THE NEW GRONINGER COOKBOOK

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There is no love sincerer than the love of food.

*Man and Superman, 1903*

George Bernard Shaw
I’m not sure what provided the initial spark for this project. I suspect it was at least in part the product of a certain kind of disappointment: having recently moved to Groningen from Sydney, Australia, I found myself consistently confounded by the under-seasoned and over-boiled quality of food up here in the Netherlands’ wild north.

How could a country that built its colonial fortunes on the international spice trade be so profoundly insensitive to the delights of eating: perhaps the most benign of the pleasures of the flesh? It was all a bit disheartening; I simply couldn’t bring myself to face yet another joyless grey-green stamppot.

I wondered, then, what a *new* Groninger cuisine might look like. One that, rather than resisting the culinary enticements of its colonial history and migrant cultures, actively engaged with them. What happens when Dutch food opens a dialogue with its neighbours? I also thought that trying to explore this question would make a fine subject for a long-term student project at my home faculty, the University College Groningen (UCG).

It was with that pitch that I applied for, and was fortunate enough to receive, a Fellowship for Innovation in Teaching (FIT). I then secured the cooperation of Roland Chiu, a molecular biologist also based at UCG, and Rob Visser, a project manager with the Gemeente Groningen. And together we started the project, pitching our intentions to a gaggle of wet-behind-the-ears first year students.

Almost as soon as I made the pitch, though, the process was out of my hands. After an extremely fruitful brainstorming session with Rob, the students descended on the project in a whirlwind of activity. The project, I had assured them, was as much theirs as it was mine, and they very much took me at my word.

In no time at all, the book had taken on a life of its own, motivated by the momentum and tireless attentions of 15 extremely motivated young people. No longer was it about the delicacy and finesse of different migrant cultures; now, it was about the culinary needs of Groningen’s vast student population. From its slab, the monster had begun to rise.

All I could do was hold on, white-knuckling through 30 roaring weeks of frenetic cooking, research, and writing. It was a truly wondrous thing to behold: watching a group of students, many of whom had never cooked before, develop skills and opinions about food right before my very eyes. And then, somehow, miraculously, this book in front of you emerged, midwifed by their tireless efforts: the product of countless hours of work and dedication.

It is a very fine thing. They should be enormously proud. I know that I am.

*Ryan Mitchell Wittingslow*

*14 June, 2020*
The New Groninger Cookbook is the product of a project that was undertaken by first-year students from University College Groningen (UCG) in 2017–18. Through a shared interest in food, culture, health and sustainability, the supervising professors, Dr Ryan Wittingslow, a philosopher, and Dr Roland Chiu, a molecular biologist, kick-started the whole collaboration and recruited motivated and enthusiastic UCG students.

When the project was pitched, the idea was to create a cookbook for Groningen students and people who are interested in a healthy and sustainable lifestyle. The aim was to use the diverse experience of both Dutch and international students to bring together alternative recipes, thought-provoking articles and an easy guide as to how to feed oneself in a more sustainable, affordable, and healthy way.

Building on this idea, the twenty UCG student creators of the project wanted to find the tastiest selection of recipes, from healthy and sustainable ingredients. We also wanted to make sure that this book was accessible to everyone: whether international or Dutch, student or adult, affluent or on a budget. We thought that the New Groninger Cookbook should have something to offer for everyone.

We also sought to define the thought-process behind the inclusion of each recipe: the origin of the dish, ingredients, cooking processes, chemical composition, and health benefits. It gave us the opportunity to flex our analytical muscles, we also decided to write a series of essays on a range of topics, including food ethics, migration, and sustainability. And so, after a series of instructive (but also sometimes contentious) meetings, the New Groninger Cookbook, with its 27 dishes and seven exploratory essays, was conceived.

To produce this cookbook, supervisors and students then engaged extensively with people in and around the city of Groningen. With the help of Gemeente Groningen project manager Rob Visser, we organised a number of events to help develop both our recipes and this project. These events included a competitive cooking event judged by local chefs and restaurateurs; catering for UCG Project Presentation Day; a collaboration with the Shelter City Project where we gave cooking lessons to our resident human rights defender; and organised a guest lecture about the cultivation and consumption of insects.

Of course, we experienced challenges along the way. Like any complex project, funding and co-ordination proved an ongoing issue. Our creative answer to the issue of finance was to cater events held at University College Groningen, thus eliminating the cost of production. In addition to this, students were aided financially in their task to create sustainable and tasty food by our supervisor’s generous grants.

Along the way, we students were allowed full creative rights and freedom, to shape this project how we see fit. We did not have to fit into a prescribed specific syllabus or outlined framework. Instead we, as a group, envisioned and created our own specific learning outcomes and content. All of this culminated the book that is now in front of you: a book that, we must admit, many of us did not believe would ever come to pass!

This project has allowed us to not only develop our skills in teamwork, time management and group communication, but also allowed us to think as independent and equal partners in in the publishing of this book. These are transferable skills and achievements which can be used in the wider context of our lives after graduating from UCG.

Writing this book also helped us realise a deep truth: that the most important ingredients in a student’s life are academia, friends, drinks, and food. These are qualities that this book has combined, and we hope that you enjoy reading it as much as we enjoyed writing it.
BRUNCH
AÇAI BOWL

Açai is a tropical fruit originating from South America. While it may not be as ‘super’ as the marketing suggests, it sure is delicious!

In this dish, açai is in the form of a smoothie ice cream mix, topped with a variety of fruits, honey, and oatmeal or granola. This bowl is ideal as an energiser in the morning or an afternoon snack. The fruity, sweet taste and cool temperature of the açai not only wakes you up, but fuels you for the day ahead and is a healthy treat for your taste buds!

Hot tip: this extremely photogenic dish is a great chance to impress your friends and loved ones.

Keywords: Easy, vegan. 20 minutes. Serves 1.

METHOD & INGREDIENTS

200 grams açai berries
1 banana
100 grams frozen strawberries
100 grams frozen blueberries
125 millilitres vanilla almond milk
50 grams blueberries
50 grams strawberries
1 kiwi
50 grams granola or oatmeal
Honey

1. Put the açai, banana, frozen strawberries, frozen blueberries and a splash of the almond milk into a blender.

2. Start blending on low first, then adding more milk after a couple of seconds while increasing the speed. Blend on high for 20 more seconds.

3. After pouring the purée into a bowl, add blueberries, strawberries, and kiwi to the surface. Drizzle the granola or oatmeal all over the bowl. Add honey to taste.

LEARN THE LABEL LINGO

Not everything on a label is meaningful. The EU ‘Organic’ label is set by law, so it’s one you can trust. But don’t be fooled by terms like ‘natural’ that have no regulated definition.
When you say ‘wentelteefjes’ to a Dutch person, be prepared for the wave of nostalgia about to wash over you. The recipe is very ancient: old bread was dipped into eggs, sugar, and milk and then baked in order to prevent wasting bread.

It is known all over the world: french toast, gypsy toast, torrija and poor knights are other names for the dish. Although nowadays white bread is most often used, you can use all sorts of (old) bread. The following recipe is based on this classic recipe, but includes some new twists as well.

**Keywords:** Easy, vegetarian, inexpensive. 10 minutes. Serves 4.

**METHOD & INGREDIENTS**

1 egg  
2 teaspoons cinnamon  
250 millilitres milk  
3 tablespoons honey  
8 slices of stale bread  
Butter to fry  
2 bananas  
200 grams blueberries

1. Whisk the egg, cinnamon, milk, and honey in a bowl.

2. Dip the bread slices one-by-one in the egg mixture and lay them on a plate. Pour the rest of the mixture over the bread.

3. Fry the slices until they are golden brown, then flip to cook the other side.

4. Put a small layer of honey over the bread slices and serve the wentelteefjes with sliced banana and blueberries.
The best way to start your day is with a yummy breakfast (or, if you get up late enough, a yummy brunch). Unfortunately, I end up missing my breakfast almost every day, simply because I’m always late for college. But on weekends and on other days, when I don’t have college, I make sure I treat myself to my favourite brunch: pancakes!

These strawberry ricotta pancakes are a sweet and stylish brunch. It consists of a light and fluffy ricotta pancake, topped with homemade strawberry and blood orange preserve, whipped cream and homemade syrup. You can top this pancake with various different ingredients, making it very versatile.

Keywords: Vegetarian. 40 minutes. Serves 4.

### PANCAKE BATTER

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 eggs</td>
<td></td>
</tr>
<tr>
<td>240 grams ricotta cheese</td>
<td></td>
</tr>
<tr>
<td>190 millilitres milk</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon vanilla extract</td>
<td></td>
</tr>
<tr>
<td>230 grams plain flour</td>
<td></td>
</tr>
<tr>
<td>1 1/2 tablespoons granulated sugar</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoons baking powder</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>Butter to fry</td>
<td></td>
</tr>
<tr>
<td>Fresh strawberries</td>
<td></td>
</tr>
</tbody>
</table>

1. Separate the eggs, and put the egg yolks into a large mixing bowl.
2. Whisk together the ricotta, milk, and vanilla with the egg yolks.
3. Add the dry ingredients: flour, baking powder, sugar, and salt and whisk together with the wet ingredients.
4. Beat the egg whites with a handheld electric mixer until stiff peaks form.
5. Fold the egg whites in with the mixture.
6. Heat a skillet over medium-high heat and melt a small bit of butter in the pan, just enough to coat the surface.
7. Use a 1/3 cup of mixture and add to the skillet. Cook the pancakes for about 3-4 minutes, until the undersides are golden and you see a few bubbles popping through the pancakes. Flip the pancakes and cook the other side for 2-3 minutes, until golden. Repeat.
8. Once cooked, add the strawberries, blood orange, and strawberry preserve, and amo-syrup to taste.
**BLOOD ORANGE PRESERVE**

3 blood oranges  
750 grams strawberries  
700 grams caster sugar  
Juice of 1/2 a lemon

1. Thinly slice two blood oranges and add them to a saucepan.  
2. Squeeze the last orange to the saucepan.  
3. Add the chopped strawberries, sugar and lemon juice to the pan with the oranges.  
4. Give everything a good stir to combine. Bring the mixture to a rolling boil over high heat. Then use a spoon to skim the foam from the top.  
5. Once you’re done skimming the foam, reduce the heat to a vigorous simmer (with bubbles continually popping to the surface).  
6. Let the jam continue to cook until reduced by half and thickened enough that it generously coats the back of a wooden spoon; this will take approximately 15 to 20 minutes.

**AMMOM SYRUP**

30 millilitres amaretto  
240 millilitres maple syrup butter

1. Mix the amaretto, maple syrup, and butter in a saucepan over low heat.  
2. Pour over the pancakes.

---

**SAVE ALL THE (NUTRITIOUS) BITS**

Parmesan rinds, radish tops, turnip greens, leftover bread—keep these nutritious bits out of the trash can. Use parmesan rinds to make broths. Whiz raw radish tops and turnip greens in a food processor with pine nuts, cheese, and fresh mint, and then use on pasta or grilled vegetables. Carrot tops add a fresh flavour and a feathery texture to salads. Or resuscitate leftover bread for a panzanella. Use leftover onion skins and potato peel for broths and stocks.
SPICY VEGETABLE SOUP

Perfect for lunch on colder days, this soup will be sure to revitalise you during your midday break. Originally based on a Moroccan dish, this tomato-based chunky soup will satisfy your taste buds with an array of flavours, such as zesty lemon and cumin powder. Serve with flatbread for a dish to delight!

