As a group of international students, we know that food is essential when moving to a new country. However sometimes within a new culture, it can be difficult to know where to find certain foods from your own culture and daunting to try new, local dishes.

We have created this international recipe book to give students from all over the world a little taste of various cultures; from a traditional Indian curry to a traditional English breakfast! By each bringing a bit of our own country to the pages, we can educate numerous nationalities. It is our hope that these recipes will help students to acculturate at TU Delft; with easy to follow steps and information on where to find the ingredients locally in the Netherlands. The dishes can all be made within a 20 minute window to help keen students who need a quick fix. We have also ensured that all ingredients can be found cheaply, suitable for any student budget!

This food is easy to prepare within a Dutch kitchen; with no need for an oven or freezer. This is especially handy as many foreign students find themselves at a loss when they find neither in their accommodation!

We hope that you enjoy preparing these dishes in Delft, bon appétit!
DISH BACKGROUND

A full English breakfast is regarded as a staple of traditional British cuisine. Many British pubs serve the meal at any time as an "all-day breakfast". The ingredients of a full breakfast vary according to region and taste.

HOW DOES THE DISH TIE IN WITH DUTCH CULTURE?

This breakfast fits in well with students coming to study in Delft as it only requires the use of a frying pan (no oven needed) and provides lots of energy for all that cycling! The preparation time is low (15 minutes) which is great before a morning lecture.

Ingredients

2 rashers of good-quality lean unsmoked back bacon
2 mushrooms
6-8 cherry tomatoes
3 tsp olive oil
1 slice of granary or wholegrain bread, cut on the diagonal
1 good-quality pork sausage
1 eggs
100ml / 3½ fl oz glasses freshly-squeezed orange juice, plus 1 orange cut into wedges
handful fresh blueberries (about 50g/2oz)
How to cook

1. Spread oil around the frying pan and turn up the heat until it sizzles.

2. Lay the sausage in the pan with the bacon and cook for 5 minutes, turning both so as not to burn them.

3. After the 5 minutes is up, place the tomatoes, and mushrooms onto the pan for 3-4 mins without turning. If you have a toastie

4. Arrange everything on a plate.

5. To add extra goodness you can serve with the juice and fruit. In England it would be traditionally served with a cup of tea and milk.

6. Enjoy!

Where to buy

All ingredients can be found at a local supermarket e.g Albert Heijn.

*1) Photo taken from: http://www.bbcgoodfood.com/recipes/5820/the-ultimate-makeover-full-english-breakfast

*2) http://www.openingstijden.com/o2000037/albert-heijn-betje-wolffstraat-134-den-haag/
DISH BACKGROUND

Piadina is a very typical food of central Italy. It is largely used as main dish, filled with raw ham, rucola and a local cheese called “squacquerone”, but can be even eaten as a dessert, with Nutella. In the Italian province of Romagna there are a lot of kiosks selling this kind of food, at a very cheap price.

The first known written receipt of the Piadina dates back to the 14th Century, but the type of bread used was already present in the Roman Empire. This bread is very similar to the one used in the Mexican Tacos, but the dough is a bit thicker.

HOW DOES THE DISH TIE IN WITH DUTCH CULTURE?

The Netherlands, as Italy and France, is a well known country for its cheese. Since cheese is a very important ingredient in this dish, the dutch one matches just perfectly.

Another important fact is that the time needed to prepare Piadina is really short. Only a few minutes to put the component together and 25 seconds per side on a hot pan, and there you go! So for students, especially during exam periods is a great compromise.

Ingredients for 2 serves

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Piadina (for a box of 6)</td>
<td></td>
<td>€2</td>
</tr>
<tr>
<td>Raw Ham</td>
<td>0.1kg</td>
<td>€2</td>
</tr>
<tr>
<td>Spreadable Cheese</td>
<td>1box</td>
<td>€1-3</td>
</tr>
<tr>
<td>Rucola (can be replaced with any salad), or just omitted)</td>
<td>€1</td>
<td></td>
</tr>
</tbody>
</table>

Where to buy

Italy
How to cook

Time needed: ca. 10 minutes

1
Get all the ingredients and place a pan on the cooker;

2
Take a tacos and spread the cheese on half of it. After that put the raw ham and rucola over the cheese (so only on half of it),

3
Fold the tacos in half. Wait until the pan in hot and put the Piadina in it.

4
Wait about 20-25 seconds so that it heats up and than turn it on the other side.

5
Once another 20 seconds have passed you are ready to eat it!

6
Buon Appetito!

Where to buy

All ingredients except for Piadina can be found at a local supermarket e.g. JUMBO.

*1) Photo taken from: http://www.politiekdelft.nl/politiekdelft_2013_week_08.html
*2) http://www.openingstijden.com/o2000037/albert-heijn-betje-wolffstraat-134-den-haag/
**DISH BACKGROUND**

Canada is a very multicultural society and with this comes an ever diverse selection of food. In all the major cities you can find restaurants and grocery stores serving food from many different cultures. However, there are some foods that are common for Canadians to eat. This one has been chosen because on both the east and west coast of Canada are large fishing industries. In Vancouver in particular there is a big Salmon fishing industry. To represent this, Salmon has been chosen as the dish. The maple part, of course, comes from our national leaf: the Maple Leaf, which can be found on our flag. This dish is also very easy to prepare and all the ingredients can be found on the cheap right here in Delft.

