

# BOVENKERKS RECIPE BOOK

Getting to know  
different nationalities



# Colophon

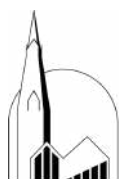
This publication was created based on the ideas of Edwin Barentsen. The dishes were submitted by residents of the Bovenkerk neighborhood in Amstelveen. The illustrations are by Amanda ten Cate.

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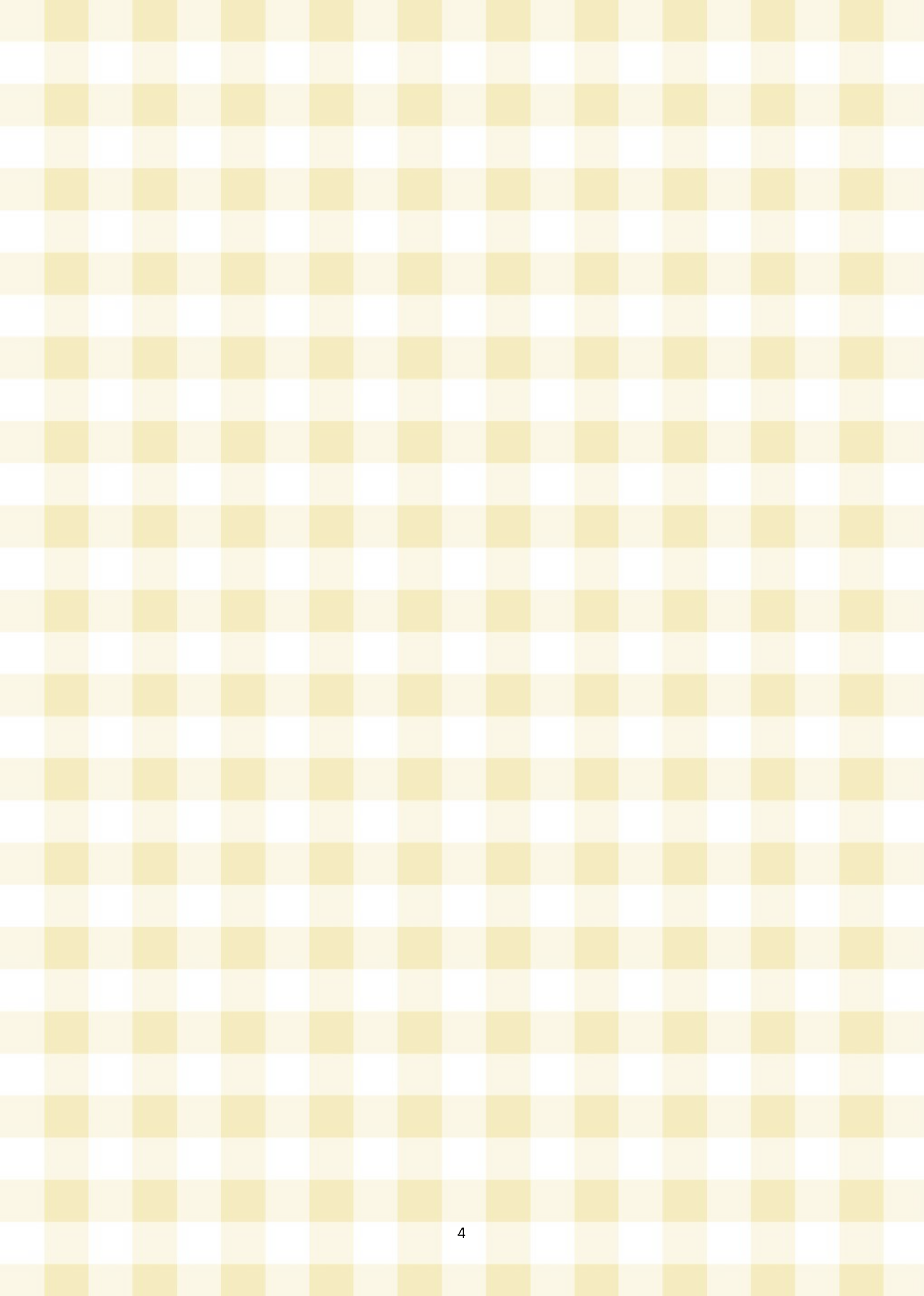


**VOKA BOVENKERK**  
VOOR ONZE KINDEREN ALLES

Stichting  
**Bovenkerk**

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# The Bovenkerk Recipe Book

Getting to Know Diverse Nationalities and Cultures



Bovenkerk has been changing over the years. This was initiated by the large-scale new construction after the year 2000. According to Statistics Netherlands (CBS) figures for 2025, Amstelveen will be a municipality with approximately 96,000 residents, more than half of whom (53.8% = 51,500) have a migration background. Over a quarter (27% = 14,000) come from Europe, and 73% = 37,500 come from outside the EU. Just under half (47% = 24,000) of the migrants come from Asia. This makes Amstelveen the leader in the Netherlands for the proportion of people with a non-Western migration background.

What do we know about each other's culture? Does that extend beyond a casual vacation? We thought it would be fun to develop an initiative to get to know each other better. We want to do this by sharing recipes and also enjoying them together.

**A pass-along book or chain book**

A blank book without recipes was given to one of the recipe writers in the neighborhood. The book was then presented to a good friend. The idea is that over the next two weeks, a recipe appropriate for the nationality of the person will be chosen and developed into the Bovenkerk recipe book. Ingredients that are difficult to obtain in the Netherlands may be used. These have been replaced in the recipe with readily available products in the Netherlands. This is how the book was passed from hand to hand.



## TIP

At the back of the Bovenkerk recipe book is a table of weights, measures, and temperatures.

# **The world cuisine of Bovenkerk**

## Question Seed - Netherlands

**Main Course:** Serves 4

**Preparation time:** 90 minutes

### Ingredients

1 large jar of field potatoes or young navy beans  
3 leeks  
4 beef sausages  
50g butter or margarine  
2 teaspoons curry powder  
1.25dl crème fraîche  
Salt and pepper  
Parsley



**Roelie**

My name is Roelie, and I live on Jacob van Lennepplantsoen. My late husband, Jaap, also loved this recipe. He really enjoyed it! We moved together from Groningen in the north to the west of the Netherlands in 1967, and I've lived in Amstelveen, Bovenkerk since 2010.



My mother, Aaltje, loved to cook. She was a headstrong woman, and due to her poverty, she created her own recipe using beans that had been stored away, hence the unique name of this dish, "Question Seed".