Keywords: Easy, vegetarian, inexpensive. 35 minutes. Serves 4.

METHOD & INGREDIENTS

1 white onion
Half a head of broccoli
2 cloves of garlic
1 tablespoon olive oil
1 teaspoon cumin powder
400 grams chopped tomatoes
300 millilitres water
1 vegetable stock cube
400 grams chickpeas
Fresh coriander
Juice of ½ a lemon
Salt and pepper to taste
Bread for serving

1. Chop the onion and broccoli and crush the garlic.
2. Fry the onion, broccoli, and garlic in oil and add the cumin powder.
3. Once softened, add the tin of chopped tomatoes and lower the heat of the stove so that the mixture will simmer.
4. Dissolve the stock cube in 300ml of water and add the stock to the saucepan.
5. Add the coriander and chickpeas. Allow to simmer.
6. Season with salt and pepper to taste, then add the lemon juice and mix well.
7. Serve with bread.

GROW YOUR OWN

It's hard to get more sustainable than planting your own garden. If you don't have the space or time to tend to a large plot, I recommend starting with pots on your patio and filling them with herbs, tomatoes, and peppers: You can snip herbs like thyme and rosemary for months while keeping the plant looking good.
BEANS & QUINOA BOWL

This light and healthy one-pot dish is perfect for lunch. Simple, delicious, and served either warm or cold, the dish is ideal to bring to work or school on busy weeks. This recipe is also gluten free and vegan.

**Keywords:** Easy, vegan, gluten-free, inexpensive. 30 minutes. Serves 4.

**METHOD & INGREDIENTS**

1. Heat the oil in a large pot. Chop up the red onion finely, then sauté for a few minutes until it becomes translucent. Mince the garlic cloves and chop up the bell pepper finely. Add both into the pot and fry for a few minutes longer.

2. Add the rest of the ingredients apart from the lime juice, spring onions, and parsley.

3. Let it simmer for 20 minutes until the quinoa looks ready. Then add the lime juice, spring onions and parsley and season with salt and pepper to your liking.

4. Dice the avocado into small cubes and serve the meal with the avocado on top.

**CHECK YOUR PULSE**

Dried beans, lentils, split peas, and chickpeas are all pulses, meaning they’re edible seeds of legumes. Pulses are among the most sustainable (and affordable) foods you can choose because they can adapt to climate change and help sequester carbon in the soil, and they decrease methane emissions from the farm animals, such as cattle, that eat them. Plus, they’re rich in fibre, nutrients, and plant protein.
**SALMON BURGER**

Having a bad day or feeling stressed out? Treat yourself with this delicious mood-boosting dish full of omega-3 and vitamin B-12 and the world will seem fine again. It is quick and easy to prepare, and also leaves you space for expressing your creativity.

**Keywords:** Easy, pescatarian. 20 minutes. Serves 4.

**BURGER PATTY**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>450 grams salmon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 teaspoon grated ginger</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 egg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 clove of garlic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Juice of 1 lime</td>
<td></td>
<td></td>
</tr>
<tr>
<td>60 millilitres sesame seeds</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 buns</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 tomato</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 pickle</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Assorted greens</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. Bake the salmon in the oven until you can easily divide it into little pieces with a fork.
2. Place the cooked fish in a bowl and crumble it with your hands.
3. Chop the garlic finely. Add the garlic and the grated ginger to the fish and mix thoroughly.
4. Add the egg white, sesame seeds, lime juice, and mix thoroughly. Add salt and pepper to taste.
5. Divide the mixture into four and form burger patties.
6. Put some oil in a pan and fry the burgers until they turn a golden colour.
7. Assemble your burger with the salmon pattie, tomato, pickle, and assorted greens drizzle lemon sauce and flavour with salt and pepper to taste.

**LEMON YOGHURT SAUCE**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>150 grams greek yogurt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 tablespoon chopped chive</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 tablespoon chopped dill</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Juice of 2 lemons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rind of 1 lemon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salt and pepper to taste</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. Mix ingredients well.

**CHOOSE SEAFOOD WISELY**

Knowing which fish is sustainable is easy with the VISwijzer website: [https://www.goedevin.nl/](https://www.goedevin.nl/). They also have apps for iPhone and Androids. The information is easily available and makes sustainable seafood shopping a snap.
Gouda Soufflé

Do you love to nibble on some old gouda, but find it a bit heavy? Try out the cheese soufflé! The lightness and creaminess makes for a unique gustatory experience. Each spoonful is like biting into a cheesy cloud. Meanwhile, the accompanying marmalade goes very well with the cheese. My advice is to spread some on thin toasted bread slides (best type: nuts and dry fruit breads). Dunk the bread into the soufflé, and enjoy!

Keywords: Difficult, vegetarian. 55 minutes. Serves 5.

Soufflé

40 grams butter
40 grams cornflour
400 millilitres milk
150 grams grated old gouda
1/2 teaspoon nutmeg powder
4 eggs
Salt and pepper to taste

1. Preheat the oven to 180 degrees Celsius.
2. Mix the melted butter and the cornflour in a pan at medium temperature. Then, slowly add the milk while whisking.
3. Turn the heat up and continue whisking until the mixture boils and starts to thicken.
4. Add the grated cheese and half a teaspoon of nutmeg powder while continuously stirring.
5. Separate the eggs and stir in the yoke to the soufflé mixture.
6. Beat the egg whites until stiff white peaks form and incorporate them gently into the mixture. Be careful not to lose the air from the egg whites. The folding-in of the egg whites must be done very delicately, as they give the mousse a light texture to the soufflé and allow it to rise.
7. Put the mixture in four to six ramekins and bake them for 35 min in the oven.

Currant Marmalade

800 grams black or red currant
400 grams sugar
70 millilitres water
1 lemon

1. Wash the currants, drain them, and remove the stalks.
2. Place them into a pot, add hot water and boil for five minutes: until the skins of the fruit open and release their juice.
3. Pour the content on a sieve and let the juice drain through, leaving the skin behind. Press the pulp with a spoon to make sure you have all the juice.
4. Heat the juice at low temperature and add the juice of one lemon. Then turn up the temperature to make it come to a boil.
5. As soon as the mixture starts boiling, add the sugar while mixing to make it melt.

6. Put the mixture into a sterile jar. Clean up any dirt on the sides of the jars. Close with a lid and place it upside down for 24 hours.

**KEEP YOUR COOL**

Did you know that the refrigerator is one of the major users of household electricity? The refrigerator does a great job of keeping foods fresh, but make sure you’re using this trusted appliance efficiently.

Putting hot leftovers directly into the refrigerator raises the temperature inside, so it has to work harder—and burn more energy—to keep foods cool. Allow your leftovers to sit at room temperature for a while before putting them into the refrigerator.

Check the rubber seal on your refrigerator periodically to make sure it’s doing a good job of keeping cold air in and warm air out: slip a euro note into the door. If it slips out easily, call a repair technician to fix or replace the seal.

It’s also best to keep your freezer as full as possible. Fill any empty space with reusable ice packs so it will stay cooler and use less energy.
**TORTIZZA**

The tortizza is a delicious combination of a pizza and a tortilla. It is easily made and does not take up a lot of time. Consequently, the tortizza is a perfect option to fulfill your late-night cravings. There are many variations of the tortizza; you can basically use all your leftovers in your fridge. This makes it not only sustainable, but also very welcome at the end of the month for your dwindling bank balance. Besides a midnight snack, this recipe can also be used for a fancy lunch or a quick dinner.

**Keywords:** Vegetarian, inexpensive. 30 minutes. Serves 2.

---

**TORTIZZA**

<table>
<thead>
<tr>
<th>2 large tortillas</th>
<th>1. Preheat the oven to 180 degrees Celsius.</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 tablespoon tomato sauce (recipe below)</td>
<td>2. Cover the tortilla wraps in a thin layer of tomato sauce and pesto.</td>
</tr>
<tr>
<td>2 teaspoon green pesto (recipe below)</td>
<td>3. Cut the tomatoes, mushrooms, pepper, and mozzarella. Divide the tomatoes, mushrooms, pepper, and mozzarella on the two wraps.</td>
</tr>
<tr>
<td>8 cherry tomatoes</td>
<td>4. Bake the tortizza for 10-15 minutes in the oven.</td>
</tr>
<tr>
<td>2 mushrooms</td>
<td>5. Finish the tortizza with fresh basil and salt and pepper to taste.</td>
</tr>
<tr>
<td>1/4 yellow bell pepper</td>
<td></td>
</tr>
<tr>
<td>1 ball of mozzarella</td>
<td></td>
</tr>
<tr>
<td>Fresh basil</td>
<td></td>
</tr>
<tr>
<td>Salt and pepper to taste</td>
<td></td>
</tr>
</tbody>
</table>

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**TOMATO SAUCE**

| 4 tablespoons extra virgin olive oil | 1. Heat the olive oil in a pan. Cut the onions, garlic, and the stalks of the basil and add them to the pan. Simmer the ingredients in the pan for 10 minutes. |
| 3 onions | 2. Add the tomato paste and the diced tomatoes. |
| 5 garlic cloves | 3. Season the tomato sauce with salt and pepper to taste. |
| 50 grams fresh basil | 4. Let the ingredients boil for approximately 30 minutes until the sauce is thickened. Stir in the meantime, so the sauce doesn’t burn and, if needed, add some water if too thick. |
| 70 grams tomato paste | |
| 400 grams of diced tomatoes | |
GREEN PESTO

1 garlic clove
80 grams fresh basil
50 grams pine nuts
50 grams parmesan cheese
Extra virgin olive oil
Lemon juice to taste

1. Peel the garlic. Roughly chop the basil leaves.

2. Lightly toast the pine nuts until they are light brown. Be aware that they burn very quickly!

3. Add the parmesan cheese and olive oil; you need just enough oil to bind the sauce.

4. Put the garlic, basil, pine nuts, and parmesan cheese in a food processor.

5. Season the pesto with some salt and pepper. Add lemon juice to taste.
BUG BURGER

It took us some time to find the perfect recipe for the bug burger. You want your burger to be juicy and a bit crispy at the same time. To create this juiciness, we added some salsa to the burger mixture and a fresh yoghurt sauce alongside. For the bug flour, you can use any type of bugs you can find: cricket flour, mealworm flour, etcetera. You can also buy whole bugs and grind them yourself, it is whatever you prefer. There are several online shops that sell bugs, even Albert Heijn has them. We hope your (first?!) bug-burger tastes good!

Keywords: Easy. 30 minutes. Serves 4.

BURGER PATTY

1/2 red bell pepper
1 onion
15 grams bug flour (any type)
50 grams breadcrumbs
1 egg
5 tablespoons salsa
1 teaspoon paprika powder
Pinch of chili powder
1 handful of fresh coriander
Assorted greens
1/4 cucumber
4 tomatoes
4 wholemeal buns
Salt and pepper to taste

1. Fry the diced pepper together with the onion in some olive oil until the onion is golden brown and smells sweet.

2. Mix the vegetables with the bug flour, bread crumbs, egg, one tablespoon salsa, the spices, and half of the coriander until the mixture is smooth. Add some salt to taste.