**HOW DOES THE DISH TIE IN WITH DUTCH CULTURE?**

The dutch have a very wide variety of food choices, but commonly there can be a lot of bread and cheese. This dish moves away from those two ingredients to give more variety to the common student. However, the connection to Dutch life, in particular, life here in Delft is the Salmon. Thursdays and Saturdays yield a wonderful famer’s market in the heart of Delft. Here you can buy all the fresh fruit, vegetables, cheese, and meat you could imagine. All of the main ingredients are purchased at the market to give you the cheapest price, for the best taste of Dutch food!

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**Ingredients for 1-2 serves**

- **Salmon Steak**: 1-2 pieces (as pictured) Approx. 5€
- **Maple Syrup**: ½ cup 1€
- **Dijon Mustard**: 2 Teaspoons 1.45€
- **Mixed Vegetables**: varies varies

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**Where to buy**

- **Salmon Steak**: week days during the famer’s market in the heart of Delft.
- **Maple Syrup**: most supermarkets.
- **Dijon Mustard**: most supermarkets.
- **Mixed Vegetables**: famer’s market in the heart of Delft.

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**Maple Salmon**

**CANADA**

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*1)
**How to cook**

1. Start by mixing together the mustard and maple syrup in a bowl or cup and then taste it a bit to see if you need more or less of one of the two ingredients.

2. Then place the two salmon steaks on a frying pan and cook on medium. Pour the mix over the salmon pieces to cover them. Once the salmon begins turning white (approx. 8 min) it can be flipped.

3. Then pour the rest of the mix on the other side. After another 8 min it should be done. Serve it with boiled vegetables. Usually asparagus, fried peppers, and fried carrots go well with the salmon. You can even fry the carrots in the pan as well to give them an extra maple taste.

**Where to buy**

- *Maple Syrup
- *Dijon Mustard
- *Salmon Steak
- *Mixed Vegetables

*1) Photo used from: www.momshealthyeats.com
*2) Photo taken from: http://www.winkelcentrumleyenburg.nl/images/foto_c1000pui.jpg
*3) http://www.tripadvisor.com/LocationPhotoDirectLink-g188626-i17613068-Delft_South_Holland_Province.html
Where to buy

1 egg 2.02Euro
1 tomato 0.69Euro
Half onion 1.75Euro
Half pepper 1.69Euro
A bowl of rice 1.75Euro
Some salt, oil
Shao Hsing Wine -2.49Euro
-others if you like...

DISH BACKGROUND

Tomato omelette is a typical dish in China. It is really easy to cook, and it taste wonderful. In my opinion, for most of us Chinese students, this one is the first dish we learned how to cook when we were young.

HOW DOES THE DISH TIE IN WITH DUTCH CULTURE?

Dutch people love eggs.

Ingredients for 2 serves

fried rice with tomato and egg

China
How to cook

1. Put the egg in a bowl, and mix it into egg mixture.
2. Wash the tomato, onion and other vegetables, and cut them into small pieces.
3. Pour some oil into the pot, then fry the tomato when the oil is warm.
4. Add a little salt and continue to stir. Then pour the egg mixture.
5. Add the rice into the pot when the egg begins to solidify, and stir quickly.
6. Add other vegetables you like, fry them quickly.
7. Turn off the heat and continue to stir in about 15 seconds.
8. Enjoy!

Where to buy

All ingredients without chinese wine can be found at a local supermarket e.g C1000.

*1) Photo taken from: http://www.winkelcentrumleyenburg.nl/images/foto_c1000pui.jpg
*2) Recipe taken from: app MeiShiJie
Ingredients

- 2 tablespoons peanut oil - 0.2 cents
- 1 kg boneless skinless chicken breast, cut in large chunks - 2 euros
- 50 g butter - 0.4 cents
- 2 teaspoons garam masala - found in speciality asian or indian store or bahar near campus
- 2 teaspoons sweet paprika
- 2 teaspoons ground coriander
- 1 tablespoon grated fresh green ginger - 0.5 cents
- 1/2 teaspoon chilli powder (more or less to taste)
- 1 cinnamon stick
- 6 cardamom pods, bruised - 0.6 cents
- 1 (400 g) can tomato puree - 0.4 cents
- 1 tablespoon sugar
- 1/4 cup plain yogurt - 0.3 cents
- 1/2 cup cream - 0.5 cents
- 1 tablespoon lemon juice - 0.3 cents

Dish Background

Butter chicken is a world renowned Indian dish, liked by almost all. It is a dish which closely resembles the north indian cuisine.

How does the dish tie in with Dutch culture?

Butter Chicken is not only liked by the western world but around the world because of its unique taste coming from different spices with a tinge of sweetness. It brings out the spices and their playfulness on the taste buds beautifully.
All ingredients can be found at a local supermarket e.g C1000.

