COOK-BOOK
easy-cheapy way

BUSH-TUCKER TEAM
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<th>Price</th>
<th>Average Age</th>
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<td>MAPO</td>
<td>1.90 €</td>
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<tr>
<td>OMELET</td>
<td>0.40€</td>
<td>8-9</td>
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<tr>
<td>MUSHROOM QUESADILLAS</td>
<td>3.70 €</td>
<td>10-11</td>
</tr>
<tr>
<td>TOMATO RICE</td>
<td>0.75 €</td>
<td>12-13</td>
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EASWARAN  XIESTEI  MARIA  ALEJANDRO  FILIPE
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<tr>
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<tr>
<td>ZUCCHINI CARROTS</td>
<td>0.85 €</td>
<td>DONGPO TOFU</td>
<td>3 €</td>
<td>CHIPS SPANISH</td>
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<td>QUESTIONS?</td>
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INGREDIENTS:

- 50 g green beans
- 50 g pointed cabbage and/or spinach shredded
- 50 g bean sprouts / tauge
- 25 g tofu
- 25 g tempeh
- Oil
- 2 eggs, hard-boiled
- 2 medium potatoes
- 50 g satay sauce
- Optional crackers/ kroepoek
- A pinch of crispy fried onions

RECIPE INFOS

- Preparation time: 5 min
- Cooking time: 10 min
- Price: € 2 - € 2,50
- Serving: 1 pers.

COOKING PROCEDURE:

1. Bring a large pot of water to boil and cook the green beans (chopped) until just cooked but still firm. 6 minutes.
2. After 4 minutes of cooking, add the pointed cabbage/spinach.
3. Add the bean sprouts 30 seconds before the end of the cooking time. Pour off the cooking water and drain the vegetables well.
4. Meanwhile, heat the oil in a frying pan and fry the tofu cubes until golden. Drain on kitchen paper.
5. Do the same with the cube of tempeh.
6. Arrange the cooked vegetables on a large serving platter. Crumble the crackers over the gado gado.
7. Heat the peanut sauce and drizzle the sauce over the vegetables.
8. Sprinkle fried onions on top. Serve the gado gado immediately. Add salt and pepper according to taste.

TIPS

- Fry some extra tofu and tempeh to use in the Mapo Tofu and Dongpo Tofu.
- Spend a little more on the Peanut sauce to get some good quality sauce as it adds the most flavour to the dish.
- Chop extra cabbage for using in the Dongpo Tofu.
INGREDIENTS:
- 400g Tofu (1 piece)
- 10g Red pepper
- 5g Green onion
- 30g Garlic
- 50g Beef
- 1g Paprika powder
- 5g Starch
- 20g Fermented soya beans
- 30ml Gravy
- 10g Yellow rice wine
- 15g Soy, Salt
- 30g Peanut oil

RECIPE INFOS
- Preparation time: 10min
- Cooking time: 15 min
- Price: € 1.90
- Serving: 1

COOKING PROCEDURE:
1. Cut the tofu into pieces (about 1.5cm³) and dice the red pepper, soaked with boiling water for 10 minutes. Then dry them.
2. Pour the peanut oil into the pot, when it is completely heated, add green onions, garlic, thick broad-bean sauce, beef, turn into the higher fire, stir them well.
3. Put the drained tofu into the pot, then add gravy, yellow rice wine, fermented soya beans, salt, fermented soya beans salted, after that, turn into the highest fire, and cook them for 5-6 minutes, add some starch, mix them, and finally, put the paprika powder on the top.
4. Pour some boiling oil, all the job is done.

TIPS
It’s a quite spicy meal, so better to eat it with a glass of beer.
OMELET

INGREDIENTS:
2 eggs
1 normal potato
salt, black pepper
olive oil or butter

Optional
3 cherry tomatoes
Oregano
1 slice of ham

RECIPE INFOS
Preparation time : 3 min
Cooking time : 5 min
Price : € 0.40
Serving: 1 pers.