### Preparing the "Question Seeds"

1. Clean the leeks and cut them into rings.
2. Slice the sausages.
3. Heat half the butter and brown the leek rings for 7 minutes.
4. Brown the sausage slices on all sides in a separate pan.
5. Stir in the "veldertjes/marrowfat peas" and crème fraîche, along with the sausage, curry powder, and leek rings. Bring to a boil and simmer for 5 minutes.
6. Season with salt and pepper and sprinkle with parsley.



# Spicy tomato pie - Netherlands

**Main Course:** Serves 4

**Preparation time:** 60 minutes

**Edwin and Michaëlla Barentsen**

Two daughters, both married

3 grandchildren and 2 bonus grandchildren

Living on Poelslaan since 2010



## Ingredients

10 large ripe tomatoes  
1 roll of quiche and pie dough  
200g grated strong cheese  
200g crème fraîche  
3/4 slices of casino bread  
3 cloves of garlic  
½ tablespoon paprika  
½ teaspoon chili powder  
Salt and pepper to taste  
2 tablespoons breadcrumbs

## Vivianne's Favorite Recipe

Edwin's mother was already making this recipe when Vivianne was born. Back then, she used a tall springform pan with handmade dough. This made the tomato tart taller than it is now. A true family pie that she also took on vacation to Italy. It would be well chilled in the cooler. Upon arrival, the tent would be set up, and without having to cook, the chilled tart would be eaten in the sunshine.

Vivianne loved it so much that it became a favorite recipe at birthdays. When Daniëlle moved out, Vivianne and Edwin always shared the fourth piece of the tart. Never any leftovers.

Meanwhile, Vivianne has moved out, and we still make the tomato tart regularly. We make it easy on ourselves with the ready-made tart base, and the portions are a bit smaller. We save half the tart for the next day. Nice and easy.

Vivianne doesn't make the tart at home. Her partner doesn't like tomatoes. So, according to tradition, the delicacy remains a regular fixture at our house. And our daughter loves to join in on the fun.





### Spicy Tomato Tart Preparation

1. Peel the tomatoes in hot water, slice them, and drain in a colander.
2. Place the cheese in a mixing bowl, peel the garlic, and squeeze it over the cheese. Add crème fraîche, paprika, chili powder, salt, and pepper, and stir well.
3. Preheat the oven to 200°C (400°F).
4. Grease a 30cm springform pan or line it with parchment paper. Press the dough into the pan and sprinkle the base with breadcrumbs.
5. Build the tart in layers:
  - a) Start with a layer of tomatoes, then the cheese mixture, and then 3/4 slices of bread.
  - b) Finish with the tomato and cheese mixture.
6. Place the tart in a preheated oven at 200°C (400°F) for 25 minutes. Remove the tart from the oven and let it rest covered for 10 minutes. Cut into pieces and serve.

# Sancocho meal soup – Colombia

**Main Course:** Serves 8

**Preparation Time:** 3-4 hours

**Robert Mos and Cecilia Zapata**

3 resident grandchildren



**For the largest pot you can find**

## Ingredients

4 liters of water  
500g bone-in beef soup meat  
500g bone-in pork soup meat  
4 large chorizos  
500g chicken drumsticks  
4 green plantains  
2 yellow plantains  
3 corn cobs  
Potatoes: 24 small or 4-6 large  
2 large carrots  
2 large onions  
500g cassava  
1 bunch coriander  
1 tablespoon ground cumin  
1 tablespoon paprika  
2 tablespoons vegetable oil  
Salt, pepper

Sancocho is a meal soup eaten in large parts of Central and South America. It's made with local ingredients and therefore varies slightly depending on the region.

Our family has roots in Medellín, Colombia's second city and the capital of the department of Antioquia.

We eat Sancocho on festive occasions, which we enjoy spending time with large groups. A well-known example: January 1st in the afternoon before everyone, often after partying all night, heads off to their next stop.

Those who own or rent a finca (a farm, whether recreational or not) do it there; people in the city do it on the street, and everyone uses a homemade wood fire—and the largest pot they can find. Sancocho isn't made in the kitchen. At least not in Antioquia. Nor is it something you do "on the side." The number of ingredients and the preparation time require a large group of people who have the time. Important: the party continues during preparation!





### Preparing Sancocho

1. Clean the ingredients and cut them into smaller pieces: chorizo, carrots, and cassava into 2 cm slices/pieces, plantains (unpeeled), and corn cobs into 5 cm pieces; cut the potatoes and onions into pieces.
2. Place the water in a large pot. Add all the meat at once, along with the oil, cumin, paprika, salt, and pepper. Bring to a boil, stir well, and simmer covered over medium heat for 45 minutes.
3. Add the corn and plantains. Bring back to a boil, stir, and simmer covered over medium heat for 30 minutes.
4. Add the potatoes, carrots, and onions, stir, check the seasoning, and cook, covered, for another 30 minutes.
5. Add the cassava, stir, and cook covered for another 15-20 minutes, until the cassava is tender.
6. Serve the soup in deep plates or large bowls and sprinkle with chopped cilantro.

### Tip

The adjacent Albert Heijn has a wide selection, including (sometimes) cassava and plantain. In our experience, Turkish supermarkets, among others, are more suitable for our needs. In Amstelveen, you can find them in Bankras and Groenhof. Amsterdam Nieuw West has a large number of these supermarkets. For example, check out Tussen Meer.

*Enjoy your meal!*



# Cornbread with chicken and avocado - Venezuela

**Main Course:** Serves 4

**Preparation Time:** 30 minutes

## Ingredients

### For the arepas

2 cups PAN precooked cornmeal

2.5 cups lukewarm water

1 tsp salt

### For the "Reina Pepiada" filling

Shredded chicken

2 chicken breasts

½ onion

½ red bell pepper

2 cloves garlic (halved)

Cilantro (about ¼ bunch)

1 tsp salt

Olive oil

### For the Reina "Pepiada"

#### filling: Avocados

3 medium avocados

Half an onion, finely chopped

1 tsp mayonnaise

1 tbsp freshly chopped cilantro

Olive oil

Salt & pepper to taste

Shredded chicken

2-3 tbsp chicken broth

You can buy PAN precooked white cornmeal at Albert Heijn supermarkets

**Vanessa and Francisco Rodriguez**

3 children (2 boys and 1 daughter)

Living on Poelslaan since 2017



"Old Cheese." We hope you enjoy it as much as I do. My family loves arepas. Because we live far from home, we love bringing our culture to our dinner table. Our children have been eating arepas since they were babies. While they were making the dough, my children (since they were little) would stand next to me to taste some of it. This happens in every house in Venezuela. It's a tradition!

### Arepas are simple and versatile.

You can put any filling you like in them: grated cheese, scrambled eggs, ham, cheese, beef, chicken, tuna, beans, avocado, vegetables, etc. Many Venezuelans like it with Gouda cheese!. Since my children moved to the Netherlands, they prefer arepas with a "we" filling!



