Broodnodig

Cookbook for the virgin chef

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Overview

- The Problems and Objective Formulation
- The Solution
- Reflections
Acculturation Obstacles

- Transportation
- Communication/Language
- Socializing
- Food


Top Priority: Food!

• Unfamiliar Dutch food
  • Not so appetizing

• What can I cook?
  • I don’t even know how to cook pasta!
  • One in three university students «Can’t even cook an egg»¹

• Where can I find the ingredients?
  • Orientation issues
  • Translation problem

Objectives

1) Find familiar international food and locations of ingredients (or substitutions for unavailable ingredients)

2) Teach people how to cook

3) Translate all ingredients into Dutch

4) Experience new cultures through food

5) Introduce the real Dutch cuisine
The Solution: Cookbook!

• Why a booklet?
  • Easy to deal with
  • Easy to distribute
  • Does not require internet connection
  • Contains all necessary information
  • Encourages people to take action

• What is inside?
  • Map of where to find ingredients
  • International recipes
  • Dutch translations
Dear Student,

Welcome to the Netherlands! As you embark on this new journey at TU Delft, there may be quite a few worries that pop up unexpectedly and food may be one of them. To save money and maintain your health, you may be doing more home cooking than ever before. To help you get settled here faster we’ve prepared this handy Survival Cookbook! Try out all of the iconic recipes from different countries around the world; as well as some typical Dutch meals! We’ve handpicked only the simplest dishes from each country so even if you consider yourself a kitchen novice, you’ll be cooking tasty meals in no time!
ITALY

Spaghetti alla Carbonara – Carbonara spaghetti

Ingredients:

- 350g Spaghetti
- 150g Guanciale (substitute with chopped bacon)
- 100g Pecorino cheese (substitute with parmesan cheese)
- ground black pepper
- 5 eggs (4 yolks + 1 whole)
- 1/2 Onion (chopped)

Dutch:

-Spaghetti
-Spek (bacon)
-Parmezanse kaas (parmesan)
-Peper
-Eieren
-Uien

A simple, yet elegant meal. If you want to explore beyond simply adding a jar of pre-made sauce to your pasta, then this recipe is for you.

1) Add spaghetti to a pot of boiling salted water. Cook until soft, then drain out the water.

2) Lightly brown the chopped onion in an oiled frying pan on low heat.

3) Cut the bacon into small cubes or strips, then add to the frying pan. Cook until the fat becomes crispy.

4) Beat the eggs in a bowl, then add the cheese and pepper to taste. Add this to the bacon.

5) Mix the spaghetti with the sauce in the frying pan, and (if necessary) add more cheese and pepper to taste. If too dry, add milk or cream until the desired thickness is achieved.

http://ricette.giallozafferano.it/Spaghetti-alla-Carbonara.html (in Italian), Webpage Giallo Zafferano
CHINA
Sweet and sour fried tofu

**Ingredients:**
- 350g tofu
- 120g chicken breast or fillet
- 1/2 onion, chopped
- 1/4 green capsicum, chopped
- 1/4 red capsicum, chopped
- 1/4 yellow capsicum, chopped
- 1 tsp crushed garlic
- 1 tsp minced shallot
- Vegetable oil

**Seasoning:**
- 1 tsp soy sauce
- 1/2 tsp corn starch
- 1 tsp shaoxing wine or dry sherry
- 1/2 tsp sugar
- Pinch of ground pepper

**Sauce:**
- 3 tbs white vinegar
- 2 tbs white sugar
- 1.5 tbs tomato sauce
- 1/2 tsp worcestershire sauce
- 1/2 cup water
- 1/4 tsp salt

**Dutch:**
- Tofu
- Kipfilet
- Uien
- Spaanse peper (groen)
- Spaanse peper (rood)
- Spaanse peper (geel)
- Knoflook
- Sjalot
- Frituurolie
- Sojasaus/ketjap
- Maiszetmeel
- Sherry
- Suiker
- Peper
- Azijn
- Suiker
- Ketchup
- Worcestershire saus
- Water
- Zout

**30-40 min / serves 3**

**Thickening:**
- 2 tsp corn starch
- 2 tbs water

- Maïszetmeel
- Water

Anyone who tries this will be hungry for more! This recipe may be modified to include carrots, ginger, peppers, and even pineapple.

1) Cut chicken into bite-size pieces and marinade with the seasoning ingredients for about 15 minutes.
2) Cut tofu into 3 cm cubes. Drain away excess water and season with salt. Fill a wok or saucepan with ~ 4 cm of oil and cook the tofu until golden (about 5 minutes). After, remove the tofu and drain off the excess oil by placing on paper towels.
3) In a pan with a small amount of oil, fry the onion until soft. Add the chicken and fry until cooked through.
4) Add more oil to the pan and add the garlic and shallot. Fry briefly before adding the capsicum. Pour in the sweet and sour sauce and boil the mixture. Season with salt and add sugar or water to taste. Add a mixture of cornstarch and water if the sauce is not thick enough.
5) Serve the tofu on a plate with the sauce.
Shopping List

1. Item 1
2. Item 2
3. Item 3
4. Item 4
5. Item 5
6. Item 6
7. Item 7
8. Item 8
9. Item 9
10. Item 10
Shops in Delft

1. Albert Heijn (Brabantse Turfmarkt 33-43 / Choorstraat 35 / Laan van Altena 34 / Martinus Nijhofflaan 15-19)
2. Asian Toko (Griegstraat 285)
3. Il Tartufo Italian Specialities (Minderbroerstraat 2)
4. Turkish Delicatessen and Halal Butcher (Hip polythusbuurt 41)
5. C1000 (Troelstralaan 9 / Bastiaansplein 135)
6. Lidl (Griegstraat 275 / Multatuliweg 53-59)
7. Aldi (Papsouwselaan 1)
8. Kutos Amazing Oriental (Kleveringweg 59)
9. Bahar Foods Asian Supermarket (Papsouwselaan 208)
Enjoy your meal!

Bil hana!
WO XI HUANG ZHE DUO CAI!
Buon appetito!
BUEN APETITO!
Eetsmakkelijk!
GUTEN APPETIT!
Mamay lo!

EMERGENCY INFORMATION
Phone 112 if every second counts
For medical problems, not immediately life threatening:
(015) 799 90 50 (from 8:00 - 17:00h, Student Doctors)
(015) 251 19 30 (other times: Central Delft Doctors Office)
For non-urgent assistance by police or fire brigade:
0900 - 8844 (Contact number Police Haaglanden)
To reach the Organisation Team 24/7:
06 - 52 09 77 67 (emergencies only)
Contact the International Office TU Delft
(015) 2788012
internationaloffice@tudelft.nl

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How we did it

- Recipes from
  - Personal experience
  - Other international students
- Translation of the ingredients
  - Google translate
  - Mijnwoordenboek
- Map of supermarket
  - Google maps
  - Visiting
- Design of the booklet
  - InDesign
The Group Process

- The group dynamics
- Team roles
  - How we cooperated and divided tasks
- Problems encountered
- What have we learned?
Questions?

• Let’s get cooking!