COOKING PROCEDURE:
1. Crack the eggs into a bowl and beat well with a fork. Then add a pinch of salt and pepper and the optional ingredients if you want.
2. Peel the potato and cut it like the frying potatoes.
3. Put a frying pan on a low heat and let it get hot. Add the olive oil or butter and start frying the potatoes.
4. When they are ready, spread them evenly in the frying pan and then add the mixture of eggs inside.

5. Let the omelet be cooked from the one side (2 minutes) and then turn it on the other side with the aid of a plate.

TIPS
You could use the eggs to cook just fried eggs with fried potatoes. For those who prefer something more healthy it would be a great idea to boil the eggs and then to put them to a salad with vegetables.

6. Remove the pan from the heat and put the omelet into a plate. Enjoy.
MUSHROOM QUESADILLAS

INGREDIENTS:

- 150 gr Mushrooms
- 4 Large flour tortillas
- 200 gr Grated cheese. Gouda is a good option
- 1 White onion
- 2 Green bell peppers

RECIPE INFOS

- Preparation time: 8 min
- Cooking time: 20 min
- Price:
- Serving: 2 people

COOKING PROCEDURE:

1. Slice the white onion and the two bell peppers. Put the onion in a pan with little oil until lightly charred, and then add the peppers for a while until they char as well.
2. Slice the mushrooms into thin strips. Add them to the vegetable mixture and cook until brown.
3. Heat a frying pan to medium heat. Take one large flour tortilla and place it in the pan.
4. When air pockets begin to form within the tortilla, flip it over and add a handful of grated cheese, sprinkled over the top of the tortilla.

5. When the cheese is melted, put the whole mixture of vegetables and mushrooms in the tortilla. Remove from the pan and enjoy!

TIPS

You can accompany the quesadillas with a simple salad of lettuce, tomatoes, and cucumber.
TOMATO RICE

INGREDIENTS:
3/4 of a glass rice
3 garlic
2 bay leaves
2 pinches of paprika
1 Tomato puree box
Salt, pepper

3/4 of a glass water
1 tablespoon of olive oil

RECIPE INFOS
Preparation time: 5 min
Cooking time: 20 min
Price: €0.75
Serving: 1 pers.

COOKING PROCEDURE:
1. Full ¾ of a glass with rice and place it into a medium sized pot
2. Cut 3 garlic pieces into small pieces and crush 2 bay leaves into fine pieces
3. Add 2 pinches of Paprika. Ground pepper and salt according to your preference
4. Full the pot ¾ with water and switch on the stove to a medium temperature
5. Add one tablespoon of olive oil
6. Cook the rice for approximately 20 minutes
7. Continue to add water as the water evaporates, and mix the rice every few minutes.
8. Enjoy!

TIPS
You can keep the meal 3 days in your fridge.
It’s also very good with sausages or dry tomatoes and tuna.
ZUCCHINI-CARROT SOUP

INGREDIENTS:
1 big zucchini or 2 smalls
1 big carrot or 2 smalls
2 small potatoes
1 cube of chicken stock
(or vegetable stock)
1 onion
1 spoon of olive oil
750 ml of water
Optional:
Fresh basil or bay leaves

RECIPES INFOS
Preparation time: 10 min
Cooking time: 30 min
Price: € 0.85
Serving: 2/3 people

COOKING PROCEDURE:
1. Cut in little pieces the onion.
   Peel the carrot, the potatoes.
   Cut the zucchinis, carrot and potatoes in very small pieces.
2. Pour the spoon of oil in the saucepan, and brown the onions at slow fire.
3. Put all the vegetable, the water and the chicken stock.
4. Let it cook for 25 min at slow fire.
   Turn from time to time.
5. When it's cooked, (a fork can easily pierce the vegetables), mix the vegetable.
   If you've got a mixer, it's the ideal, otherwise you can do it with a spoon and a fork. During
   2-3 min.
6. Let it cook for 5 min more, and it's ready!