## **Making Arepa Reina Pepiada**

### **Making the Chicken Breasts and Broth**

1. Place the chicken breasts, onion, red bell pepper, garlic, cilantro, salt, and olive oil in a small saucepan.
2. Add enough water to cover the ingredients.
3. Bring to a boil and simmer over medium heat for about 30 minutes.
4. Shred the chicken (Tip: You can use 2 forks for the Pepiada filling).

### **How to Make Arepas:**

1. This works very quickly
2. Reserve 2-3 tablespoons of chicken broth for the Reina. Preheat the oven to 180°C (350°F).
3. Place 1 teaspoon of salt in a medium bowl and then add the first 2 cups of lukewarm water. Mix well. Set aside ½ cup of the remaining 2 ½ cups of lukewarm water.
4. Measure 2 cups of PAN cornmeal and slowly add it to the water. Gently mix the baking pan and water with your hands, making sure to break up any small balls.
5. Add the remaining 120 ml of water as you add the baking pan, being careful not to dry the dough out.
6. It should be sticky and soft.
7. Continue mixing the dough with your hands until smooth and even.
8. Form medium-sized balls (about 6 cm); cover each with a damp paper towel.
9. Add a little olive oil to a frying pan and blot off any excess oil with a paper towel. Heat the frying pan over medium heat.
10. Shape each ball into semi-flat circles (like hamburger patties) and place them in the frying pan.
11. Cook each ball for about 3-4 minutes per side (so they sear and turn golden brown on each side).
12. Place them directly on the oven rack. 12. Bake for about 12 minutes, until they start to puff up.
13. When they're done, place them in a bowl and cover with a cloth.

### **Making the "Reina Pepiada" Filling**

We recommend making the Reina Pepiada just before serving (to prevent the avocado from browning).

1. Pour 2-3 tablespoons of chicken broth over the chicken.
2. Lightly mash the avocados with a fork or mortar until soft, but not completely crushed.
3. Combine the avocados and chicken.
4. Add 1 teaspoon of mayonnaise and a little olive oil. Mix well.
5. Add 1 tablespoon of freshly chopped cilantro.
6. Optional: add half an onion, finely chopped (or less).
7. Season with salt and pepper to taste.

### **It's time to enjoy the AREPAS!**

1. Cut the arepas in half lengthwise, without opening them completely. (You want to create a "pocket").
2. Optionally, remove a little of the fried dough from the arepa to make more room for the filling! You can eat this dough with a little butter!
3. Add a generous amount of Reina Pepiada to the arepa and you're done!

**BUEN PROVECHO!**



# Omelet – Spain

Side dish: Serves 4

Preparation time: 1 hour

Yvonne and José Cubo

Two sons, both unmarried

Living on Poelslaan since 2010



## Ingredients

450 grams potatoes

2 medium onions

6 eggs

200 ml olive oil

½ teaspoon salt



## A Spanish feast

My family in Spain regularly made Spanish omelettes. My parents' (father Spanish/mother Dutch) had them a little less often, but they were just as delicious.

Yvonne and our children also love Spanish omelettes, and they often ordered them when dining out on vacation.

Yvonne also makes Spanish omelettes at home occasionally, and it's a real treat, often accompanied by other Spanish dishes.





### **Making the omelette**

1. Peel the potatoes and cut them into thin slices, and cut the onions into thin half-rings.
2. Heat the oil in a skillet over medium heat and cook the potatoes for 15 minutes. Stir occasionally, keeping the potatoes whole. Add the onions after 8 minutes.
3. Strain the potatoes and onions into a bowl, reserving the oil.
4. Whisk the eggs in a large bowl and season with salt. Stir in the potato mixture and let it rest for 10 minutes.
5. Heat 2 tablespoons of the reserved oil in a skillet over medium heat and pour the tortilla mixture into the pan. After 1 minute, run a spatula around the edge of the pan to loosen the tortilla.
6. After 4 minutes, flip the tortilla using a plate: slide the tortilla out of the pan onto a large plate, uncooked side up. Place the pan upside down on the tortilla and quickly flip everything over, so that the uncooked side is now on the bottom. Gently press the edges together with the spatula. Cook for another minute.
7. Slide the tortilla onto a plate and let it rest for 5 minutes before slicing. Then, cut the tortilla into wedges.

# Custard Tarts – Portugal

**Dessert/Pastry:** 6 pieces

**Preparation time:** long ;-)

**Wendy Taveira and Martijn Caspers**

2 children: Mason ('15) and Olivia ('17)

We have lived on Poelslaan since 2015



## Ingredients

### For the cups

320 g puff pastry

Melted butter - for greasing

Sugar - for sprinkling

Cinnamon - for dusting

### For the custard

2.5 dl whole milk

1 cinnamon stick

A few strips of lemon zest

20 g butter

2 tbsp plain flour

1 tsp cornstarch

2 egg yolks

### For the sugar syrup

225 g caster sugar

1 cinnamon stick

A few strips of lemon zest, grated



## Our love for Portugal

Anyone who has ever been to Lisbon knows how delicious this pastry is. So delicious that it can even evoke a feeling of saudade; the homesickness, the melancholy, the longing for something that no longer exists. In our house, this feeling has been particularly strong for the past few years. The aroma and sweet taste of pastéis de nata make you feel like you're back in Lisbon for a moment. That's why we often enjoy them on rainy days. Sometimes we pick them up quickly and easily at the market, but we prefer to make them ourselves. It takes a bit of time, but nothing beats it. Delicious!





### Preparing the custard tarts

1. Grease 6 muffin cups with a good layer of butter and refrigerate.
2. Form the puff pastry into a large rectangle, 2 to 3 mm thick.
3. Roll the sheet tightly along the long side. The roll should be about 5 cm in diameter. Cut this into 6 slices, each 1 to 2 cm wide.
4. Press the muffin cups with your fingers until just below the rim and refrigerate.
5. Continue with the custard: bring 1.5 dl milk, the cinnamon stick, lemon zest, and 10 g butter to a simmer over medium heat. Simmer gently for 10 minutes, then remove the cinnamon stick and lemon zest.
6. In a bowl, combine the flour, cornstarch, and remaining milk, little by little, to form a paste. Then pour in the warm milk, stirring constantly.
7. Pour everything back into the pan and simmer briefly over low heat, stirring constantly until thick and creamy.
8. Whisk in the remaining butter and remove from the heat.
9. Continue with the sugar syrup: boil all ingredients in a pan with 75 ml water for 5 minutes over medium heat.
10. The sugar dissolves and, as it simmers, it turns into a light brown, fragrant caramel.
11. Carefully add 75 ml of water and simmer over low heat until there are no solid lumps.
12. Strain the syrup into a heatproof bowl, then pour half of it into the custard, whisking well.
13. Store the remaining syrup in an airtight container in the refrigerator. Delicious with yogurt or on a dessert!
14. Preheat the oven to its highest setting and place a baking sheet on the highest shelf.
15. Transfer the custard to a measuring cup, stir in the egg yolks, and, if necessary, add a splash of milk to bring the volume to 300 ml.
16. Pour the mixture into the lined ramekins and bake for 9 to 13 minutes on the baking sheet. The top should be very dark and even slightly burnt.
17. Remove the ramekins from the oven and brush them with some of the remaining syrup.
18. Let them cool slightly in the ramekins, then remove them and let them cool completely on a wire rack so the custard can set slightly. The inside should still be creamy and very soft.
19. Finally, sprinkle them with sugar and cinnamon, take a bite, and imagine yourself in beautiful Lisbon!



