



by Ltc B. PELLEGRINO, SO I Med Plans

DUTCH CUISINE

To start with I would like to give you a short description of the way we serve our meals in the Netherlands. Typical of the Dutch cuisine is the serving of just one hot meal a day. Breakfast consists of slices of white, whole wheat and dark rye bread, sometimes also with rusks, served with cheese and assorted cold cuts, jam, chocolat sprinkles and peanut butter. Up until the sixties the hot meal was nearly always served at noon time. A traditional Dutch hot meal starts with soup, followed by potatoes, meat and vegetables with a dairy product as dessert. Since more and more people started owning cars and work often took them

further away from home, the custom of serving a hot meal in the middle of the day disappeared. Nowadays the hot meal is served around 18.00 hours and lunch is more or less a copy of breakfast. Dutch people are so fond of their chocolate sprinkles and peanut butter that they even take it with them on their trips abroad.

The traditional Dutch cuisine more or less existed until the second World War. Just like in a lot of other countries

For one of the more authentic Dutch recipes we have to go back to the Middle Ages. In The Netherlands, as well as in the rest of Europe, people cooked mush type dishes, prepared in one pot because cooking took place on an open fire. Not till the middle of the nineteenth century did stoves (with ovens) appear. The mush mainly consisted of grains and vegetables with meat or fish added when available. It was a rather thick substance which served to fill the stomach to make the long hours of arduous physical labour possible. Sometimes the mush was deluted with milk, wine or beer. (Water wasn't pure

Nasi Goreng

Ingredients:

- 1-2 onions
- 2 cloves garlic
- 1 tbsp sambal (hot pepper sauce) or to taste
- 1/2 tbsp trassi (shrimp paste)
- 300 g cooked meat (e.g. ham, chicken, pork)
- 4 tbsp oil
- 500 g cooked rice
- 2 tbsp ketjap (Indonesian soy sauce)

Method:

- ◆ Peel onions and garlic and puree in food processor or liquidiser with sambal and trassi. Cube the meat. Heat the oil in a wok and fry the puree and spice mix a few minutes. Mix in the meat and fry shortly. Little by little add the rice and fry till hot. Add ketjap to taste. If wanted garnish with an omelett of 2 eggs.

people relied on products from the land or water around them. Big differences were to be found between provinces and cities. Meals consisted of products cultivated in private (vegetable) gardens and bought in local markets. Then as well as now, the Dutch were known for their fine vegetables and dairy products. I only have to refer to the wonderful cheese that was served during our last International Day. After World War II, transport became more readily available and thus trade across the country borders. Next to that a lot of Dutch people returned to the Netherlands from the former colonies like Indonesia intro-

ducing a lot of exotic recipes like Nasi Goreng (baked rice dishes) or rice tables (rice with several small side dishes like baked banana, meat, fish, etc.) There's only one peculiarity...in the Netherlands we use Nasi Goreng as a main dish of our hot meal but in Indonesia its a breakfast dish made of left overs from the night before. These dishes are so embedded in Dutch cooking that for example every foreigner thinks that it belongs to the Dutch cuisine.

enough, so people never drank water in the Middle Ages. Lots of beer was drunk in stead.) Mainly during the winter season Dutch families still prepare hotchpotch or "stampot" derived from the mush: potatoes,vegetables and meat mixed together and cooked in one pot.

Another common ingredient on the Dutch menu is fish, more specifically herring. The Dutch have been fishing the North Sea for herring since centuries. The herring was cleaned on board and brought ashore by fast sailing ships. Around 1800 these ships were flat bottomed so they





Boerenkool met rookworst/ Kale with Dutch smoked sausage



Ingredients:

- 600 g finely diced kale
- 1 kg potatoes
- 1 fresh smoked Dutch sausage ("rookworst")
- salt
- 1 1/2 dl milk approx.
- 35 g butter
- 1 tbsp "Zaanse" mustard

Method:

- ◆ Pre-cook the kale 10 minutes with a little water. Peel the potatoes and put them in a large pan. Add the kale and place the sausage on top. Cook approx. 30 minutes till done. Remove the sausage from the pan and pour off the cooking liquid. Mash the kale and potatoes with milk, butter and mustard and season with salt. Slice the sausage and serve with the hotchpotch.

could land easily on the beaches of Noordwijk, Katwijk, Zandvoort, Egmond and Scheveningen. To be able to keep the herring it was salted on board after cleaning or "kaken": removal of the gills, gut and throat. This way the herring could be eaten all winter. In the sixties this mode of conserving disappeared with arrival of deepfreezers. The herring still is cleaned on board, lightly salted and kept in kegs for 24 hours to ripe. They then are repacked in kegs of 6 kg and frozen. Tradition dictates the drinking of "korenwijn" the very best of Dutch genever with herring. White beer with its light and subtle herb aroma of coriander and orange also goes well with herring.

Boterkoek/Butter cake



Ingredients:

- 375 g flour
- 300 g soft white sugar
- 2 sachets of vanilla sugar
- pinch salt
- 300 g butter
- 1 small egg

Method:

- ◆ Sift the flour with the sugar and mix in vanilla sugar and salt. Cut the butter into the flour. Beat the egg, keep half of it for garnish and add the other half to the flour and butter mixture. Knead a soft dough. Fill a special butter cake tin with the dough and flatten the top. Use a knife to decorate the top with diamond squares and brush with the remaining egg. Bake at 200 degrees Celsius for approx. 20 minutes till golden brown.

VARIATIONS:

Citroenboterkoek/ Lemon butter cake

Ingredients:

Mix the dough with the grated rind of 1/2 lemon

Gemberboterkoek/ Ginger butter cake

Ingredients:

Mix the dough with 8-10 diced preserved gingerballs and approx. 3 tbsp. Gingersyrup. Use 250 g butter instead of 300 g.

Haringssalade/ Herring salad

Ingredients:

- 2-3 cleaned herrings
- 250 g boiled potatoes
- 2 boiled beets
- 2 medium tart apples
- pearl onions and gherkins
- 4 tbsp mayonaise



Method:

- ◆ Cut herrings, potatoes and beets in bite size pieces. Peel, core and chop the apples. Leave the pearl onions whole and finely dice the gherkins. Mix two thirds of the potatoes, beets, herrings, apple, pearl onions and gherkins with the mayonaise. Place the salad in the middle of a serving plate and arrange the remaining vegetables and fish around it.