



Siegen 2017

# The Dutch Cuisine



Cartesius Lyceum Amsterdam  
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On the 3rd of October, the city of Leiden celebrates their victory in 1574 over the Spanish invaders. It's an annual gathering during which the Leiden citizens celebrate with large amounts of white bread and herring and even larger amounts of something called *hutspot*, a colourful mashed potato dish. It's no longer just eaten on the 3rd of October, but is an extremely popular evening meal during the cold winter days.

*Hutspot* is traditionally served with *klapstuk*, a piece of braised beef, but sometimes will also be eaten with a typical Dutch meatball or just a piece of a cooked sausage.

The best carrots to use for this dish are *winterpenen*, winter carrots such as the Flakkee or Autumn King, a larger and thicker variety of the orange carrot that is harvested shortly after the first frost. The sugars in the carrot add a hint of sweetness to this dish that will appeal to almost any eater, young or old.

The carrot appeared in Holland for the first time in the 17th century, out of Iran, and was cross-pollinated until it had a bright orange colour, to honour the royal family, the Oranges.

### **Hutspot met klapstuk**

500 gram (1.1 lb) beef rib

400 ml (13.5 fl oz) water

1/2 beef bouillon cube

1 bay leaf

8 black pepper corns, whole

1 tablespoon flour, dissolved in 1/2 cup water

6 large potatoes, peeled and quartered

8 large carrots, peeled and diced

4 large onions, peeled and sliced, salt and pepper

Add the water to a fry pan, add the bouillon cube and stir until dissolved. Add the beef, the bay leaf and the pepper corns and braise on low heat for approximately 90 minutes or until beef is tender.

Remove the meat to a serving dish, discard the bay leaf and peppercorns and stir the dissolved flour into the pan juices. Stir scraping the bottom of the pan, loosening any meat particles that may be stuck. Bring the heat slowly up until the gravy starts to thicken. Pour the gravy over the meat and set aside, keeping it warm.

In the meantime, place the potatoes on the bottom of a pan, and add water so that the potatoes are just covered. Put the carrots on top, and finish with the onions. Add salt. Cover and bring to a boil, then lower the heat and boil for about 20 minutes or until the potatoes are cooked. Pour off the cooking water, but save it. Mash the potatoes, carrots and onions until you achieve a mashed potato consistency. If you need more liquid to make it smoother, add a tablespoon of cooking liquid at a time, or some butter. Taste, adjust with salt and pepper.

Serve the hutspot family style on a large platter, slice the beef and serve with the gravy.

The apple is one of the most versatile and used fruits in the Dutch kitchen. Most good bakeries in town will have an apple dessert for you to try, and feel free to ask for recommendations: the bakery staff most often have their own favourites! But in case you're in a rush, don't miss out on an equally delectable treat that you can eat on the go: the triangular appelflap. Made with tender, buttery flaked pastry and filled with fresh apples, sweet currants and raisins, this apple turnover is a wonderful start to exploring the rich and varied history of Dutch baked goods.

### **Appelflappen**

20 grams (0.7 oz) currants

20 grams (0.7 oz) raisins

3 dried apricots

100 ml (3.3 fl oz) apple juice

2 Jonagold apples (or similar crisp red apples)

2 tablespoons sugar

Pinch of cinnamon

1 package of puff pastry (usually ten squares)

sugar to sprinkle the appelflappen

Add the currants, raisins and apricots to the apple juice and allow to soak, preferably overnight, but at least for a good hour. Allow the puff pastry to thaw, while you peel and core the apples. Chop the apples into small pieces. Drain the soaked fruit, but keep the water. Finely chop the apricots and add them together with the currants and raisins to the apples and stir. Then add the sugar and the cinnamon and stir until everything is well mixed. Set aside.

Peel the separate squares of puff pastry apart. Place them before you with one corner pointing downwards. Place approximately 1 to 1 1/2 tablespoons of filling on the bottom half of the square, wet the edges of the dough with some of the soaking water that you saved before and fold the top part over, forming a triangle. Carefully press the dough around the filling and on the edges, making sure they are sealed.

Place the triangles on parchment paper on a baking sheet and place in the fridge while you pre-heat the oven to 200C (400F).

Remove the baking sheet from the fridge, and moisten the top of each triangle with a little bit of water, before sprinkling some sugar on top. Place the baking sheet on the middle shelf in the oven, and bake the turnovers for 20 minutes or until golden. Can be eaten warm or cold.

*Recipes thanks to:*

<https://www.holland.com/global/tourism/holland-stories/dutch-food-and-cuisine/hutspot.htm>

<https://www.holland.com/global/tourism/holland-stories/dutch-food-and-cuisine/appelflappen.htm>