# White Bean, Rice, and Fresh Yogurt Salad Stew - Turkey

**Main Course:** Serves 4

**Preparation Time:** 90 minutes

## Ingredients

### Kuru Fasulye (Bean Stew)

1 cup Duru Kuru Fasulye (White Beans)

1 small onion, finely chopped

1 clove garlic, finely chopped

1 tbsp tomato paste

1/2 tbsp red pepper paste

(optional)

1 tbsp olive oil

1/2 tsp paprika, 1/4 tsp cumin

1/2 tsp salt, 1/2 tsp sugar

2 cups water or broth

Optional: slices of \*sucuk\* (Turkish sausage) or 100g cubed beef

### Pilavo

1/2 cup Tosyali Piring (or other medium-grain rice)

1 tbsp şehriye (vermicelli or orzo)

1 tbsp butter

3/4 cup water or broth

Salt as needed Taste

### Cacık

1/2 cup yogurt

1/4 cucumber, grated

1/2 clove garlic, minced

1/2 tbsp olive oil

1/2 tsp dried mint

Salt to taste.

### Cacık

1/2 kopje yoghurt

1/4 komkommer, geraspt

1/2 teentje knoflook, fijngehakt

1/2 el olijfolie

1/2 tl gedroogde munt

Zout naar smaak

**Turkish family with two daughters.**

One will soon be attending university, and the other is in high school.

Both born and raised in the Netherlands.

Lived in Bovenkerk since 2023.



**This dish from Turkey brings back so many memories...**

In Turkish households, few dishes are as iconic and beloved as Kuru Fasulye. Often called the "national dish of Turkey," it's a hearty bean stew that adds warmth to many winter dinners. Paired with light pilaf (rice) and refreshing cacık (unlike Greek tzatziki, the Turkish version is made with more water), it's a meal that seamlessly blends flavors and textures. This comforting combination symbolizes Turkish hospitality, family gatherings, and a warm welcome.

I remember this dish being a staple in my family's winter meals as a child. There's a special comfort in the rich, tomato-based bean stew, the fluffy rice that soaks up all the delicious juices, and the cool, garlicky yogurt salad that balances it all out. It's now a favorite with my kids, even here in the Netherlands. They especially love it when I add a little spicy sucuk (Turkish sausage) for that extra kick. Living in the Netherlands, I've had to adapt a few ingredients, but luckily, stores like Albert Heijn have many of the products we need, so I can recreate that same familiar taste that brings back so many memories.



## Preparing Kuru Fasulye Pilav-Cacik

### Kuru Fasulye (Bean Stew)

1. Soak the beans overnight, rinse, and drain.
2. Sauté the onion in olive oil until soft. Add the garlic and cook for another minute.
3. Add the tomato paste and (optional) the pepper paste and cook until fragrant.
4. If using meat, add it now and brown it lightly. Add the beans and herbs.
5. Pour in the water or broth, cover, and simmer for 45 minutes to 1 hour, until the beans are tender and the sauce is thick.
6. For extra flavor, add a bay leaf or a pinch of thyme and mint during the simmering process.

### Pilaf (Rice)

1. Toast the şehriye in butter until golden brown. Be careful not to burn them!
2. Add the washed rice and stir until coated with the butter mixture.
3. Pour in the hot water or broth, season with salt, and cover. 4. Simmer for 15-18 minutes over low heat. Let it sit for 5 minutes before removing.

### Cacik

1. In a bowl, combine the yogurt, grated cucumber, minced garlic, and olive oil.
2. Add salt and dried mint to taste. Adjust the consistency with water if desired.
3. Scoop it out of the bowl with a spoon.
4. Let it sit in the refrigerator for 30 minutes before serving.

*TIP: You can serve Kuru Fasulye on pilaf or eat it with pilaf.*



## Jan in de zak - Netherlands

**Main course:** Serves 2/3

**Preparation time:** 120 minutes

### Ingredients

#### Jan in de zak

300 grams self-raising flour

150 grams raisins

1 egg

2 dl lukewarm milk

Pinch of salt

Water

A cotton bag or tea towel

Saucer

Large pan

#### For the sauce

100 grams margarine

250 grams syrup

Small pan

#### Jaap and Loes Verbruggen

A daughter, a son, and two grandchildren

We have lived on Noorddammerweg for 48 years.

Jaap has lived here his whole life.



#### Jan in de zak.

Jan in de zak is an old-fashioned regional product from West Friesland, where my grandfather (Loes) comes from. My mother always made this for Lent and during the summer holidays. We, her children, loved this, especially with lots of sauce (the syrup and margarine) on top. Jaap and our children still love it too.

It's a vegetarian recipe, but we'd never heard of it when I was a child.





Photo 1



Photo 2



Photo 3

### How to Make Jan in the Bag

1. Place the flour in a bowl, add the egg and lukewarm milk. Stir until smooth.
2. Add the well-washed raisins and a pinch of salt.
3. Stir thoroughly.
4. Meanwhile, rinse the cotton bag (or tea towel) with lukewarm water, keeping it slightly damp.
5. Dust the inside of the cotton bag (or tea towel) with flour to prevent the dough from sticking.
6. Place the dough in the cotton bag (or tea towel). Photo 1
7. Tie the cotton bag tightly, but make sure there's enough room for the dough to rise in the pan. (Keep this in mind with the tea towel as well, and fold it loosely around the dough.) Photo 2
8. Take a large pan, place an upturned saucer in the bottom of the pan, and fill the pan about halfway with water.
9. Place the cotton bag with the dough inside.
10. Bring to a boil and let it simmer in the pan for 2 hours. The water should not come off the boil. (Fun fact and tip: My mother always put the pan with the dough on a kerosene stove and let it simmer.)
11. After 2 hours, poke the dough with a skewer to see if it's done. If the skewer comes out clean, it's done.
12. Remove the dough from the pan and the cotton bag and let it dry briefly. Photo 3
13. Meanwhile, in a small saucepan, add the margarine and syrup (don't fill it all the way to the top).
14. Now heat this on the stove and stir well to combine. This will be the sauce.
15. Slice the "Jan in de Zak" (Dutch dough) and pour the syrup sauce over it.
16. Delicious! Enjoy!

