6 POST-PRANDIAL
   Berry Mint Sorbet
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   Tortizza
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8 DRINKS
   It Takes Two to Mango
   Pomegranate Shots
   Boozy Strawberry Slushie
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.

INGREDIENTS

Açai Purée

250 ml açai berries
1 banana
125 ml frozen strawberries
125 ml frozen blueberries
125 ml unsweetened vanilla almond milk

Topping

70 ml blueberries
70 ml strawberries
1 kiwi
70 ml cup granola or oatmeal
Honey
METHOD

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

2. Start blending on low first, than 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 fruit to the surface. Drizzle the granola or oatmeal all over the bowl. Add honey to taste.

DON’T LET LEFTOVERS GO

Tip 1: Eat your leftovers; don’t toss them. The US-based Natural Resources Defense Council found that two-thirds of discarded food could have been eaten—with coffee, milk, apples, bread, potatoes, and pasta topping the list.

Tip 2: Planning ahead can simplify meal preparation on busy evenings, while helping to save the costs of going out to dinner or ordering take-out. Keep leftover bits of carrots, celery, onions and potatoes to make a tasty soup stock—just add meat or noodles. Pasta dishes like lasagna and chicken casseroles are easy to make in large quantities and freeze in smaller portions to enjoy later.

Tip 3: Many cooks feed their kitchen scraps to a backyard compost pile. Once decomposed, the material makes a great fertiliser for your herb garden. Keep a bin in your kitchen to collect coffee grounds, banana peels, apple cores, eggshells and carrot tops while you’re cooking, then take them outdoors. You could also look into an odour-free indoor system.
When you say ‘wentelteefjes’ (pronounced VENT-el-TAYF-yez) 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.

**INGREDIENTS**

1 egg  
2 teaspoons cinnamon  
250 ml milk  
3 tbsp of honey  
8 slices of (old) bread  
Butter  
2 bananas  
250 ml blueberries

**METHOD**

1. Mix the egg, the cinnamon, the milk and two tablespoons of honey in a bowl.

2. Dip the bread slices one-by-one in the 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.

**PANCAKES**

*Ingredients*

- 240 g ricotta cheese
- Fresh strawberries
- 230 g plain flour
- 1/2 teaspoon baking powder
- 1 1/2 tablespoons granulated sugar
- 1/4 teaspoon fine salt
- 190 ml milk
- 2 large eggs
- 1/2 teaspoon vanilla extract
- Butter

*Method*

1. Separate the eggs, putting the egg yolks into a large mixing bowl.

2. Whisk together ricotta, milk, and vanilla with the egg yolks.
3. Add the dry ingredients: flour, baking powder, sugar, and salt and mix together with the wet ingredients.

4. Beat the egg whites with a handheld electric mixer until stiff.

5. Fold the egg whites in with the mixture.

6. Heat a griddle 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 griddle. Cook the pancakes for about 3 or 4 minutes, until the undersides are golden and you see a few bubbles popping through the pancakes. Flip the pancakes and cook another 2 to 3 minutes, until golden. Repeat

8. Once cooked, add strawberries and the blood orange and strawberry preserve, with amo-syrup to taste.

**BLOOD ORANGE AND STRAWBERRY PRESERVE**

**Ingredients**

3 blood oranges  
750 g strawberries  
700 g Caster Sugar  
Juice of 1/2 a lemon

**Method**

1. Take two of the blood oranges, and thinly slice them. Add them to a deep stock pot.

2. Cut the remaining orange, squeeze the juices into the pot, and discard the skins.

3. De-stem and finely chop the strawberries.

4. Add the strawberries, sugar and lemon juice to the pot with the oranges.

5. Give everything a good stir to combine. Bring the mixture to a rolling boil, over high heat. Use a spoon to skim the foam from the top.
6. Once you’re done skimming the foam, reduce the heat to a vigorous simmer (with bubbles constantly popping to the surface).

7. 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.

**AMMO-SYRUP**

*Ingredients*

- 30 ml Amaretto
- 240 ml Maple Syrup
- Butter

*Method*

1. Add the amaretto and maple syrup together. Stir.

2. Over a low heat, add half a teaspoon of butter. When the syrup is warm but not hot, it is ready to serve.

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**EMBRACE UGLY AS BEAUTIFUL**

We all have flaws (well, not me). That holds true for produce, too: from misshapen potatoes to twisted, multi-legged carrots. But most imperfections are only skin deep. Embracing funny-looking fruits and veggies can go a long way in reducing our collective food waste problem. We toss a jaw-dropping 200 kilograms of food per person per year: 40 per cent of our food. Look for ‘imperfect produce’ bins at some grocers and markets.
PACKED LUNCH
SPICY VEGETABLE SOUP