2) Photo taken from: http://www.winkelcentrumleyenburg.nl/images/foto_c1000pui.jpg

Heat a wok until really hot, add 1 Tbsp oil

Add half the chicken and stir-fry for about 4 minutes or until chicken is a nice colour, then remove to plate.

Add extra oil and cook remaining chicken. Remove from wok. Reduce heat and add the butter.

When melted add all of the spices and stir-fry until fragrant - about 1 minute.

Return chicken to wok and stir to coat with the spices.

Add the tomato and sugar and simmer for 15 minutes - stir occasionally.

Add the yogurt, cream and lemon juice and simmer for 5 minutes or until the sauce thickens a bit.

Serve over rice.

**This dish can be frozen. After step eight cool completely then store in a zip-lock bag in the freezer. To reheat, thaw in bag in fridge overnight then add contents to saucepan. Reheat gently, then simmer for 8 minutes - add the yoghurt, cream and lemon juice and simmer for 5 more minutes.
**Dish Background**

“Onigiri” is a Japanese food made from white rice formed into triangular or oval shapes and often wrapped in nori (seaweed). Traditionally, an onigiri is filled with pickled ume (umeboshi), salted salmon, katsuobushi, kombu, tarako, or any other salty or sour ingredient as a natural preservative.

**How Does the Dish Tie In with Dutch Culture?**

From 11th century, Japanese have eaten onigiri as a convenient and nutritious food. In old days, SAMURAI (soldiers) stored onigiri wrapped in bamboo sheath as a quick lunchtime meal during war. Onigiri has been familiar with Japanese people as a survival food for a long time.

And today, in Delft, I have to “survive” new life. Additionally, I can make Onigiri with quite simple ingredients, which can be found in Delft. So I chose Onigiri as a representative “survival” food from Japan!

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**Ingredients** for 2 serves

- Rice 200g - 4 Euro
- Water 200g
- Canned Tuna 1 can - 2.5 Euro
- Mayonnaise 2 spoon - 3 Euro
- Furikake 3 spoon - 3 Euro
- Soy sauce a little - 5 Euro
- Nori (seaweed) 1 piece - 4 Euro

Where to buy:

06
How to cook

1. Polish rice with water around 3th until water become clear.

2. After soaking 30 min, (" It is essential to make rice delicious) boil around 15 minutes, and steam 10 minutes

3. During boiling rice, make fillings. Mix tuna and mayonaise. With Furikake, just mix to rice!

4. Put some rice into hands and make it pyramid shape.

5. Cut Nori and put on “Onigiri”

6. みしめられ！

Where to buy

- Rice
- Furikake
- Soy sauce
- Nori (seaweed)
- Tuna
- Mayonnaise

*1) http://en.wikipedia.org/wiki/Onigiri
* alez Photo taken from: http://www.politiekdelft.nl/politiekdelft_2013_week_08.html
**DISH BACKGROUND**

Lassi is a popular, traditional, yogurt-based drink; it originates in India's Punjab region. Lassies are enjoyed chilled as a hot-weather refreshment, mostly taken with lunch. With a little turmeric powder mixed in, it is also used as a folk remedy for gastroenteritis.

A 2008 print and television ad campaign for HSBC, written by Jeffree Benet of JWT Hong Kong, tells a tale of a Polish washing machine manufacturer's representative sent to India to discover why their sales are so high there. On arriving, the representative investigates a lassi parlor and finds several washing machines being used to mix it.

**HOW DOES THE DISH TIE IN WITH DUTCH CULTURE?**

Indian Punjab province as well as Netherlands have strong affinity towards milk and milk products. Lassi is prepared from yogurt and milk as its base ingredients. My inspiration to share this drink came from the idea that I wanted to present a view point highlighting that we are more similar than different.

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Description</th>
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<tbody>
<tr>
<td>mint leaves</td>
<td>1/2 Cup</td>
</tr>
<tr>
<td>vanilla yogurt</td>
<td>1 Cup</td>
</tr>
<tr>
<td>soda water</td>
<td>12 ozs (360ml)</td>
</tr>
<tr>
<td>lime juice</td>
<td>1 1/2 Cup</td>
</tr>
<tr>
<td>sugar</td>
<td>2 spoons</td>
</tr>
<tr>
<td>crushed ice</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

*1)
How to cook

1. Combine mint, yogurt, lime juice, sugar, ice, and ½ of the soda in a blender.

2. Blend until mint is finely minced, stop the blender.

3. Add the remainder of the soda. Blend for a split second more, just to mix, and serve immediately.

4. Garnish with a sprig of fresh mint.

5. Enjoy!

Cook time: 5 minutes

*1) http://en.wikipedia.org/wiki/Lassi#Cultural_references
*2) Photo taken from: http://www.winkelcentrumleyenburg.nl/images/foto_c1000pui.jpg
*3) http://www.food.com/recipe/sweet-mint-lassi-437742

Where to buy

All ingredients can be found at a local supermarket e.g. C1000.