# Meat and Vegetable Stew - Great Britain

**Main course:** Serves: 4-6

**Preparation time:** 30 min + 2 hours  
simmering

## Ingredients

500g diced beef  
500g minced lamb  
3 medium onions  
5 carrots  
600g peeled potatoes  
1 leek  
1 liter beef stock  
2 tbsp tomato paste  
2 tbsp black treacle  
1 tbsp wholegrain mustard  
Secret ingredient.... 😊

Also serve with a side dish of red cabbage or beetroot and a pint of Guinness (optional).

**Maureen & Gertjan**

1 daughter, 1 bonus daughter, single

Lots of family in Europe

2 cats live at home, 'Penny & Shelly', sisters & 13 years old

Living in Bovenkerk since 2010 at Jacob van Lennepplantsoen



Hello, my name is Maureen and I have lived in Amstelveen for 42 years and in Bovenkerk since 2010. My partner is Gertjan (born in Amsterdam) and he also loves cooking and eating Scouse! I was born and raised in Liverpool, Merseyside, Northwest England, and I left when I was 18 because I fell in love with a Dutchman! I have a 31-year-old daughter named Amanda, who was born in Amstelveen and still lives there. Even though she's a vegetarian, she loves Scouse too, but I leave the meat out of the recipe and use more chickpeas, sweet potatoes, and vegetables! Liverpool is known for many things: The Beatles, football, humor, dancing, and the friendly people are incredibly proud of this local dish. It's a very simple stew that originated in poverty. It helped feed large families during the Industrial Revolution, for example, factory workers like my mother, Ethel Jones, who taught me how to make it. The slang is also Scouse! If I ever meet you in person, I'll have a chat about it and see if you can understand me, just like Gertjan and Amanda can 😊

Enjoy your Scouse,  
YUM... Delicious, 'gerr 'it down' ya!







**Preparation: Ethel's Scouse, Liverpudlians.....Dinner!**

1. Heat a large pan with a stock cube on the stove and brown the beef until it is fully browned. Remove from the pan.
2. Cook the lamb mince in the same pan until browned throughout.
3. Reduce the heat to low. Heat the pan and add the roughly chopped onion and peeled and roughly chopped carrots. Cook until they begin to soften. Add the beef back to the pan and stir (note: salt is not necessary).
4. Stir in the tomato paste until thoroughly combined. Add the peeled potatoes, cut into large chunks (halves or quarters), depending on the size of the potatoes.
5. Add the beef stock or water (use 2 beef stock cubes, such as OXO).
6. Bring to a gentle simmer and cook until the beef is tender or until the potatoes begin to crumble and the Scouse thickens, about 2 hours.
7. Add the sliced leeks, golden syrup, and Lyons mustard and cook for a further 20 minutes. Taste the seasoning and add salt if necessary.

# Tofu and Bean Sprout Salad - Indonesia

**Main Course:** Serves 2

**Preparation Time:** 30 minutes

## Ingredients

1 block of tofu  
A pinch of flour  
Sunflower oil for frying  
400 grams bean sprouts  
1 clove of garlic  
Tablespoon of sambal (Bajak)  
50 ml ketjap/soy sauce  
Juice of half a lime  
Optional: Brown sugar or palm sugar  
Red wine vinegar to taste  
Water, salt  
A few sprigs of parsley  
Crispy fried onions (from a Asian store or fry yourself)

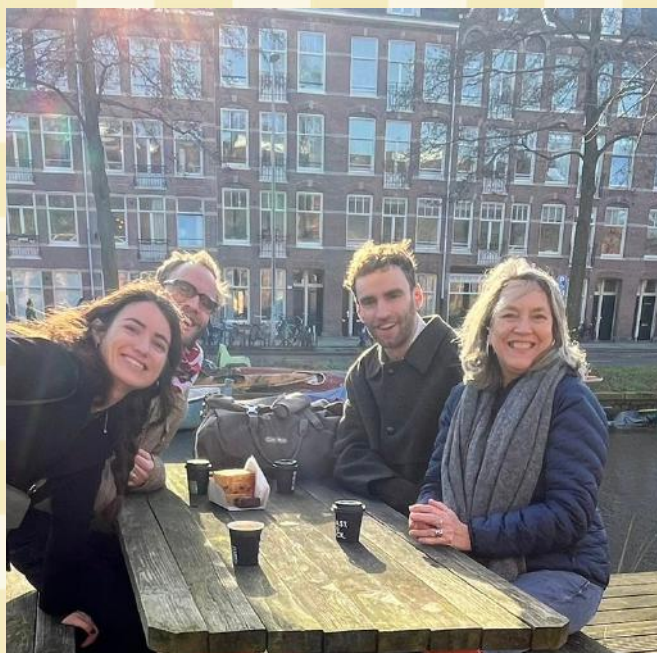
## Optional accompaniments

Rice or noodles,  
A boiled egg,  
Cucumber slices,  
Kroepoek or emping,  
Seroendeng

**Yvette Cramer**

Two sons, one of whom is married.

Residing at the Ringslang since 2022



Ketoprak is a meal salad from Indonesia. My father made it often when we were children, and later also when we had children of our own. I've made it regularly for my family ever since. When my youngest son was still living at home, it was even on the menu weekly for a while. It's a tasty, nutritious, light, vegetarian meal that's also easy to make and ready in no time. And that's a nice bonus during the week when everyone is home from work or school.





### How to Make Ketoprak

1. Drain the tofu well on paper towels and cut into 1 cm thick slices. Lightly coat with flour.
2. Heat a layer of oil in a wok or sauté pan. Fry the tofu until lightly browned on both sides. Drain on paper towels.
3. Make a sauce with the finely crushed garlic, sambal, soy sauce, lime juice, sugar, and vinegar, and add water until it reaches the desired consistency.
4. Finely chop the parsley.
5. Rinse the bean sprouts with hot water.

Place the tofu on a serving platter and top with the bean sprouts. Sprinkle with the parsley and onions. Drizzle with the sauce. Serve with rice or noodles on the side. Delicious with fresh cucumber, egg, prawn crackers, emping, or seroendeng.