3. With your hands, make four solid burgers of the mix. Set aside.

4. Heat a pan and fry the burgers on medium heat until the inside is cooked, and the outside is crunchy.

5. When the burgers are ready: serve them immediately. You want your burger to be juicy and crispy at the same time. First, put your yoghurt sauce, then add the burger, the vegetables, and finish with more yoghurt sauce and the rest of your salsa. Enjoy!

LEMON YOGHURT SAUCE

150 grams greek yogurt
1 tablespoon chopped chive
1 tablespoon chopped dill
Juice of 2 lemons
Rind of 1 lemon
Salt and pepper to taste

1. Mix ingredients well.
BRAZILIAN CHEESE BALLS

‘Pão de queijo’ is Portuguese for ‘cheese bread’. Originating from African slaves in Brazil, this dish uses basic and inexpensive ingredients to create an enjoyable, chewy finger food.

Keywords: Vegetarian, gluten-free. 50 minutes. Makes 24 balls.

METHOD & INGREDIENTS

250 millilitres full-fat milk
125 grams unsalted butter
1 teaspoon salt
300 grams tapioca flour
2 eggs
200 grams old gouda

1. Preheat the oven to 220 degrees Celsius. Grease a baking tray with butter.

2. Add milk and salt to a medium saucepan and bring to the boil.

3. Take off heat and add all the tapioca flour. Stir vigorously and let it cool a little before handling.

4. Pour the dough into a bowl and whisk with an electric whisk until cool. Simultaneously, whisk the eggs in one at a time.

5. When the dough is glossy and thoroughly mixed, beat in all the cheese.

6. Spoon the dough onto the baking tray. It is very fiddly, sticky, and messy so hang in there! One teaspoon per ball and 5 cm apart.

7. Bake for 30 minutes until golden. Serve warm.
NEW MEZE

'Meze' denotes a collection of different dishes intended to be eaten using the hands. Meze is popular in eastern Mediterranean, Middle Eastern and Arab countries, and describes what is basically a platter of finger food. Meze translates from Turkish into English as 'snack', capturing the idea of coming together and sharing small dishes and 'snacking' from each. The dishes served as part of the meze differ by region. For example in Turkey, fruit and grilled calamari salad may be components of the platter. However, in the Middle East, falafel, baba ganoush and hummus are common aspects of the meze.

Keywords: Vegan, inexpensive. 40 minutes. Serves 4.

HUMMUS

600 grams chickpeas
1 teaspoon tahini
4 tablespoons lemon juice
3 Cloves of garlic
2 tablespoons olive oil
1 1/2 teaspoons salt
100 millilitres cold water
Sesame seeds to garnish
2 roasted red peppers (optional)

1. Place the drained chickpeas in the food processor and pulse until soft.
2. Add the tahini, lemon juice, garlic, olive oil, and salt.
3. Slowly add the cold water and mix until a smooth, creamy texture: this will take about five minutes.
4. For the roasted red pepper hummus, add one or two roasted red peppers to the plain hummus and process until smooth. Make sure that all the liquid is drained from the jarred pepper before adding it to avoid thinning out the hummus too much.
5. Sprinkle with sesame seeds and serve.

BABA GANOUSH

3 medium aubergines
2 tablespoons olive oil
2 cloves of garlic
1 tablespoon tahini
1/2 teaspoon chili powder
1 teaspoon cumin
Juice of 2 lemons
Salt and pepper to taste

1. Preheat the oven to 180 degrees Celsius.
2. Score with a knife the flesh side of the cut aubergines in a crisscross pattern.
3. Coat the aubergine with half the olive oil on both sides.
4. Put on a baking tray, flesh side facing up, and bake in the oven for 45 minutes or until soft.
5. When soft, remove the aubergines from the oven and set aside to cool. When cooled down, discard the skin.
6. Place the garlic, tahini, chili powder, cumin, remaining tablespoon of olive oil, lemon juice, and aubergine in a food processor.
7. Blitz until thick. Taste and add salt and pepper to taste. Then place in a bowl and serve.
FATTOUSH

1 clove of garlic
Juice of 1/2 lemon
1/2 tablespoon cider vinegar
4 tablespoon olive oil
2 teaspoon sumac
500 grams tomatoes
1 large cucumber
2 Spring onions
25 grams flat-leaf parsley
15 grams mint
100 grams radishes
100 grams purslane
Flatbread (see recipe below)

1. Preheat the oven to 200 degrees Celsius.
2. Add the crushed garlic with the lemon juice, vinegar, oil, and sumac in a jar.
3. Include the spices to the jar, shake well, and leave to infuse in the sauce.
4. Meanwhile, cut the tomatoes and cucumber in chunks and slice the spring onions.
5. Pick the leaves off the herbs and chop roughly.
6. Combine and mix everything in a large salad bowl.
7. Pick the leaves off the purslane and add to the salad.
8. Toss the dressing with the salad.
9. Then, just before serving, cut the radishes into quarters and use them to garnish the salad. Finish with a flourish of sumac.
10. Serve the fattoush with the flatbread broken into shards.

FLATBREAD

350 grams self-raising flour
1 teaspoon baking powder
350 grams natural yoghurt

1. Mix all the ingredients in a large bowl with a spoon, then use clean hands to pat and bring everything together.
2. Dust a clean work surface with some flour and tip out the dough. Knead for a few minutes to bring it all together; you don't need to knead it for long.
3. Put the dough into a flour-dusted bowl and cover with a plate and leave aside for 30 minutes.
4. Dust a clean work surface and a rolling pin with flour, then divide the dough into half. Divide each half into six equal-sized pieces.
5. Pat and flatten the dough with your hands and use the rolling pin to roll each piece into 12 cm rounds, roughly 2-3 mm thick. Use a knife to cut lines in the centre of each round.
6. Place the griddle pan on high heat. When hot, cook each round 1 to 2 minutes on each side until bar-marked and puffed up.
7. Serve warm on the side or with dips, or let cool down and use for salads.
CHICKEN & SUMAC STUFFED MUSHROOMS

Are you up for something different? Try sumac! Our stuffed mushrooms bring this special oriental spice onto Groningen’s tables. If you are willing to put in the effort, this dish will take your taste buds on a grand adventure.

Keywords: 30 minutes. Serves 4.

METHODS AND INGREDIENTS

2 tablespoons olive oil
50 grams pine seeds
900 grams chicken thighs
Salt and pepper to taste
1 tablespoon powdered chicken stock
400 grams large mushrooms
500 grams onions
2 tablespoons sumac
2 tablespoons oregano
Juice of 1 lime

1. Preheat your oven to 200 degrees Celsius.
2. Add two tablespoons of cooking oil and place the pine seeds in a medium heated pan. Keep stirring gently.
3. Once they have turned light brown, keep the pine seeds aside to be used for later.
4. Place the chicken in a big pot and cover it with water. Add the salt, pepper, and powdered chicken stock.
5. Bring to boil on medium-high heat. Once boiling, reduce the heat to low and cover with a lid. Allow the chicken to cook for an additional 25–30 minutes.
6. Once cooked, place the chicken into a large bowl and pull the chicken meat into pieces using two table forks.
7. Put the pulled chicken and the chicken stock aside to be used later.
8. Remove the stems and spore gills from the underside of the mushrooms. Then, using a brush, coat the mushroom with olive oil.
9. Place the mushroom on an oven tray and cook for 10 minutes, or until done.
10. Once cooked, place the bottom of the mushrooms up into an oven tray and put them aside.
11. In a hot pan, add some oil and the sliced onions. Cook the onions for three minutes, or until it begins to turn a light gold colour.
12. Add the pulled chicken, sumac, oregano, and stir gently for two–four minutes.
13. While stirring, add chicken stock to keep the mixture moist.

14. Once cooked, stuff the cooked mushroom with the pulled chicken.

15. Add some pine seeds on top of the pulled chicken.

16. Place into the oven for three minutes to heat everything, then serve. Add lime juice to taste.

**AVOID ANTIBIOTICS**

Antibiotic resistance is a serious, looming threat. The routine use of antibiotics in animals raised for food (to promote growth and keep them healthy in often crowded environments) is now propagating antibiotic-resistant ‘superbugs.’ We’re seeing a global rise in ailments that no longer can be treated by a simple round of antibiotics. One of the best things to do is to buy chicken and other meats raised without antibiotics. Look for the ‘No Antibiotics Ever’ label, and remember that ‘organic’ doesn’t necessarily mean drug-free.
DEEP-FRIED STamppOT

If you are a real Groninger, you enjoy Dutch cheese, stamppot, hutspot, and bitterballen. Those four dishes are welcome on any Dutch table. Still, you can impress your family, friends, or that special someone, by making something Dutch even more Dutch! Groningen deep-fried stamppot will bring all those dishes together in one go! It is a mix of stamppot and hotspot, stuffed with gouda cheese and served as bitterballen. It is not easy to make, but is totally worth it.

**Keywords:** Difficult. 30 minutes. Serves 4.

**METHODS AND INGREDIENTS**

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<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>onions</td>
<td>400 grams</td>
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<tr>
<td>oregano</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>mustard</td>
<td>150 grams</td>
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</table>

1. Cook the chopped onions, carrots, endives, and smoked bacon on a medium-hot heat, until golden brown. Place the cooked ingredients aside to be used for later.

2. Boil the potatoes in a big pot for 25–30 minutes, until soft.

3. Once cooked, mash the potatoes adding the salt, pepper, any other preferred spices, milk, and butter, as well as the fried bacon, cooked onions, carrots, and endives. Keep mashing until it is mixed thoroughly.

4. Place the pot with the mix on medium-low heat and keep stirring for 2–3 minutes.

5. Once cooked, keep the mixture aside until it is completely cold.

6. Make the stamppot mix into roughly 3cm diameter balls by using your hands or an ice cream scoop, and placing one 1.5 cm cube of gouda cheese in the centre of each ball.

7. Place the flour, the whisked eggs, and the bread crumbs into three separate bowls.

8. Add some salt, pepper, and oregano to the breadcrumb mixture.

9. Dip each ball into the flour, then into the egg until coated lightly. Finally, dip the ball into the bread crumbs then shake off excess.

10. Place the frying oil in a pot and put it on medium heat.

11. When the oil is hot, fry the stamppot balls by placing them gently into the pan.
12. Once the stamppot turns dark gold, take the stamppot balls out the frying pot and shake them from any excess oil.

13. Place the balls on a paper towel to remove any remaining excess oil.


**EAT SEASONALLY**

Eating produce in season is tastier, more nutritious, and is better for the planet. Because seasonal fruits and veggies are often harvested in your region, there is no need for long-distant exportation and importation, which cuts down the carbon footprint. Even better is to buy from nearby growers. Find out which produce is in season in your area using online and mobile resources, such as the BBC Good Food Seasonal Calendar: [https://www.bbcgoodfood.com/seasonal-calendar/all](https://www.bbcgoodfood.com/seasonal-calendar/all).
CHICKPEA & ZUCCHINI CURRY

Chickpea curry, as presented in this recipe, is a fusion of Indian and British cuisine. Indian dishes found their way to Britain during the British Empire, where they became Westernised due to differences in the local palate. The addition of zucchini (an Italian squash) is what makes this particular recipe unique.