TIPS
If you have, had some fresh basil, delicious!
This meal is even better warm up. (in a saucepan).
Completed healthy meal with a slice of good bread (see index) and old gouda.
DONGPO - TOFU

INGREDIENTS:

- 400 g Tofu
- 300g Cabbage
- 2 Eggs
- 60g Mushroom
- 15g Hem
- Flour 15g

- 150g Oil
- 10g Garlic
- 10g Cook wine
- 8g Salt
- 2g Chicken powder

RECIPES INFOS

- Preparation time : 10 min
- Cooking time : 20 min
- Price : € 3.00
- Serving: 2

COOKING PROCEDURE:

1. Mix together the raw eggs, salt, flour, chicken powder and pepper.
2. Bring oil to high heat in a skillet.
3. Immerse the tofu into the egg mixture and add the tofu into the oil, cook until the whole surface of tofu became golden yellow.
4. Pour the garlic, mushroom, ham and cabbage into skillet with a little water, then pour the tofu, cook until the soup absorbed into tofu.

TIPS

You can add some fresh vegetables and fish or meat to make the meal even better!
RECIPE INFOS
Preparation time: 10 min
Cooking time: 20 min
Price: €3.00
Serving: 2

ITALIAN
tuna
crinis
tomato
wine
CHIPS SPANISH OMELET

INGREDIENTS:
1x Bag of chips potatoes.
2x Eggs p.p.
1x soup spoon of olive oil, can be substituted by a piece of butter.
(Optional) Crispy IKEA onion/ onions

RECIPE INFOS
Preparation time : 5 min
Cooking time : 3 min
Price :

COOKING PROCEDURE:
1. Empty the chips bag into a bowl and smash them lightly. Just to break the big ones.
2. Crack the eggs in a bowl and mix the eggs until the form a uniform orange liquid.
3. Put both ingredients in the same bowl and mix them well. You don’t need to add salt to the omelet, the chips carried with them.
(Optional) Put some crispy IKEA onion on the mixture as well. If you chose to use regular onion fry it a little before adding it to the mixture.
4. Put the pan in the stove with the olive oil in it and wait until it’s pretty hot.
5. Empty the chips-eggs mixture into the pan and wait until it’s half cooked.
6. Put the help of a big plate turn the omelet around and put it back into the pan.
6. Wait until it’s completely cooked and serve.

TIPS
Better served with some bread with some grated tomato on it and a piece of olive oil.
In order to cook a better looking omelet, while frying it turn the edges to the inside. That way you will end with an omelet with round borders and amazing look.
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<thead>
<tr>
<th>Bases</th>
<th>Vegetables</th>
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<tbody>
<tr>
<td>Rijst (Rice)</td>
<td>Tofu (Tofu)</td>
</tr>
<tr>
<td>Chips</td>
<td>Ui (Green Onion)</td>
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<tr>
<td>Tortillas</td>
<td>Aardappel (Potatoe)</td>
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<tr>
<td>(Tortillas (flat))</td>
<td>Cherrytomaat (Cherry Tomatoe)</td>
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<tr>
<td>Wit Stokbrood (White Bread)</td>
<td>Red Bell Paprika (Red bell-pepper)</td>
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<tr>
<td>Bruin Stokbrood (Brown Bread)</td>
<td>Bell Paprika mix (bell-pepper mix)</td>
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<tr>
<td>Bloem (Flour)</td>
<td>Spitscool (Cabbage)</td>
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<td>Tauge (Bean Sprouts, Tauge)</td>
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<td>Snijbonen (Long green beans)</td>
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<td>Bospeen (carrots)</td>
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<td>Groene Bell Paprika (green bell-pepper)</td>
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<td>Komkommer (cucumber)</td>
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<tr>
<td>Meat, fish, cheese, etc</td>
<td>Spices and condiments</td>
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<tr>
<td>Eieren eggs</td>
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<tr>
<td>Plakjes Ham slice of ham</td>
<td>Olijfolie olive oil</td>
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<tr>
<td>Kip chicken</td>
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<tr>
<td>Gouda Kaas gouda cheese</td>
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<td>Bouillon cube of chicken/vegetable</td>
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