# Braised Kohlrabi with Cheese Sauce - Netherlands

**Main Course:** Serves 2

**Preparation Time:** Unknown

**Marja Schoof**  
**(Old-fashioned recipe)**

## Ingrediënten

1 flinke koolraap  
ca. 25 gr boter  
Zout  
Nootmuskaat

## **Voor de saus**

2 el boter  
3 el bloem  
2,5 dl melk  
50 gr geraspte kaas (of 25 gr  
geraspte kaas en 25 gr  
roquefort)  
Peper en zout

My mother, Jopie, considered cooking a necessary evil. She didn't grow up with it either; my grandmother was from a generation that ate potatoes, vegetables, and (not every day) meat, and therefore rather unimaginative. She was a smart woman, so naturally, she wanted to spend her time better than preparing food and doing housework. Because my mother didn't like kohlrabi, we (my father, sister, and three brothers) ate it sporadically. But the kids loved it, especially because—when we did eat it—it looked like French fries, and what's a bigger treat for kids than French fries!

These days, kohlrabi is rarely eaten in the Netherlands and is one of the so-called "forgotten vegetables." That's a shame, because kohlrabi is delicious and surprisingly versatile.

## **Preparation**

1. Peel the kohlrabi and cut it into slices of about 1 cm. Cut these into strips, or "fries."
2. Melt the butter in a pan and gently fry the kohlrabi. Add a little salt and a splash of water and simmer for about 20 minutes.
3. Simultaneously, melt the butter in a saucepan and stir in the flour. Stir constantly and add the milk, little by little. Simmer the sauce very gently for about 10 minutes. Stir in the cheese and season with salt and pepper to taste.
4. Pour the sauce over the kohlrabi and sprinkle with a little nutmeg. Delicious with fried potatoes and chicken or fish, but also as a mashed potato with smoked sausage.





# Jopie's Chicken Salad - Netherlands

**Main Course:** Serves 4

**Marja Schoof**

**Preparation Time:** Unknown

## Ingredients

150-175g chicken breast  
2 mandarins  
1 stalk spring onion  
50g walnuts  
Handful of white raisins  
Salt, pepper

## For the dressing

2 tbsp Greek yogurt  
1 tbsp mayonnaise  
1 tsp smooth mustard  
Pinch of curry powder  
Dash of lemon juice

What my mother did become known for later – the children had long since left home – was her unparalleled chicken salad. The whole family loved it, and she made it regularly and with pleasure! Especially at birthdays or other celebrations, this famous salad would be served, and we would always empty the bowl.

I still miss that salad sometimes. Because, even though the recipe below is very close, your mother's is always the tastiest...

## Preparation

1. Boil the chicken breast in water for about 10 minutes until tender, then let it cool for a few minutes.
2. Then cut the chicken breast into pieces (not too small).
3. Peel the mandarins, slice the spring onions into thin rings, and chop the walnuts (not too finely).
4. Make a dressing with the yogurt, mayonnaise, and mustard, along with the curry powder and lemon juice.
5. Mix the chicken with the mandarins, spring onion rings, chopped walnuts, and raisins.
6. Then stir in the dressing and season with salt and/or pepper to taste.

*TIP: Serve with a baguette or toasted roll.*

Enjoy!

# Rolled Leaves with Filling - Bulgaria

**Main Course:** Serves 4

**Preparation Time:** 2 hours

## Ingredients

500 g ground beef  
10 sauerkraut leaves (if some are large, they can be halved)  
10 grape leaves  
5 red bell peppers  
Baldo rice – 200 g  
2 large onions – finely chopped  
1 stalk leek – finely chopped  
1 tsp dried savory  
1 tsp dried mint  
2 tbsp paprika  
1 tsp black pepper  
4 tbsp sunflower oil  
100 ml sauerkraut juice

**Tsvetelina and Gyuner Kush**

Turkish/Bulgarian family with one son.

Our son studies at Radboud University.

Has lived in Bovenkerk since 2024.



Bulgarian sarmi is a classic Bulgarian winter dish that combines the aromas of sauerkraut and herbs with the rich texture of ground meat and rice. All ingredients are available in Bulgarian stores in the Netherlands.

I often cook sarmi at home using homemade sauerkraut and vine leaves, made by my mother. When we travel to Bulgaria by car, we take sauerkraut leaves back to the Netherlands and continue the Bulgarian culinary traditions that always remind me of my childhood and my family there.





### **Preparing Sarmi with sauerkraut, sauerkraut leaves, and vine leaves**

1. We use healthy, larger cabbage and vine leaves by removing the thicker part.
2. Sauté the finely chopped onion. Once the onion is translucent, add about 2 teaspoons of paprika and mix well. Be careful not to fry, but let it simmer.
3. Immediately add the ground meat and mix well so that it doesn't get lumpy.
4. Once the mixture of ground meat and onion is smooth, add salt, pepper, mint, and savory to taste.
5. Add the washed rice and mix well with the ground meat. Add 1 cup of water and cook until the rice has absorbed the water. Remove from the heat and let it cool slightly.
6. Take a cabbage leaf, put 1 tablespoon of the filling in it (if it's larger, you may want to add more filling) and wrap a sarma tightly around it. Repeat the same with the vine leaves and red bell peppers.
7. Take a large pan and pour oil over it. Place a cabbage leaf on the bottom of the pan and start arranging the cabbage/vine leaves and red bell peppers tightly together. Layer the stuffed cabbage rolls and stuffed bell peppers until the filling is used up. Place a flat plate on top, bottom side up, so the sarma is secure and doesn't shift during cooking. Pour water and 100 ml of sauerkraut juice over the cabbage rolls until the plate is covered and cook the cabbage rolls until the rice swells and the cabbage softens.
8. Then remove the sarmi and stuffed peppers from the pan and place them in a dish with oil on the bottom. Lightly drizzle the top with oil and paprika and fry until golden brown.

# Eggplant Dip - Iran

**Main Course:** Serves 3-4

**Preparation Time:** 40 minutes

**Soha and Sadra**

Persian family living in Bovenkerk since 2024

## Ingredients

3 medium eggplants  
4 tablespoons vegetable oil  
1 large clove garlic  
½ cup water  
Salt and black pepper (to taste)  
⅓ cup walnuts  
1 large onion  
2 teaspoons dried mint  
¾ cup Kashk: Persian whey pie  
(available in Persian or Turkish  
supermarkets)

## Kashk

Also known as Persian sauce or  
whey pie



Kashke Bademjan is a popular Persian (Iranian) dip/appetizer/side dish made with roasted (or fried) eggplant, onions, garlic, mint, and whey. Kashk is the Persian word for whey, and bademjan means eggplant. The reason Persians use mint in this dip is to balance the WARM qualities of eggplant with the COLD qualities of mint. The WARM and COLD nature of ingredients and their balance in recipes is a fundamental theme in Persian/Iranian culinary tradition!