Keywords: Vegetarian, inexpensive. 35 minutes. Serves 4.

METHOD & INGREDIENTS

1/2 zucchini
2 onions
1 tablespoon olive oil
2 garlic cloves
2 teaspoons garam masala
2 teaspoons turmeric
2 teaspoons chilli flakes
1 teaspoon coriander
1 tablespoon freshly grated ginger
400 grams chopped tomatoes
400 grams chickpeas
250 grams basmati rice

1. Cut zucchini into slices, dice the onions, chop vegetables, and crush the garlic.
2. Heat oil in a large pan and then add onions and zucchini. Cook until softened, 10–15 minutes.
3. Add all the spices, including ginger and garlic. Stir and let cook for 1–2 minutes.
4. Add tomatoes, then bring to the boil and allow to simmer for approximately 10 minutes to thicken the sauce.
5. Pour in chickpeas, then warm through. Add salt and pepper to taste.
**SWEET POTATO SHEPHERD’S PIE**

This would make the perfect dish for holiday gatherings or hosting a crowd of mixed eaters; plant-based folks and meat-eaters alike will love this one! It’s also ideal for making in advance and reheating throughout the week for quick meals on the go. The great thing about this dish is its impressive versatility. You can tailor the ingredients you incorporate to the season in order to be sustainable and cheap. I personally love this dish and have impressed many a fella serving it (wink).

**Keywords:** Difficult, vegan. 30 minutes. Serves 4.

**MASH**

3 large sweet potatoes  
2 tablespoon coconut oil  
1/2 teaspoon garlic powder  
150 millilitres almond milk  
1/4 teaspoon sea salt

1. Preheat the oven to 180 degrees Celsius.

2. Thoroughly wash, peel and chop the sweet potato into big chunks and place in a large saucepan of boiling water. Add a pinch of salt to the water and leave the potatoes to boil for 15–20 mins till soft.

3. After, drain the potatoes and mash with the coconut oil, salt, almond milk, and garlic powder till it holds a smooth consistency.

**FILLING**

375 grams green lentils  
1 tablespoon coconut oil  
1 onion  
2 garlic cloves  
70 millimeters dry red wine  
1 carrot  
1 celery stalk  
100 grams walnuts  
120 grams green peas  
120 grams mushrooms  
1 teaspoon smoked paprika  
1/4 teaspoon red chili flakes  
2 teaspoon fresh thyme  
Sprig of rosemary  
150 millilitre vegetable stock  
1 tablespoon tomato puree  
400 grams chopped tomatoes  
Salt and pepper to taste  
Bunch of fresh coriander

1. Place the lentils in a medium or large saucepan and cover them with ten centimetres of water. Bring the water to a boil and reduce it to a simmer, then cover.

2. Simmer the lentils for 20–25 minutes, or until they’re tender but still have some chew; I recommend checking them at the 18-minute mark to be sure they don’t get mushy. When the lentils are ready, drain them and set them aside. (This can be done up to three days in advance.)

3. Heat oil in a large skillet or sauté pan over medium–high heat. Add the onions and shallots, along with a pinch of salt. Cook the onions for 5 minutes, or until they’re becoming clear, then add the garlic and cook for another minute, or until it’s very fragrant. Then add the red wine.

4. Add the carrots, mushrooms, celery, sweet peas and walnuts. Cook for two to three minutes, stirring often.

5. Add the thyme, paprika, red chili flakes, and rosemary and cook for one to two mins.
6. Add the final ingredients of the lentils, tomato puree, freshly chopped tomatoes, and vegetable broth into the pot, and add your seasoning of salt and pepper.

7. Leave to cook for 10 mins and then pour into the casserole dish.

8. Top the casserole dish with the sweet potato mash and season lightly again. Place into the oven for 40–45 mins: until it has a crispy top.

9. Serve with chopped coriander and enjoy.

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**USE ALUMINUM FOIL WISELY**

Cost-conscious cooks have found creative ways to use and reuse aluminium foil for decades. These habits are also eco-friendly. Wrap lunches, snacks and leftovers in foil to keep them fresh, then rinse and reuse the foil again.

Looking for more smart uses for foil? Line pans and baking dishes with aluminium foil to make cleanup easier, so you use less water. Reuse aluminium foil to clean and scour pots and pans instead of steel wool or plastic pads. You can also use aluminium foil to sharpen scissors and garden shears; simply fold a sheet six to eight times and make several cuts.
MAC & CHEESE

You can never have enough cheese, which is what makes this triple mac and cheese recipe so irresistible! Prepare yourself as just one taste of this cheesy sauce will blow you away. If you are up for it, just add a bit of ketchup, trust me it works wonders!

Keywords: Vegetarian. 30 minutes. Serves 4.

METHOD & INGREDIENTS

350 grams macaroni pasta  
8 tablespoon unsalted butter  
3 tablespoon plain flour  
500 millilitres whole milk  
2 eggs  
200 grams cheddar cheese  
100 grams blue cheese  
100 grams gruyere cheese  
Sriracha chilli sauce  
1 teaspoon mustard  
Salt and pepper to taste  
Ketchup to taste

1. Boil the macaroni for two minutes less than stated on the pack in a saucepan.

2. Melt the butter in a separate saucepan, stirring in the flour until thoroughly combined. Gradually whisk in milk until the sauce is smooth and free of lumps. Watch and stir the mixture constantly as it can burn quickly.

3. Simmer for 5 mins, continually whisking until the sauce has thickened. Then, take it off the heat.

4. Grate both the cheddar cheese and gruyere, and crumble the blue cheese.

5. In a separate bowl, mix the eggs, cheddar, blue cheese, gruyere, sriracha sauce, and mustard in a bowl.

6. Add the cheese mixture to the white sauce and stir. Then stir the macaroni into the cheesy sauce.

7. Cook for an additional two minutes adding salt and pepper to taste.

8. Optionally, mix in a squirt of ketchup.

9. Serve with more grated cheese on top.
**PARMESAN, SPINACH & BACON QUICHE**

Perfect for any time of the day, this delicious quiche will make sure to satisfy your stomach. Refined with an addition of parmesan to the crust and bacon in the filling, my mother has achieved the taste of summer in this recipe.

**Keywords:** 40 minutes. Serves 4.

**DOUGH**

225 grams flour  
125 grams butter  
1 egg  
Salt to taste  
2 tablespoons coldwater  
50 grams grated parmesan

1. Preheat the oven to 180 degrees Celsius.  
2. Mix the flour and butter, then beat the egg and then mix into the mixture. Add water and salt to taste.  
3. Form the dough into a ball. If it is too wet add flour, and too dry add water.  
4. Butter a muffin tray and add the dough, lining each bowl with a thin, even layer.

**FILLING**

1 onion  
250 grams bacon  
400 grams spinach  
250 millilitres milk  
6 eggs  
150 grams grated cheese  
Salt and pepper to taste

1. Fry the onions and bacon in one pan until caramelized.  
2. Heat the spinach and remove all excess water.  
3. Add the bacon and onions to the spinach.  
4. Add the milk, cheese, eggs, pepper, and salt. Mix the mixture.  
5. Use an immersion blender to puree the filling.  
6. Fill each bowl in the muffin tray with the spinach and bacon filling.  

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**EAT PLANT-BASED ‘MEAT’**

Rearing animals takes vast amounts of land, water, and energy, and those animals are a major source of greenhouse gas emissions. Even worse: Global meat production is expected to increase to a whopping 62.6 million tonnes in 2018, placing an even heavier environmental burden on our planet. Substituting meat with vegetarian equivalent products every now then helps reduce the strain on the environment.
SWEETS
CHOCOLATE DREAM CAKE

Are you celebrating a birthday? Want to impress your friends and family? Or just have the day off and feel like baking an amazing cake? Then this is the one to make. Enjoy!

Keywords: Difficult, expensive. 90 minutes. Serves 12.

BROWNIE BOTTOM

45 grams dark chocolate  
75 grams butter  
62 grams flour  
1/4 teaspoon baking powder  
8 grams cacao powder  
Pinch of salt  
1 egg  
150 grams dark brown sugar  
4 grams vanilla sugar  
50 grams walnuts

1. Preheat the oven to 180 degrees celsius.
2. Put baking paper surrounding the inside of the tin and grease the sides of your 22 cm diameter baking pan.
3. Melt the chocolate and the butter au-bain-marie. When melted, set aside to cool down a bit.
4. Sieve the flour, baking powder, cacao powder, and the salt in a separate bowl.
5. Mix the eggs, sugar, and vanilla sugar in a third bowl until white and fluffy.
6. Chop the nuts into small pieces.
7. Put the melted chocolate into the egg and sugar mixture, folding with a spatula. Add the flour and walnuts into the mix as well.
8. Put the melted chocolate into the egg and sugar mixture, folding with a spatula. Add the flour and walnuts into the mix as well.
9. Scoop the mixture into your baking pan and bake for 20 minutes.
10. Let the brownie cool completely and then put acetate or aluminium foil on the sides of the baking pan.

CHOCOLATE MOUSSE

3 sheets of gelatine  
300 grams milk or dark chocolate in chunks  
375 millilitres whipped cream

1. Put the gelatine sheets in cold water.
2. Slowly heat 50 ml of the whipped cream in a pan until little bubbles form on the sides.
3. Squeeze the water from the gelatine. Add the chocolate and gelatine. Stir until all the chocolate is melted and turn off the heat.
4. Let it cool completely.
5. Whisk the whipped cream until stiff peaks form, and then gently mix it with the cooled chocolate.

6. Pour the mixture on the brownie bottom and set aside in the fridge until stiff.

**STRAWBERRY MOUSSE**

7 Sheets of gelatine  
375 grams fresh or defrosted strawberries  
150 grams granulated sugar  
Juice of half a lime  
300 millilitres whipped cream

1. Put the gelatine sheets in cold water.

2. Blend the strawberries, add the sugar and lime juice.

3. Squeeze the water from the gelatine sheets and dissolve them in a bit of hot water. Add this to the strawberry mixture and set aside in the fridge.

4. Mix the whipped cream until stiff and then gently mix this in with the cooled down strawberry mixture.

5. Scoop the strawberry mousse on the now-stiff chocolate mousse and set aside in the fridge for at least an hour.

**CHOCOLATE DRIPS**

100 millilitres whipped cream  
150 grams dark chocolate  
10 grams butter

1. Heat the whipped cream until small bubbles form at the sides.

2. Add this to the chocolate, which has to be broken into pieces.

3. When the chocolate is almost melted, add the butter.

4. Use a teaspoon to make drips on the side of the cake and then cover the top. It doesn’t matter if it isn’t impeccable; you can always touch up and decorate it later.
MUG BROWNIE

This midnight snack is a quick, cheap, and easy way to satisfy those late-night cravings. Made in just 5 minutes with no mess or hassle. Not to mention, you definitely already have these ingredients in your cupboard anyway! This recipe is vegan and has many variations to suit your sweet-tooth!

Keywords: Vegan. 5 minutes. Serves 1.