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

INGREDIENTS

- 1 tbsp oil
- 1 white onion
- Half a head of broccoli
- 2 cloves of garlic
- 400 g of chickpeas
- 400 g of chopped tomatoes
- 1 vegetable stock cube
- Ground black pepper
- Fresh coriander
- Cumin powder
- 1/2 a lemon
- Bread (e.g. flatbread, crusty loaf)

METHOD

1. Chop the onion and broccoli and crush the garlic.

2. Next, fry the onion, broccoli and garlic in oil. Add 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 to the pan. Add the black pepper, coriander and chickpeas too. Allow to simmer.

5. Season to taste, then add the lemon juice. Serve with bread.
MEXICAN QUINOA BOWL

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

INGREDIENTS

- 1 tbsp cooking oil
- 1 small red onion
- 3 cloves of garlic
- 1 bell pepper (red or orange)
- 180 g quinoa
- 250 ml vegetable stock
- 400 g of black beans
- 800 g of Diced Tomatoes
- 200 g frozen or tinned sweet corn
- 1 tsp cumin
- 1 tsp paprika powder
- 1/2 tsp cayenne pepper
- Juice of 1 lime
- 2 spring onions
- A handful of fresh flat leaf parsley
- 1 avocado
- 1 jalapeño

METHOD

1. Heat up 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 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.

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.
COMFORT FOOD
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.

INGREDIENTS

Burger

450 g salmon
1 tsp of grated ginger
1 egg
1 clove of garlic
1 lime
60 ml of sesame seeds
4 buns
1 tomato
1 pickle
Assorted greens

Lemon Sauce

150 g of Greek yogurt
1 tbsp chopped chive
1 tbsp chopped dill
1 tbsp lemon juice
1 tsp lemon rind
Salt and pepper
METHOD

1. Bake the salmon in the oven until you can easily divide it into little pieces with a fork.

2. Put the 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, the sesame seeds, the lime juice, and mix thoroughly. Add salt and pepper.

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. While frying the fish, mix the sauce ingredients in a bowl.

8. Assemble your burger, adding lemon sauce and salt and pepper to taste.

CHOOSE SEAFOOD WISELY

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

INGREDIENTS

1 tbsp olive oil
2 onions
2 garlic cloves
2 tsp garam masala
2 tsp turmeric
2 tsp chilli flakes
1 tsp ground coriander
½ zucchini
1 tbsp fresh grated ginger
400 gm chopped tomatoes
400 gm chickpeas, drained

METHOD


2. Heat oil in a large pan and add onions and zucchini. Cook until softened, 10–15 minutes.

3. Add 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 sauce.

5. Pour in chickpeas, then warm through. Add salt and pepper to taste.

INTERNATIONAL FOOD CULTURE IN
GRONINGEN

Fusion food is the bringing together of elements of different culinary traditions to create a single dish.

This may sound a simple concept, but dig just below the surface and fusion food represents much more. It is the bringing together of cultures and ideas. It is the challenging 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.

Only in more recent history has this exciting merging of cultures been possible. International immigration has brought about a melting pot of accessible cuisines, blessing the streets of Groningen with Yummy Gyros and I Love 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. The Thai now serve things less spicy to suit the Dutch taste, and the North African restaurant (Mechoui) buys ingredients from the Turks (Le Souk).

This need to adapt to a multicultural environment is the selection pressure needed to bring about the mutations that will be passed onto the next generation. 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 city in Japan, 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 West-
ern 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: some-
thing 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 difference. 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 fam-
ily 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 stan-
ard 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 combin-
ing of different cultures and the ideas and attitudes that come with them has
only been possible due to an international food market and global migration.
PARMESAN, SPINACH, AND 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.

INGREDIENTS

Dough

225 g flour
125 g butter
1 egg
Salt
2 tbsp of cold water
50 g grated parmesan

Filling

400 g spinach
1 onion
250 g of bacon
150 g grated cheese
6 eggs
250 ml milk
Pepper
Salt

METHOD

1. Preheat the oven to 180 degrees Celsius.

2. Mix the flour and butter together. Beat the egg and then mix it in with the flour and butter. Add a pinch of salt for flavour, and add the water.
3. Form 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.

5. Fry the onions and bacon in one pan until browned.

6. Heat the spinach and remove all excess water.

7. Add the bacon and onions to the spinach.

8. Add the milk, cheese, eggs, pepper and salt. Mix the mixture.

9. Use an immersion blender to puree the filling.

10. 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.