### Preparing Kashke Bademjan

**\*\*The original recipe suggests grilling the eggplant and then peeling it. However, this recipe has been adapted for deep-frying.\*\***

1. Peel the eggplant and cut it in half or quarters lengthwise. Heat 4 tablespoons of vegetable oil in a medium nonstick skillet over medium-high heat. Arrange the eggplant slices in a single layer in the pan. Cover and cook for about 7 minutes, or until golden brown on one side. Turn the eggplants over, cover, and cook the other side for another 5-7 minutes, or until cooked through.
2. While the eggplants are frying, heat 3 tablespoons of vegetable oil in another skillet over medium heat. Add the chopped onions and cook until golden brown.
3. Once the eggplants are cooked, add the minced garlic, water, salt, and black pepper to the pan. Cover and cook over low heat for about 15 minutes, or until the eggplants are very tender and the water has evaporated. Mash the eggplants with a fork or potato masher until coarsely ground.
4. Grind the walnuts in a food processor, being careful not to over-process them to form a paste. Add the ground walnuts and fried onions to the eggplant mixture. Stir in the ground dried mint and kashk until well combined. Season with additional salt and pepper, if needed. Serve warm or at room temperature with toasted flatbread, pita bread, or baguette.



# Stuffed Cabbage Leaves – Bosnia

**Main Course:** Serves 4

**Preparation time:**

30 min (+ 30 min cooking time)

## Ingredients

1 large sauerkraut (or 2 medium ones)

½ flat-leaf parsley

200 g rice

200 g ground meat

1 onion

6/7 cloves garlic

2 tomatoes

1 tbsp tomato paste

Salt

Pepper

## Tomato sauce

2 tbsp tomato paste

200 ml (beef or vegetable) stock



**Hata Balog**

2 daughters, 4 granddaughters

I've lived at Salamander since February 2025.



## Happy Memories from the Balkans

Sarma, a traditional Balkan dish, brings back warm childhood memories. It was always a special moment when my mother filled the kitchen with the aroma of this delicious dish. This dish symbolizes not only the rich culinary tradition of the Balkans but also the sense of community within my family. Every bite tells a story of cooking together, sharing, and enjoying each other's company. With this recipe, I not only want to relive the taste of my childhood, but also pass this beautiful tradition on to the next generation.

For me, sarma is more than just a meal; it's a piece of heritage.





### Preparing Sarma

1. You'll need a whole sauerkraut, which is best purchased at a Turkish supermarket. Carefully separate the leaves of this cabbage, and if necessary, cut the largest leaves in half.
2. For the filling, peel and finely chop the onion. Press the garlic and chop the parsley. Dice the tomato.
3. In a large bowl, combine the ground meat with the rice, onion, garlic, tomato, tomato paste, and parsley and season with salt and pepper.
4. Divide the ground meat mixture among the cabbage leaves and roll them up. Rolling instructions:
  - a) Place a spoonful of the ground meat mixture in the center of a cabbage leaf.
  - b) Now fold the bottom of the leaf over the ground meat mixture.
  - c) Then fold the sides inward.
  - d) Finally, roll the "parcel" up tightly, towards the remaining leaf.
5. Cover the bottom of a large pan with the trimmings/ribs of the cabbage leaves to prevent the stuffed rolls from burning. Arrange the stuffed rolls in the pan. Make sure they are tightly packed together, otherwise they will open during cooking.

### Tomato Sauce

1. For the sauce, combine the tomato paste, about 200 ml of warm water, and 1 stock cube (beef or vegetable) in a small bowl.
2. Pour the tomato sauce over the stuffed rolls, making sure they are barely covered. Add more liquid if necessary. If necessary, place a plate on top of the cabbage rolls to keep them in place. Simmer over low heat for about 30 to 40 minutes. While cooking, keep a close eye on whether there is enough liquid, if not add some extra to the pan.

# Paella with Aioli and Baguette - Spain

**Main Course:** Serves 6

**Preparation Time:** Unknown

**Thijs, Edwin and René**

Volunteers in Bovenkerk

## Ingredients

A generous dash of olive oil  
250g diced chorizo  
4 oz chicken breast  
6 large shrimp  
3 cloves of garlic, chopped  
250g diced onion  
250g diced red bell pepper  
250g frozen "fruits de mer"  
600g diced fresh tomatoes  
250g frozen peas  
1 bag of Paellero spices  
A pinch of saffron  
600g paella rice  
1300 ml chicken stock  
1 bag of baguette

## For the "quick" aioli

6 tbsp mayonnaise  
2 cloves garlic  
A pinch of lemon juice  
2 tbsp extra virgin olive oil  
2 tsp mustard  
A dash of Tabasco  
Salt  
Pepper



## Amstelveens Nieuwsblad

Paella Day at Samen Eten in Bovenkerk

On the last Friday of July 2025, it was Paella Day at Samen Eten. The team of volunteers, together with Thuis Houtappels, prepared two extra-large pans of paella for 155 diners in the Noorddamcentrum. Eating together and enjoying each other's company is the concept of Samen Eten in Bovenkerk. And it's clear that the volunteers love it. The clothing had a special Spanish touch, and the tables were decorated with olives, aioli sauce, and baguettes. All the guests had another wonderful evening.





## Preparation

1. Heat the pan, add a generous splash of olive oil, fry the chorizo cubes in the olive oil, and transfer them to a plate when crispy.
2. Fry the drumsticks in the chorizo fat. Once they're cooked, continue cooking in the oven at 150 degrees Celsius (300 degrees Fahrenheit) until they're cooked through, while you're preparing the paella.
3. In the same fat, fry the king prawns for 1 minute, set aside, and add them to the drumsticks for the last 5 minutes of cooking.
4. In the same fat, fry the garlic, onion, bell pepper, and seafood.
5. Add the diced tomatoes and peas.
6. Add the Paellero spice bag, stir in the saffron and rice, cook briefly, and add the chicken stock. Stir until well combined.
7. Cover the rice with aluminum foil or a lid and let it cook over low heat. Check the package or bag for cooking time, usually about 20 minutes. Just before the rice is done, put the shrimp (from step 3) in the oven with the drumsticks, so you don't forget.
8. Stir the chorizo into the rice once it's cooked.
9. Cut the lemon into wedges beforehand and arrange them all around the paella.
10. Arrange the drumsticks and the king shrimp all around the paella.
11. Serve the paella with baguette and aioli.