METHOD & INGREDIENTS

3 tablespoons flour  
3 tablespoons powdered sugar  
1/2 teaspoons baking powder  
Pinch of salt  
1/2 teaspoons vanilla extract  
3 tablespoons olive oil  
3 tablespoons water  
2 teaspoons chocolate chips  
Ice cream

1. Combine all the dry ingredients into a tall mug.
2. Add the vanilla extract, oil, and water to the mixture and stir until well combined.
3. Add chocolate chips or other treats of your liking.
4. Cook in the microwave for about 45-60 seconds on a setting of 1,200 Watts.
5. Serve with ice cream.

SECOND-GUESS SELL-BY DATES

The labels with sell-by, best-by, use-by, enjoy-by, and best-if-used before dates are confusing because they don’t have a precise legal definition and are often based on the manufacturer’s concerns over food freshness, not food safety. That confusion prompts many of us to throw away food that’s often still perfectly safe to eat. Large retailers are trying to standardise those phrases, but variations still abound. Before tossing an item based on date alone, take a closer look. Except for infant formula, if the date passes during home storage, a product should still be safe until you can see spoilage if it’s handled properly.
LIME COCONUT MACAROON

This light and zesty dessert is perfect for satisfying an after-dinner sweet tooth and can be served cold or warm. It is both quick and delicious, ideal for impressing guests. This recipe is gluten free, making it suitable for coeliacs, the gluten-intolerant, hipsters and food-lovers.

Keywords: Vegetarian, gluten-free. 45 minutes. Makes 26 balls.

METHOD & INGREDIENTS

1 teaspoon vanilla extract
Juice and zest of 1 lime
400 grams desiccated coconut
445 millilitres sweetened condensed milk
2 eggs
1/4 teaspoon salt
100 grams dark chocolate

1. Preheat the oven to 160 degrees Celsius.

2. In a medium mixing bowl, mix the vanilla extract, lime juice and zest, coconut, and condensed milk. Set aside for later.

3. In a different bowl, separate the eggs and only use the egg whites. Beat the egg whites and salt together until they form stiff peaks (you should be able to hold the bowl upside down over your head without the mixture falling out!)

4. Fold the egg whites gently into the coconut batter using a spatula to retain as much air as possible.

5. Use a tablespoon to form the mixture into balls a bit smaller than the size of a golf ball. Place each ball a reasonable distance apart as they spread a little in the oven. Bake for 20–25 minutes until slightly golden around the edges.

6. Allow cooling, then drizzle with melted chocolate and allow to harden. Serve and enjoy!
SURPR-ICE TART

A dessert with endless possibilities. Mix different ice cream flavours with different kinds of fruit and enjoy after a nice dinner or on a hot summer day.
Hot tip: Prepare this desert beforehand and let it sit in the freezer until needed.

Keywords: Vegetarian. 45 minutes. Serves 4.

COOKIE CUP

1/2 egg yolk
75 grams butter
50 grams white raw sugar
100 grams flour

1. Preheat the oven to 175 degrees Celsius.
2. Mix all the ingredients until it has a grainy structure.
3. Knead the crumbs with cold and washed hands until you have created a ball of dough.
4. Wrap the ball in plastic wrap and set aside in the fridge for 30 minutes.
5. Cover the sides of your baking ring with baking paper and cover the bottom and sides with dough.
6. Use a fork to poke some holes in the bottom.
7. Blind bake it in the middle of the oven for 20 minutes and then generally for 5 minutes.
8. Let cool on a cake tray.

FILLING

Dark chocolate
Vanilla ice cream (or another flavour)
Frozen or fresh berry mix (or any other preferred fruit)

1. Melt the dark chocolate au-bain-marie or in the microwave (stir every 10 seconds when you heat it in the microwave). The amount depends on the size of your cookie cup.
2. Pour the chocolate in the cookie cup and swirl it around until the bottom and sides are completely covered. This will protect the cookie from losing its crunch because of the ice cream.
3. Now, fill up the cup with ice cream and decorate with the fruit. Enjoy!
CARROT CUPCAKES

These cupcakes are perfect as a dessert or with a cup of tea/coffee. They are easy to make, but will definitely impress your family and friends.

**Keywords:** Vegetarian. 60 minutes. Serves 12.

### CUPCAKES

- 150 grams flour
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 2 eggs
- 150 grams sugar
- 120 millilitres vegetable oil
- 1 teaspoon vanilla extract
- 450 grams grated carrots
- 150 grams pineapple
- 60 grams walnuts
- 60 grams pecans
- 12 whole walnuts

1. Preheat the oven to 200 degrees Celsius.
2. In a bowl, whisk together the flour, cinnamon, nutmeg, baking powder, and salt.
3. In another bowl, mix the eggs and sugar until the mixture is smooth.
4. Then add the oil, vanilla, carrots, pineapple, walnuts, and pecans and mix well.
5. Add the dry mixture to the wet mixture.
6. Line muffin pans with paper liners and scoop the batter into muffin cups until each is 3/4 full.
7. Bake for 10 minutes, then reduce oven temperature to 175 degrees Celsius and cook for a further 30 to 35 minutes.
8. Generously put the frosting on the cupcakes and add a walnut on top to decorate.

### ICING

- 200 grams butter
- 300 grams cream cheese
- 1 teaspoon vanilla extract
- 200 grams powdered sugar

1. Beat the butter until it is light and fluffy.
2. Add the cream cheese and vanilla extract. Mix well.
3. Add powdered sugar while mixing slowly.
4. Refrigerate until it is stiff.
**WHITE CHOCOLATE CHEESECAKE**

Craving chocolate but also something fresh? This is the solution! This cake is very filling, so be sure to leave room in your stomach after the main course!

**Keywords:** Vegetarian. 70 minutes. Serves 8.

**METHOD & INGREDIENTS**

- 200 grams digestive biscuits
- 100 grams melted butter
- 600 grams fresh cream cheese
- 125 millilitres crème fraiche
- 175 grams white sugar
- 15 grams vanilla sugar
- 200 grams white chocolate
- 4 eggs
- 250 grams raspberries

1. Preheat the oven 180 degrees Celsius.
2. Crumble the biscuits.
3. Melt the butter and mix the biscuit crumbles with the butter and distribute it over the base of baking mold evenly.
4. Put the baking mold in the fridge.
5. Melt the chocolate au bain-marie.
6. Mix the cream cheese, crème fraiche, sugar, and vanilla sugar until creamy.
7. Mix the melted chocolate into the cream cheese mixture.
8. Add the eggs, one by one. Mix thoroughly.
9. Finally, pour the mixture into the baking mold.
10. Bake for approximately 50 minutes.
11. After the cake has cooled, top the cheesecake with the raspberries.
BERRY MINT SORBET

Have you ever just wanted to eat something healthy yet cooling to save you from that summer heat? Here’s our fruity sorbet: refreshing and a light way to end a meal. Plus, it’s dairy-free for those looking to cut out milk or cream. Just three steps, and it’s all yours!

Keywords: Easy, vegan, inexpensive. 20 minutes. Serves 2.

METHOD & INGREDIENTS

250 grams frozen berries (your preference)
2 bananas
20 grams fresh mint
20 grams unsalted mixed nuts

1. Pour the frozen berries and bananas into a blender and mix until smooth.

2. Chop up mint and nuts.

3. Scoop out two bowls and top up with nuts and mint. Serve immediately.

STOCK UP ON FRICID FRUIT

The produce aisle isn’t the only place to get your fruit. Check the freezer section for deals on mangoes, berries, peaches; they are more sustainable than fresh out-of-season fruit because they’re picked and processed at their peak ripeness. Buying fruits that are in season, and preserving them in your freezer is a sustainable practice. These can then be used in smoothies and baked goods, for example.
IT TAKES TWO TO MANGO

Perfect as an alternative to a cheap bottle of wine at pre-drinks, this drink will be sure to impress your fellow party-goers. Alternatively, enjoy as a mocktail while relaxing in the sun. Why not add a sprig of mint and a slice of mango to garnish?

Keywords: Easy, vegan, inexpensive. 5 minutes. Serves 1.

METHOD & INGREDIENTS

40 millilitres cranberry juice
80 millilitres mango nectar
40 millilitres vodka
Ice cubes
Fresh mango to garnish

1. Fill a tall glass with the ice cubes.
2. Add the cold cranberry juice, mango nectar, and vodka. The vodka is optional if seeking a non-alcoholic alternative.
3. Garnish with a slice of mango.
POMEGRANATE SHOTS

Rum lovers, this one’s especially for you! These shots will definitely pack a punch and are perfect to spice up a party. Originally these shots are made with gin, but this variant might be even better.

Keywords: Easy, vegan, inexpensive. 5 minutes. Serves 5.

METHOD & INGREDIENTS

140 millilitres white rum
30 millilitres grenadine
Handful pomegranate seeds

1. Fill the bottom of the shot glass with pomegranate seeds
2. Add the cold white rum.
3. Layer the cold grenadine over.
4. Shot!
BOOZY STRAWBERRY SLUSHIE

These slushies are perfect for a hot summer day: easy, quick, and amazing after a long day at the beach.

Keywords: Easy, vegan, inexpensive. 10 minutes. Serves 6.

METHOD & INGREDIENTS

400 grams frozen strawberries
475 millilitres rose wine
2 handfuls of ice cubes
60 millilitres triple sec

1. Blend the strawberries with the chilled rose wine and triple sec. Set aside.
2. Crush the ice cubes in a blender.
3. Put ice cubes in the glass and add the liquid.
4. Garnish with a slice of lime.
Fusion food is the bringing together of elements from different culinary traditions to create a single dish. This may sound a simple concept, but dig below the surface and fusion food represents much more. It is the bringing together of cultures and of ideas. It is the testing of norms. It is the daring creation of something truly new. Taking long established national cuisines and well-respected culinary traditions and turning them on their heads. Taking bold steps into the world of culinary possibility in the age of globalisation.

Cuisines and culture surrounding food have always been taking inspiration from each other, however, thanks to globalisation, this exciting merging of cultures is blended at a much faster pace. International immigration has brought about a melting pot of accessible cuisines, blessing the streets of Groningen with gyros and sushi (a popular choice for any student).

While these are not exactly high-end examples, it cannot be denied that it is amazing to think that any person, regardless of wealth, can try a huge variety of different cuisines without having to go further than their high street. Sampling a little piece of another culture is completely normal in today's Groningen. It is natural that with so many cuisines and cultures side-by-side that they begin to influence one another. Thai restaurants make dishes less spicy to suit the Dutch taste. Moroccan restaurants buy ingredients from Turkish grocers.

This need to adapt to a multicultural environment paves the way for new dishes to be created. and potentially kick off a new generation of food. The mutant dishes—the point where two cultures converge into one new thing—are part of the rapid evolution of food that globalisation has initiated.

Though this evolution is on a massive scale, to really examine this issue I had to look no further than my own flat. Living alongside Dutch, Japanese, American, Guatemalan-Canadian and a fellow Brit, there is no shortage of variety in our kitchen. Through interviews and casual conversations I gathered a small database on the fusing of cultures happening in my very own kitchen.

