, return the formed kroketten to the refrigerator.It is easier to bread them when they are cold.



PRÉPARATION IN STEPS:

4. For the breading, take three soup plates, put flour in one, stirred eggs or egg whites in the the second, and bread crumbs in the third plate. One by one, cover the kroketten with flour, then eggs, then bread crumbs. Mind that the kroketten are covered all over, otherwise the ragout may leek out when you deep fry them. Return the kroketten tio the refrigerator for thirty minutes.

Preparation

Heat oil or whatever you use for deepfrying to 180 °C/355 °F. Fry the kroketten to a golden brown, about four minutes.

Drain on paper towels.

To serve

1. Serve them really hot. In the Netherlands they are eaten as snack or appetizer, or as the main course with french fries and apple sauce.
2. Or serve them the old-fashioned way, as a first course.
3. The classic accompaniment to bitterballen and kroketten is mustard.



SAUSAGE ROLLS

BREAKFAST/ SNACK



PREPARATION:

2 hours | 22 portions

INGREDIENTS:

For the dough:

500gr of wheat flower | 200gr of milk | 30gr fresh yeast | 125gr of butter | 25gr of caster sugar | 8gr of salt | 25gr of beaten egg

For the minced meat filling

750gr of half-to-half miced meat | 110gr of breadcrumbs | 110gr of water | 75gr of beaten egg | 1gr of pepper | 15gr of worcestershire sauce | 1,5gr of nutmeg | 10gr of salt

Further needed

Scattered flour | 50gr of beaten egg

COOKING TOOLS:

Oven

Cloth

Board



PRÉPARATION IN STEPS:

Preparation: sausage rolls

1. Knead from all ingredients a good smooth and kneaded dough.
2. Divide the dough into 22 pieces and smooth them up (see tip at the bottom). Place them on a dough cloth and cover with plastic foil. Let the balls rise for 20 minutes.
3. Meanwhile, make the minced filling by mixing all the ingredients. Divide the minced meat into 22 sausages of 45gr. Flatten the balls so that the air is out and roll them into an oval slice. Place a sausage in the middle and fold the slice. Place the sausage rolls on a baking tray coated with baking paper cover them with the loose egg. Let 60 minutes rise in a warm and humid room.
4. Preheat the oven to 250 °C.
5. Place the baking tray in the oven and lower the oven temperature to 240 °C. Bake the balls in 8 to 10 minutes.

Tip: Small sandwiches

5. Divide the dough into equal pieces.
6. Sphere the dough pieces: move your palm along the ball and press the dough under the ball.
7. Roll out the spherled dough balls with a rolling pin into a flat rectangular model.
8. Fold the outer dots from the dough to the middle. Roll up the dough.