# Fruit Soup with Straw Curd - Netherlands

**Dessert:** Serves 4

**Preparation time:** 20 minutes

**Team Noorddamcentrum**

## Ingredients

### Soup

150 cc orange juice

75 g strawberries

12.5 g vanilla sugar

12.5 g sugar

A few drops of lemon

Small piece of fresh red pepper

Pinch of cinnamon

### Filling

25 g strawberries

20 g blueberries

15 g raspberries

10 g blackberries

### Topping

15 cc strained curd

3 g sugar Team

Noorddamcentrum



## Colorful Life

At Noorddamcentrum, we are here for the people. With a smile and a little care, we hope to connect people. This dish is colorful and deliciously sweet, and symbolizes that. It is easy to make and offers endless combinations.







## Preparation

### Step 1: The Soup Base

Pour orange juice into a saucepan and bring to a boil. Add the sugar and vanilla sugar. Stir continuously until the sugars are dissolved and let cool completely.

### Step 2: Clean the fruit

Wash the fruit. Briefly run the strawberries under hot running water and let cool. Divide the strawberries into two portions. The less attractive ones go into the soup. Halve or quarter the strawberries for the filling.

### Step 3: Finish the soup

Pour the soup into a blender, add the strawberries and spices (squeezed lime, cinnamon, and pepper), and puree until smooth.

### Step 4: Prepare to serve

Divide the soup among plates/glasses. Add the fruit and strained yoghurt.

*TIP: Try replacing the strained yoghurt with vanilla ice cream.*

*TIP 2: Replace the fresh fruit with frozen fruit in winter.*

# Cooking Tips – Measures and Weights

It can be quite a challenge to get the right amounts from different recipes. Many different measures and weights are used for recipes worldwide. This page provides an overview of the most commonly used measures and weights to make cooking easier.

## Measures

The table below shows various measures (for liquids). If you don't have a suitable tablespoon, teaspoon, or measuring spoon on hand, you can use the amounts from the table below for your recipe.

Volume measure	Abbreviation	ml	cc
<b>¼ tablespoon</b>	¼ tbsp	1.25 ml	1.25 cc
<b>½ teaspoon</b>	½ tsp	2.5 ml	2.5 cc
<b>1 teaspoon</b>	1 tsp	5 ml	5 cc
<b>2 teaspoons</b>	2 tsp	10 ml	10 cc
<b>1 dessert spoon</b>	–	10 ml	10 cc
<b>1 tablespoon</b>	1 tbsp	15 ml	15 cc
<b>5 teaspoons</b>	5 tsp	25 ml	25 cc
<b>2 tablespoons</b>	2 tbsp	30	30 cc
<b>3 tablespoons</b>	3 tbsp	45 ml	45 cc
<b>4 tablespoons</b>	4 tbsp	60 ml	60 cc
<b>5 tablespoons</b>	5 tbsp	75 ml	75 cc
<b>6 tablespoons</b>	6 tbsp	90 ml	90 cc
<b>1 water glass</b>	–	250 ml	250 cc
<b>1 wine glass</b>	–	125 ml	125 cc
<b>1 sherry glass</b>	–	80 ml	80 cc
<b>1 shot glass</b>	–	20 ml	20 cc
<b>1 soup cup</b>	–	250 ml	250 cc

## Quantities, sizes and weights

In recipes, you often see the phrase "Add a pinch of salt." But what does that actually mean? Below is an overview of some commonly used terms in recipes.

- 1 pinch: amount you can hold between your thumb and index finger
- 1 pinch: 3 to 4 pinches
- 1 teaspoon: between 3 and 15 grams
- 1 tablespoon: between 8 and 30 grams
- 1 cup: In Great Britain and America, there are standard measurements for this. A cup contains approximately 125 to 250 ml.



## Temperatures in Celsius °C vs Fahrenheit F.

In the Netherlands and much of Europe, we use Celsius (°C) as a temperature indicator. In America, Fahrenheit (F) is used as a temperature indicator, so below you'll find an overview of the most important temperatures converted to Fahrenheit. This makes using an American recipe much easier.

In Celsius	Fahrenheit	Designation
110 °C	225 F	Lukewarm
120 °C	250 F	Lukewarm
140 °C	285 F	Lukewarm
150 °C	300 F	Lukewarm
160 °C	325 F	Warm
170 °C	325 F	Warm
180 °C	350 F	Warm
190 °C	375 F	Moderately hot
200 °C	400 F	Is called
220 °C	425 F	Is called
230 °C	450 F	Very hot

## Food per piece

Recipes often refer to a large egg or a medium onion. The table below shows the ratios of the various ingredients, so you can better estimate how much of each ingredient you need. For example, if the recipe calls for 1 medium onion, it will likely use approximately 60 grams of onion. This could also be achieved with 2 small onions or part of a large onion.

How much does it weigh?	in grams
1 medium potato	100
1 medium apple	100
1 large egg	70
1 medium egg	50
1 knob of butter	20
1 clove of garlic	5
1 turnip	150
1 shallot	10
1 carrot	100
1 medium tomato	100
1 medium onion	60
1 medium carrot	100
1 turnip	150
1 tomato	100
1 carrot	100
1 potato	90
1 onion	70
1 clove of garlic	5

## Foods by size

Not every product has the same density and therefore not the same weight per indicated measure. For example, one teaspoon of honey weighs more than one teaspoon of sugar. The table below lists several common food products, with the number of grams in each measure listed in the columns.

Food	one teaspoon	one tablespoon	one cup
Potato flour	2 gr	7 gr	100 gr
Baking powder	3 gr	7 gr	80 gr
brown caster sugar	2 gr	8 gr	125 gr
Caster sugar, yellow	2 gr	7 gr	105 gr
Caster sugar, white	1 gr	6 gr	95 gr
Flower	3 gr	10 gr	80 gr
Butter/margarine	5 gr	12 gr	–
Cocoa powder	1.5 gr	5	75 gr
Custard powder	–	7	80 gr
Peas/Beans	–	–	90 gr
Gelatin powder	1 gr	4 gr	–
Grated cheese	5 gr	15 gr	100 gr
Semolina	–	9 gr	90 gr
Oat flakes	3 gr	6 gr	–
Honey	4 gr	12 gr	–
Coffee, ground	–	3 gr	–
Coconut flour	–	4 gr	60 gr
Raisins	–	10 gr	120 gr
Soft cheese	10 gr	20 gr	–
Cornstarch	2 gr	5 gr	75 gr
Milk	–	15 gr	145 gr
Oil	4 gr	10 gr	–
Bread-crumbs	4 gr	10 gr	120 gr
Powdered sugar	3 gr	10 gr	100 gr
Rice, raw	–	15 gr	120 gr
Rice, cooked	–	12 gr	100 gr
Cream	4 gr	10 gr	–
Syrup	–	28 gr	–
Sugar	1.5 gr	10 gr	115 gr
Water	–	17 gr	150 gr
Salty	3 gr	11 gr	–
Sour cream	8 gr	20 gr	–