One of the most interesting findings was the difference in diet and attitude towards food that Mika has experienced in moving to Groningen. Mika is on a year exchange from Himeji, a city in Japan, and this is her first time in Europe. Mika brought a lot of food from Japan to Groningen and so continues to mainly eat her national cuisine, however she has found her attitudes to food changing quite radically. In Japan, food is ‘comparatively healthy’, aesthetics are incredibly important and portions are smaller, eating is somewhat of a ritual, and food is generally considered much more important than in The Netherlands. Mika says that in Japan they ‘live to eat’ while in The Netherlands (and Western Europe more generally) ‘food is only to live’.

With the lifestyle and schedule of a Dutch student Mika cooks quicker, messier looking meals and has taken to eating pasta and bread much more often. Her portion sizes have increased, and she has become used to eating alone: something a Japanese person would never do by choice, but is not unusual in the Netherlands. This influence of Dutch culture on Mika shows two very different cultures meeting in the middle to create something quite different. Unaesthetic, larger portions of Japanese food incorporating bread and pasta may be a thing of the future.

Another fascinating finding came to me as a story. Anabelle is a Latina from Canada working in Groningen. Most of her cooking here in The Netherlands is a product of her Canadian influence. This is due to the similarities between Dutch and Canadian cuisine and the fact that Anabelle spent many of her years learning to cook in Canada. However, on occasion Anabelle will cook dishes that her Guatemalan family used to cook for her. Perhaps unexpectedly, plantains, a staple food in Guatemala are available at the local market in Groningen.
She fries the plantain to make them into chips that she eats alongside standard Western foods. Over a conversation in the kitchen she described to me an amazing breakfast made from plantains that her Guatemalan grandmother used to make for her. She says it was just incredible and we should all go to Guatemala to try it! It will be worth the trip.

Sadly, she doesn’t know how to make it herself. Her ties to her Latin heritage are still very much present, but the cuisine has been combined with that of Western countries such as Canada and The Netherlands. A side of plantain chips may be a new alternative to fries or mashed potato.

Globalisation has been the catalyst for a whole new era of food. The combining of different cultures and the ideas and attitudes that come with them are able to spread at an unprecedented rate, offering endless possibilities.
ON TODAY’S MENU...

Would you eat a cockroach? How about a grasshopper? Probably not; far too many legs. However, what if I sweetened the deal by saying that the eating of insects might be a way of averting widespread environmental disaster? I bet that complicates your opinions a little bit.

The world population is constantly increasing. Moreover, thanks to the effects of environmental degradation, the amount of arable land is decreasing. This poses a major problem for the future of conventional animal-based proteins like chickens, or cattle. Insects might provide the way forward.

The practice of eating insects by humans is known as ‘entomophagy’. While the eating of insects is common in developing nations, it is still a taboo in many Western cultures. What exactly is the reason for this disgust associated with insects? And in what ways can we reduce this negative attitude towards it?

In order to answer these questions, we should first have a look at the reasons why the Western world should eat more insects.

THREE GOOD REASONS

Health

Although the nutritional value of insects vary due to species and diet, many insects are rich in protein, healthy fats, and certain vitamins. Numerous species contain approximately 60 per cent protein especially grasshoppers, crickets, and locusts.

The protein content of these species is comparable with conventional meat products. Moreover, the larvae of the African palm weevil contains 67 per cent fat, which is higher than the amount found in products like chicken, beef, eggs, and milk. In general, the fat content is comparable with poultry and fish.

These statistics show that insects could function as an important food source for humans. In addition, they could be an amazing weapon in the battle against malnutrition.

Environment

The eating of insects can also have a positive impact on the environment. Currently, livestock production is a leading cause of climate change. In 2006 it was estimated that 70 per cent of all agricultural land use was needed for livestock production.

The expectations are that between 2000 and 2050 the global demand for food will double. In addition, fish production has increased dramatically in the last five decades. In the short term the large-scale production of fish is viable, however, in the long term it carries huge environmental consequences.

An increase in animal production will lead to a higher demand for feed and cropland and, therefore, will trigger deforestation. The use of insects as a replacement for fish and meat could help to reduce environmental degradation in a number of ways.

First of all, insects have a higher feed-conversion efficiency compared to conventional meat products. The conversion rate is how much feed is needed to produce a 1 kg increase in weight.
<table>
<thead>
<tr>
<th>Conversion rate for 1 kg</th>
<th>Per cent edible</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef 10 kg</td>
<td>40</td>
</tr>
<tr>
<td>Pork 5 kg</td>
<td>55</td>
</tr>
<tr>
<td>Chicken 2.5 kg</td>
<td>55</td>
</tr>
<tr>
<td>Crickets 1.7 kg</td>
<td>80</td>
</tr>
</tbody>
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This means that crickets are twice as efficient as chicken, four times more efficient than pigs, and 12 times more efficient compared to cattle.

Furthermore, insects emit relatively few greenhouse gases and ammonia. Livestock is responsible for 18 per cent of the greenhouse gas emission; on average the greenhouse gas emission of insects is with a factor of 100 lower. Western diets are characterised by a high intake of meat, dairy products, and eggs. Halving the consumption of these products would reduce greenhouse gas emissions by 65 per cent in the UK and by 25-40 per cent in the European Union.

Water scarcity is also an increasing world problem, which threatens biodiversity, food production and other human needs. 70 per cent of freshwater worldwide is used for agricultural means.

Animal protein requires a lot of water. 1 kg of chicken requires 2,300 litres of water, 1 kg of pork 3,500 litres and 1 kg of beef 22,000 litres. The volume of water needed for the production of insects is estimated to be significantly lower.

It is important to realise, however, that little research in this field has been done. Except for one life cycle analysis study conducted on one farm for the yellow mealworm, there are no other studies concerning energy, greenhouse gas production, and land area.

Consequently, it is doubtful how efficient edible insects really are as an alternative protein source for human food and animal feed. Therefore, more research is urgently needed to establish its environmental impact.

**Economic**

Besides health and environmental advantages, the production of insects also has economical benefits compared to the conventional meat and fish production. This could be especially relevant for developing countries as it offers unique opportunities regarding employment and income earning.

Since the majority of edible insects in developing countries are gathered, there are only a few large-scale productions of insects. In general, the harvesting is low-tech and requires a low investment of capital, therefore, it offers even the poorest countries the chance of making money.

**CRITICISMS**

Nonetheless, there are risks associated with the cultivation of insects.

When harvesting a popular, high-priced insect from nature, one of the dangers is overexploitation, which can endanger future harvests. Agricultural intensification strategies focus on attaining higher yields. However, this should be done with a minimum impact on the environment. Therefore, researchers call for “sustainable intensification.”

For edible insects, this means also paying attention to the services they provide, besides their role as a source of nutrients. The most common way of controlling insects in agriculture, even the edible ones, is to use chemicals.

When insects are produced, either as a source of food (for humans) or feed (for animals), this has an impact on the environment. This impact can be divided into direct and indirect. For instance, due to the
respiration and metabolism of these insects, carbon dioxide, methane, nitrous oxide, and ammonia are emitted.

So far, direct emission levels are only quantified for five insect species. However, these levels seem to be lower than for conventional livestock.

Besides, studies indicate that the energy use of insect production systems is high compared to benchmarks. As said, the high-energy requirements are due to the need for relatively high temperatures for the insects, but this also means they have relatively low requirements for dietary energy.

Within the livestock and insect production chain, the majority of land and water use, as well as the total greenhouse gas emissions, is associated with feed production.

The efficient use of feed, therefore, explains the relatively low requirements in terms of land and water in insect production chains compared to their respective benchmarks.

IT IS SUSTAINABLE?

In order to assure future harvests, it is necessary to develop sustainable harvesting practices.

Other threats to this natural resource are habitat changes, pesticide use, or pollution. Furthermore, the increased use of insects as food and feed is expected to require more volume than can be harvested from nature.

Therefore, farming the insects as mini-livestock is advisable. Insect-based meat substitutes are potentially more sustainable but require more advanced cultivation and processing techniques. In comparison to current production practices, this potentially abundant food source can contribute to a more sustainable food and feed production, as certain insects can be reared on organic side streams.

Insect production has great potential with respect to sustainably providing food for the growing population. However, food and feed safety issues need to be considered.

Besides, further technological advancement and continued monitoring of the effects of these developments on the environment are needed to foster acceptance of insect production and consumption.

FOOD SAFETY & LEGISLATION

More challenges along the way for companies to produce insects as food and feed concern legislation and food safety.

Western legislation is very conservative about new food or ingredients. EU legislation on food follows the ‘safety principle’, which states that if potential risks from consumption of new foods are identified, a premarket risk assessment is needed.

The importation of insect products must follow general EU food law and the exporter countries have to demonstrate observance of hygienic criteria in combination with high standard requirements. This all limits the consumption of insects.

Food safety is always of importance when dealing with new food sources. In the context of edible insects, there are three ways through which food safety risks can arise.

1. The insects could have obtained toxic substances or viruses from its environment during its life cycle.
2. The insects could become spoiled after harvest.
3. Consumers could have an allergic reaction to insects.
To prevent physical, chemical, and biological contamination during the food production process, edible insects should be produced hygienically. The Hazard Analysis and Critical Control Points system is a widely used approach to avert this.

This should be adopted by the commercial edible insect producers and the companies that develop insect-based food products. Besides, insects as a cause of allergic symptoms is something that must be taken into account, therefore, appropriate indications in food labelling must be required.

On top of this, there is legislation decreeing that food which is not consumed ‘in a significant degree’ before 15 May 1997 may be considered novel food. However, whether or not insects are regarded as novel food remains a question.

In practice, it seems that different countries have made their own decision whether they regard insects as novel food or not. For example, in Denmark insects are widely sold, however in Germany, selling insects is prohibited.

**WESTERN ATTITUDES TOWARDS ENTOMOPHAGY**

Were you happy to be confronted with the idea of eating a grasshopper? What you probably might have felt is the strong rejection felt across the West towards the use of insects as human food. This can be partially explained by the fact that in Western countries the eating of insects is not a part of the culture.

The main reason for the negative attitude towards entomophagy is the feeling of disgust. This feeling contributes to the misconception that eating insects is ‘starvation food’, and is purely a survival mechanism. Even in areas where insects were part of the traditional food culture, the aversion against entomophagy may exist.

This can be explained by the fact that Western lifestyles are often copied and since eating insects is not part of the Western culture the aversion against the eating of insects is spread. However, history shows that attitudes toward food can change drastically.

Lobster and shrimps, for example, were first considered as poor man’s food and are now regarded as expensive delicacies. Therefore, a shift of perception is needed in order to make entomophagy accepted within Western culture.

**STRATEGIES TO IMPROVE THIS ATTITUDE**

In order to promote the consumption of insects, a number of strategies have been proposed by Arnold van Huis, a researcher with the University of Wageningen.

1. People should be given a taste experience of eating insects. Research shows that consumers who had eaten insects before had a more positive attitude towards entomophagy compared to those who had not.

2. A positive attitude towards the eating of insects should be created. This can be done by the use of role models and by providing information about the benefits of edible insects.

3. Insects should be promoted to be delicious. Acceptability is largely based on the taste of the food. Purely rational arguments regarding environmental and nutritional benefits will not be enough to change the attitude towards entomophagy.

4. Insects should be processed into familiar food products. Consumers showed more acceptance towards the eating of insects when processed in familiar products. Processing insects into flour is also a good way to gradually integrate the eating of insects into the Western culture.
5. More information about food safety should be provided in order to avoid reluctance due to risk associations. Especially information provided by scientific researchers, government and well-known relatives is proven to be regarded as trustworthy.

6. The edible insects should be made available and the price should be affordable. The availability in western countries is currently very low and the prices are relatively high. This combination makes it unattractive for customers to buy insects or products containing insects.

In applying all these strategies, the attitudes towards eating insects will (hopefully) see improvement.

ARE YOU CONVINCED?

I sure hope so!

Insects contain many proteins, vitamins and other nutrients and therefore, are a suitable replacement for meat, fish and poultry. Also, it could play a crucial role in our battle against malnutrition.

On top of that, it would release a lot of pressure on the environment. Meat, poultry, and fish have a large impact on the environment. In comparison to meat, insects have a higher feed-conversion efficiency, emit relatively few greenhouse gases, and the estimated water and land use needed for their production is significantly lower.

However, so far, there is little research in this field and the production of insects can have possible threats to nature, such as overexploitation. In addition, insect production needs a lot of energy and more advanced processing techniques are required before this industry can grow.

Other challenges for companies concern legislation and food safety. There is uncertainty on health risks, and the negative western attitude towards this novel food prevents the industry from growing.

Nevertheless, a shift in perception can be a great opportunity for insects to become popular in western societies, just like lobsters and shrimps, as it is a very healthy food.

We think that insects, serving as food, feed, a substitution for meat as well as an important food resource for humans, has great potential and should be stimulated to become part of the regular diet.
Hummus is a Middle Eastern food made from blended chickpeas, tahini and olive oil, with the addition of other flavourings such as lemon juice and garlic. As well as tasting great (just try ours, in the mezze dish a few pages over!), it is also a good source of plant-based protein.

Britain has been described as the ‘hummus capital of Europe’, getting through 12,000 tonnes of hummus per year. But what is the origin of this love affair? Perhaps more interestingly, whose hummus is consumed across Europe? And with this introduction of hummus to Europe, how has it shaped the national identities of the countries to which it originates from? As we discovered, not all hummuses are created equal...

As part of our detective work we interviewed four people living in Groningen with a Middle Eastern or North African background: Zechariah Allmlaji, Nadav Hargittai, Jasmin Elnabty, and Hassan Haj. According to our interviewees, in the Middle East hummus cannot be purchased from supermarkets; instead everyone makes their own hummus, alongside two or three other dishes. Tunisia and Egypt also recognise hummus as a national dish, but do not serve it as a main dish. Instead they use hummus as a snack or side dip during meals.

**WHAT IS HUMMUS?**

It was agreed by all interviewees that Middle Eastern hummus is much thinner and runnier in consistency, while the flavours differ by country. Israelis use much more tahini, and apparently, the more tahini the better. In Syria, lemon and cumin flavoured hummus is very common. In Tunisia the hummus is much spicier, whereas Egyptian hummus is very plain.

Europe has also influenced hummus, with European style hummus often featuring coriander, spices, bell pepper, and sun-dried tomatoes in addition to the more conventional ingredients. In addition, European hummus is thicker. This thicker consistency is due to the fact that European hummus is manufactured to ensure a longer shelf-life.

Allegedly Israel was the first country to make hummus international, giving them the reins on how to manufacture the dish. It is Israeli-owned businesses that are some of the leading manufacturers and distributors of hummus over the globe, such as Sabra, a company owned by PepsiCo and Strauss.

We learnt that hummus is often related to Israeli cuisine because when European Jews came to Israel they recognised the dish and decided to manufacture it, making them “the biggest players in the market,” in the words of Zechariah Allmlaji.

Currently the Lebanese are trying to claim the dish in order to seek a protected status for the chickpea paste. It’s the main manufacturer that claims the benefit of the industry, highlighting that the ‘hummus war’ is in fact not only a national clash, but also a financial clash.

**HUMMUS AND NATIONAL IDENTITY**

Most of us, without realising, live in a world where food plays an integral role in shaping our national identities. It constitutes who we are and where we come from. Food choices reflect our tastes, national identity, and is a sign of the groups in which we belong.

We learnt that traditionally in Palestine, West Bank, Gaza, and Jerusalem, worshippers will go and get hummus after prayer on Friday, filling the streets with masses of people. Furthermore, it is a very traditional...
breakfast to have hummus with falafel and tea, exemplifying the importance of the dish within Palestinian culture.

It has been suggested that many Palestinians are apprehensive about sharing their food culture with Jewish Israelis. For many Arabs living within Israel, food acts as a way for them to maintain their way of life whilst living within a bigger community. However, some traditionally Arab food components have become associated with Israeli dishes.

But it is only recently that the symbolic, social and political associations with food have been identified as a recognisable difference between Palestinians and Jewish Israelis. The production of hummus is considered important for Arabs as it is sacred and learnt from elders, as Hassan Haj told us.

Additionally, it was suggested to us by Zechariah Allmlaji that many Arabs consider it important to have national dishes as it leads to a strong sense of identity, particularly as a minority group within Israel.

When one country seeks a strong national identity that they want to claim, Middle Eastern society becomes divided. Both Arabs and Israelis claim famous dishes related to their national identity and culture.

Claiming the dish ensures that the Arab Palestinians can assert their entitlement over their occupied land, while the Jewish can benefit from this claim as it verifies that their roots are originally from their promised land of Israel. Indeed, the Old Testament book of Ruth states that, “And at meal time Boaz said on to her, come hither and eat of the bread and dip thy morsel in the vinegar.”

Vinegar in Hebrew is ‘humetz’—a word with an obvious similarity to hummus. As a consequence, it has been argued that the first record of the dish is in the Old Testament. However, the exigencies of the Jewish diaspora complicates this matter, and the jury remains out.

ARAB AND ISRAELI HUMMUS

Since the founding of the state of Israel 70–odd years ago, a distinction between Arabic and Jewish hummus has emerged. Allegedly, Arabs have passed on the hummus recipe through many generations, developing the perfect hummus recipe that is common today, which requires inherited skills for preparing the dish.

This on the other hand has not been the case for Jews, who do not share this same culturally important hummus tradition.

But how divided are Arabic and Jewish communities exactly? The Middle East is an area of Arabs and non–Arabs, and Arabs can be Christian, Jewish or Muslim. Indicating that Arabs adhere to many religions. Thus, it could be argued that hummus comes from that area and is not associated with any one religion, so the dish cannot be claimed as it's creation was likely born out of a whole plethora of influences present in the Middle–East.

Often, food is produced and sold as being under ownership of a specific country. If the food is seen as included in the nation’s history then they will aim to preserve yet simultaneously publicise their food, such as English Mustard or French dressing.

It is also interesting to note that many cookbooks are found to be associated with particular nations. This is why it has been particularly interesting to create a cookbook with a group of people from a variety of backgrounds!

CULINARY NATIONALISM

The idea of ascribing rights to food in regards to the nation has been coined as 'gastronationalism', or 'culinary Nationalism'.

Food has the power to demonstrate the ways in which a nation has a strong affinity to its past, its land and its culture. Additionally, this means that food can play a part in large-scale disagreements regarding
borders and territorial claims. For instance, the validity of a nation’s food can be queried, as can be seen in the case of hummus.

Overall, it is clear that food largely influences how an individual sees their national identity. Hummus is a fundamental constituent of Middle Eastern, Palestinian and Israeli culture. But whom the dish belongs to is an unanswered question that contributes to the ongoing Israeli–Palestinian conflict.

Nonetheless, it is interesting to note that three of our interviewees agreed that hummus is a dish that belongs to the Middle East and is not necessarily just the product of either Israel or Palestine. In fact, it could be seen as part of any culture and could possibly be claimed as the national dish of both countries.

Therefore, marketing it as a national dish belonging only to one state may seem unreasonable when it is not clear where its origin lies. However, food constitutes an enormous amount to national identity and so this leads countries to claim a dish as their own.

But regardless of the conflict, cultural, political or financial issues surrounding hummus, it has become a favoured dish in the Western community, who have gone so far as to Europeanise the dish.

Contributing different flavours and consistencies to their dish, hummus has diverged from the culturally traditional dish recognised in the Middle East, and in so doing has expanded the conflict to another level entirely.
BLESS ARE THE CHEESEMAKERS

Everyone knows that Dutch cheese is some of the best in the world. (Well, everyone except the French.)
The Dutch have had a lot of practice: the Netherlands has been producing cheese for the last 1,600 years.

The country has a perfect geography to allow for goats, sheep and dairy cows to roam (flat, green, and wet), and with these hundreds of years of experience, they (along with the French) dominate the cheese exporting market within Europe.

If you go to any town within the Netherlands, you will almost certainly come across a market, where you will find one or more cheese vendors. But if you are visiting Alkmaar, Edam, Gouda or Woerden, then you are sure to see a proper kaasmarkt, or ‘cheese market’.

If you are visiting the Netherlands in the spring and summer months, sometime between April and August, you will see the teams hauling cheese barrows, the farmers sporting different-coloured hats. The cheese is presented to the buyers and the tasting commences!

If the cheese is good and the buyer enjoys the taste, they begin to bargain for an agreeable price, sealing the deal with a loud clap called the handjeklap. After a deal is struck, the buyer carries the cheese to de waag, or the wagon.

THE KING OF CHEESE

The Dutch love cheese but the best loved cheeses tend to be on the harder, milder side instead of the soft, milky cheeses. However, the favourite cheese of Holland starts out soft and milky but after it has reached ten months, it starts to get drier and more flavourful. We speak of course of gouda, the king of Dutch cheese.

In an interview with De Boerondier in Groningen, we learnt that their most bought cheeses are generally really old cheese, and they keep rinds of gouda on display.

In the shop window, they have on display the different ages of gouda; young gouda is usually wrapped in a red wax rind. However, once it’s aged to a year or more, the cheese is wrapped in a black rind. This cheese can be used as a replacement for cheddar and used in many dishes such as appetisers and desserts!

Now, if you’re in Groningen and walk into town from the train station, you will spot some common Dutch franchises, like Smullers, known for their cheesy nibbles. Explore a little further into the heart of Groningen and you will pass by several cheese shops that will sell large amounts of the same cheese.

Well, you are both right and wrong. They do sell a lot of cheese but they have many different varieties and flavours. In an interview with Kaasboetiek, we learnt that even though gouda is the favourite cheese of the Netherlands, there is one cheese of this region which is more popular—at least in their shop.

This cheese is called nagelkaas, which translates into ‘nail cheese’. The cheese was coined with this name because it contains kruidnagels—‘herb nails’, or cloves. Cloves are, of course, shaped like nails within the cheese and provide the eater with a spicy kick.

A CHEESY PEOPLE

Taking a train into Groningen you don’t see many cows, goats or sheep roaming around and that is because the northern cheesemakers are simply farther north. Blijham seems to be a common area for cheese sellers in Groningen to buy their product, but some shops also bring in cheeses from down south that have a
different taste. These products are most likely to be bought at De Boerondier, as they have a range of southern cheeses.

Despite the huge amount of cheese purchased and consumed now, talking to some international residents in the city showed us that not many of them know much about cheese, other than “that’s all the Dutch eat” said one. Most internationals understand the ageing process of cheese but which cheese do they buy most of? Is it the *nagelkaas*, or could it be the *old cheeses*?

Amongst students, the predominant cheese that is bought is either mozzarella or cheddar cheese, which is disappointing considering all the options we have available to us. However, if you ask a local resident which cheese they buy, they will be able to give you information about that cheese, such as whether it’s made in the North or South, or if indeed it is *graskaas*: cheese made from cows only eating grass, and so on.

Their tastes in cheeses differ, going for lighter, softer cheeses for certain events and hard, milder cheeses for special dinners. Cheese for them also changes depending on the month. For instance, in the month of May it is common to buy lots of *graskaas* as that is the seasonal speciality.

So, if you’re looking for a good cheese to buy or if you’re looking for a little more information on cheese, then visit one of the many cheese shops in Groningen and get a few free samples, so that you can decide which would work best with your cheesy meal.

And don’t forget to *handjeklap* when you’ve agreed on a price!

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**USE LOCAL MARKETS**

When possible, it makes sense to buy food from local farmers year-round. Buying and eating local food reduces the carbon footprint in transportation costs and supports the local economy. You’ll enjoy fresher food while supporting small business in your community and helping the environment. It’s a win-win.
I love cheese more than life itself. I would have it with every meal if I could, except my doctor says I won’t live to see 30 if I do.

Cheese can be eaten at any time of day, with any ingredient imaginable. It can be eaten with breakfast, lunch, dessert, on top of bread, in pies or cakes. You can even make sorbet out of it (though I wouldn’t necessarily recommend it). It is an ingredient that has travelled around the world and is one of our oldest agricultural products. Every cheese-eating culture has put their own touch on the flavour, production, and use of cheese.

Cheese is a fermented food which derives from the milk of various types of mammals. Around 10,000 BC, humans began to domesticate animals that produce milk. This has led to development and cultivation over generations leading to increased knowledge about milk. People discovered that as milk sours, it breaks down into phosphoprotein, whey and curds. The latter is used to produce cheese.

Cheese-making is a delicate process. A slight change in the conditions of production can have a significant impact on the future flavour of the cheese. This is because the flavour of the cheese comes from bacteria acting on the milk (yes, little organisms are to thank for producing this delighting product).

A different environment favours the growth of other types of bacterias which subsequently results in differing flavours of cheese. This is what a winemaker would call the effects of terroir.

MANUFACTURING

The most common and well-known cheese type in the Netherlands derives from cow milk. Cow milk is rich in a lot of chemical compounds which can also be processed to make other dairy products such as butter and yoghurt.

Cheese-making offers plenty of possibilities. Ending the preparation process at different times and including some additives can create a large variation of cheeses.

Bacteria develop very quickly in fresh milk, therefore, the milk has to be heated up to high temperatures in order to kill them. This is called pasteurisation. The milk is then prepared by adding the necessary bacteria to produce lactic acid: the agent that triggers the production of clumps with a solid structure, this is called the curd. Sometimes the milk already contains the bacteria if it is retrieved from small dairies meaning it doesn’t need to go through the pasteurisation process.

It is these curds that produce the cheese. This means that the curds have to be separated from the whey, which is achieved by adding rennet.

Moisture is then removed. The amount of moisture removed depends on the type of cheese being made. To make cheddar cheese for example, the whey draining process is enough to remove sufficient moisture. But other types of cheese, especially hard or dry cheeses, have to be cooked to remove nearly all of the moisture.

When the final curd is left, cheeses that are to be aged are put into moulds. However, some cheeses (soft cheeses like mozzarella or cottage cheeses) do not have to age.

The final step in the cheese-making process is ageing. The cheese has to be placed in a spot with the exact right temperature and humidity to age properly. Ageing has an enormous effect on cheese as it determines the flavour by sharpening it.
Some cheeses are aged for a month while others for up to several years. Also, there are varying degrees of sharpness within particular types of cheese. For example, if cheddar is aged for a year and a half it is usually labeled as ‘normal’ cheddar, but if the cheese is aged for more than two years it will be labeled as ‘extra sharp’.

During the ageing process, some cheeses can develop a rind naturally as their surfaces dry. A rind is the outside layer that forms on a cheese. Most naturally formed rinds are edible and enhance the cheese’s flavour.

However, lots of cheeses can also be sealed in cloth or wax. Some types of cheese are not just one big trunk after the ageing process. Cheeses such as emmental, cheddar or gruyere are cut up and very finely ground. This powder is mixed with water and other ingredients such as salt, preservatives, emulsifiers, etcetera. This mixture is then heated and later wrapped in plastic or foil.

All in all, cheese making has traditionally been a risky and uncertain endeavour. Quality cheese is, and always has been, the sign of an experienced—maybe even fortunate—cheesemaker determined to produce flavourful cheese.
DECORATING CAKES

Cakes have been baked on special occasions for centuries. However, the cake industry really boomed when, in the 1840s, baking powder and temperature controlled ovens were introduced. This made baking a lot easier and it gave people more time to decorate their cakes.

When refined sugar became cheaper in England, the now traditional white frosting made its appearance. This rapidly started the tradition of stacked cakes. First only available for the rich and seen as a sign of wealth, they later became more accessible for everyone.

USING FONDANT

When you cover a cake with fondant you want it to look as neat and straight as possible. First you need to use buttercream to make sure your fondant sticks to the cake. Use buttercream that stiffens up when you cool it, in this way you ensure that the sides of your cake stay straight.

Also, if you fill your cake with marmalade or something else, always make a little ‘wall’ of buttercream on the sides. Otherwise your fondant can melt due to the moisture of the filling.

If you’re still feeling a bit lost, just follow the following steps:

1. To make it easy on yourself, use a piping bag to apply the buttercream on the sides of your cake. Then use a pallet or straight knife and put it on the side of your cake. Start with making an up and downward movement while you rotate your cake. This will create some wave effect on the side of your cake, but it makes sure that the buttercream attaches to the side of the cake.

2. Then use something straight to hold against the side of your cake while you rotate it. This way the sides of your cake will become perfectly straight.

3. For the top, use a pallet knife and work from the outside to the inside. Make small half–circle movements from the edges to the middle, to make sharp edges. Then let the buttercream set in the fridge for a while.

4. Roll out your fondant and make sure it is around 1.5/2 times the size of your cake. Use a rolling pin to support the fondant while you drape it over your cake.

5. First make sure the top of the cake is smooth. Then slowly use your fingers to even out the edges.

6. Carefully work your way down the side of the cake.

7. When you arrive at the bottom and realise the big folds are hard to handle, make sure to lift your fondant a little bit and then use your thumb to gently brush the fondant to the cake. Make a movement from the bottom up for the best results.

8. Covering your cake with fondant is a precise and time-consuming job. Make sure you take your time for this!
MAKING BUTTERCREAM ROSES

We all know the cakes covered in buttercream swirls that look like roses. Very pretty—and actually very easy to make with a little practice!

1. Take a ribbed nozzle (For example tip 1M) and put it in your piping bag. Then fill the piping bag with buttercream

2. Apply some force on your piping bag and start your rose in the middle.

3. While you keep applying gentle pressure with your one hand, use your other hand to start circling around the middle, slowly moving to the sides.

4. When your rose is ready, stop applying the pressure and make a movement in the circle direction of your rose with your piping bag to finish off nicely.

5. Practise this technique a few times on a plate and reuse the buttercream, before applying it to your cake.
POMEGRANATES: FRUITS OF LIFE AND DEATH

We have been cultivating pomegranates for over 5,000 years, and references to the fruit are common in mythological and historical texts from Asia, the Middle East, and the Mediterranean. The visual drama of the fruit grants it a kind of symbolic potency. The red colour, for example, implies the richness of blood, while its many seeds stand for fertility. Its historical association with wellbeing also renders it a symbol of life and healing.

RELIGION AND MYTH

It has been claimed that, in the first book of the Torah, Genesis, the fruit which led to the expulsion of Adam and Eve from Eden was a pomegranate and not an apple. Pomegranates are also one of the Seven Species listed in the Bible as special products of the land of Israel.

In Hinduism, the pomegranate is regularly found in the hands of one of the gods. Indeed, the tree is one of the nine plants offered to Durga, the 10-armed goddess of retribution and justice. In the Vedas, it symbolises fertility and prosperity due to its preponderance of seeds.

In Christianity it is the pomegranate’s superficial similarity to a human heart that lends the fruit its symbolic power. In the hands of Mary or Jesus it symbolises Jesus’ suffering and his resurrection, with the inside of the fruit representing the blood of the believers.

Perhaps the most famous story involving pomegranates is the Greek myth concerning the kidnapping of Persephone. Having been abducted by Hades and taken to the underworld, Persephone is unable to return to the land of the living as Hades fed her pomegranate seeds, thus tying her to the underworld.

HEALTH

Today, pomegranates are advertised and sold as one of the most popular superfoods. It has been claimed that it can help with stomach pain, cardiovascular problems, high blood pressure, oxygen levels, and high cholesterol. Though clinical trials are yet to support these claims. However, preliminary studies indicate that pomegranates can lower the risk of prostate and breast cancer.

Pomegranates are also rich in antioxidants: chemicals that neutralise the damaging effect of oxidation. Oxidation is caused by processes inside and outside your body by what are called ‘free radicals’: unpaired ions dissolved in bodily solutions. Pomegranates have a specially high level of polyphenols, an antioxidant which helps protect your cells from what scientists call ‘oxidative stress’. Antioxidants are also known to prevent ‘bad’ cholesterol (low-density lipoprotein, or LDL) from hardening your arteries.

Pomegranates also contain potassium, which is important for intracellular processes which work to keep healthy muscles and blood pressure for example. Pomegranate seeds themselves do not provide enough vitamins to meet the daily recommended value, however, they contain relatively high amounts of vitamin C and vitamin K.
Recent studies also indicate that pomegranate oil can stimulate collagen production in skin; a boon for suffering damaged skin from sun exposure or age. While this is probably not a good enough reason to put pomegranate in your face cream just yet, it’s good news all around!
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What makes for a real Groninger meal?

A traditional bowl of *stamppot*, lovingly prepared at home? A giant bowl of *mosterdsoep met spek*, served with crusty white bread? A cheeky *eierbal* at two in the morning, still steaming from the deep fryer?

All good answers. But, as this book goes to show, Groninger cuisine is much more than just the classics.

Produced with love by students at the University College Groningen, the *New Groninger Cookbook* explores what happens when a *nuchter* Dutch city collides with students and migrants from around the world.

By turns surprising, entertaining, and delicious, the recipes in this book reveal a whole new side of Groninger cuisine: a side that will keep you coming back for more.

Terms like ‘interdisciplinary’, ‘diversity,’ and ‘innovation’ are merely abstractions until a creative community takes the risk of making something truly new. The *New Groninger Cookbook* beautifully records one such adventure.

At UCG we say, “We’re better together”. Reading and cooking from the New Groninger Cookbook, I am reminded of just what we mean by that.

*Eet smakelijk*, ya’ll.

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