



# The Intercultural Cookbook

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# Russian Salad “Olivie”

## Салат “Оливье”



Bulgarian cuisine is a representative of the cuisine of Eastern Europe. It shares characteristics with other Balkans cuisines. Bulgarian cooking traditions are diverse because of geographical factors such as climatic conditions suitable for a variety of vegetables, herbs and fruit. Aside from the vast variety of local Bulgarian dishes, Bulgarian cuisine shares a number of dishes with the Russian, Turkish, and Greek cuisine. It's famous for moussaka, yogurt, cheese and grilled and cured meats.



## Ingredients:

3 small, medium potatoes  
4 medium carrots  
8 eggs  
1 lb bologna  
8 small pickles  
1-2 small cucumbers  
1 can (14-15 oz) peas  
1 – 1/2 cups mayonnaise  
1 small onion, optional  
some fresh chives to taste, optional

## Instructions:

Just like most potato salads, “Olivie” is made ahead of time. You can chop all the ingredients and store them in the refrigerator and then add the mayonnaise a few hours before serving. This way, you can prep a few days ahead.

- 1) Cook the potatoes with the carrots in a medium pot just until tender, 20-30 min, depending on the size of the vegetables. Cook the vegetables in their skins. Do not overcook; you don't want a mashed potato and pureed carrot salad.
- 2) Drain the peas well. Cut the potatoes, carrots, eggs, pickles and cucumbers into small 1/4 inch dices if you want to add them to the dish.
- 3) Mince the onions finely, if using. (Alternatively, you can use chives or green onions).
- 4) Mix all the ingredients with the mayonnaise.





# Indian Butter Chicken बटर चिकन



Indian cuisine is known for many things. The first is its large variety of vegetarian dishes. For example, its use of cottage cheese and vegetables. The second is its large connection to religion. A lot of dishes are eaten during certain days and festivities. The last is its use of spice in its dishes to really bring out the flavor. These things make Indian cuisine unique.



## Ingredients:

2 tablespoon oil  
1 medium onion diced  
1 teaspoon fresh ginger finely minced or grated (or use paste)  
2-3 cloves garlic finely minced or crushed  
1 ½ pounds (about 2-3 boneless skinless) chicken breasts, cut into ¾-inch chunks  
1 can 6 oz. tomato paste (or 8-10 oz can of tomato sauce)  
1 teaspoon cumin  
1 tsp salt  
1/4 tsp black pepper  
1 cup heavy cream sub for half & half or yogurt for low fat  
Some naan for serving

## Instructions:

- 1) Heat a large skillet or medium saucepan over medium-high heat.
- 2) Add the oil and onions and cook onions down until lightly golden, about 3-4 minutes.
- 3) Add ginger and garlic and let cook for 30 seconds, stirring so it doesn't burn.
- 4) Add the chicken, tomato paste, and spices.  
Cook for 5-6 minutes or until everything is cooked through.
- 5) Add the heavy cream and simmer for 8-10 minutes stirring occasionally.
- 6) Serve over Basmati rice or with naan.





# Macaroon Semolina Pudding

## Bitterkoekjes griesmeel pudding



The Dutch cuisine is mainly based on potatoes: think of dishes like Boerenkool and Stampptot. Then there are other foods: pancakes, stroopwaffles and raw fish like herring. Deep-frying has become very popular, you can order fries and "frikandellen and Kroketten" in every village. Lately the kitchen has grown to include a lot of different foods from other cultures. Spaghetti, Tika Masasala, Couscous, Saté and Bami are just some examples of this.



## Ingredients:

1 Liter of full fat Milk  
100 grams Griesmeel  
100 grams of Bitterkoekjes  
200 grams of Cranberry's  
30 gram Vanilla Sugar  
50 gram Regular Sugar  
20 centiliters of Water  
100 centiliters of Whipped Cream

## Instructions:

- 1) Cook the Milk in a pan
- 2) Insert the Griesmeel and Vanilla Sugar in parts and keep on stirring until it is thick enough.
- 3) Break the Bitterkoekjes in parts and insert in the pan.
- 4) Take a wet bowl and insert the porridge.
- 5) Put the bowl in the fridge for approximately 2 hours.
- 6) Cook the 20 centiliters of water, insert the sugar and cranberry's until they split open, stir until the sauce is juicy.
- 7) Let the sauce cool down.
- 8) Beat the whipped cream.
- 9) Put the bowl upside down on a plate.
- 10) Decorate the Pudding with the sauce, cookies and whipped cream.







## Chef Reflections

We learned a lot during the time we spent putting this cookbook together, and we'd like to share some of our insights.



## Aakash Thawani

One of the main things I learnt is that both Eastern European and Dutch cuisine have a lot of cold dishes both in the appetizer and dessert section. This is very different to the Indian way of eating which is usually a hot meal.

Second thing I learnt is that for Dutch cuisine its better to just be sweet or salty rather than boosting the spice flavor since the food should be palatable by everyone which is opposed to Indian cooking where the food should be spicy to bring out extra flavor.

I also learnt from Vince, Caspar, and Nash that Dutch food mostly contains dishes with meat and potatoes, and breakfast items are usually bread topped with cheese and various sliced meats. This makes the Netherlands a hot bed for other cultural cuisines to be widely appreciated

These new learnings can help me further because I believe food is something that people can bond over. Everyone has to eat but how we prepare the meal and what we cook brings variety to life and can further enhance how we understand cultural nuances.

## Andrea Kyurchiev

Cooking with the group was a lot of fun. It showed me that food could be very diverse and reminded me how good indian food is. It was magnificent to see Aakash learn how to use kitchen utensils for the first time. It was like watching a baby make it's first steps. Overall the cooking really brought our group together and we got to experience not only each other's kitchen but also culture!

## Caspar Neervoort

I had a lot of fun cooking with the group. I usually prefer to cook Asian cuisine myself but during this experience I've learned some new things here and there that I would have never thought of before; such as washing chicken breasts before cutting them so that they aren't as slippery. I also liked showing some of the others some of my own tips and skills that they then tried out themselves. All in all it was a great learning experience, something I'd definitely like to try again to see if there's even more to learn from these other cultures.

I think there's a lot to learn from other cultures, even when it comes to the food. It's something that can be so similar yet so different. Like the Russian salad, Olivie, is what our Dutch Huzarensalade salad is based on. We eat it mainly throughout the summer at barbeques and such here in The Netherlands, while for Russian cultures it's actually a staple New Year's eve dish.

Food, in a way, is also a universal language. I think if you really want to experience a culture, you should cook with people from it. It provides you with so many insights that you would never notice otherwise.



## Daniils Korolenko

I have learnt that Dutch people tend to eat sandwiches for lunch, it is bread topped with cheese and several slices of meat. Dutch dishes are really similar to Russian and Bulgarian cuisine only 1 difference they do not have so huge diversity of cold meals, for instance, in Russia people have different salads which usually can be the main dish like Russian salad which can be called Olivier at the same time.

What I have learnt from Indian cuisine, as a meat they usually eat chicken and they always use curry as a spice. Furthermore, all the dishes must be preferably spicy.

From my point of view, it is always amazing to try something new in this life, I can say the food which Indian cuisine provides is a completely new experience, but the Dutch cuisine is almost the same food as I was eating all my life, except they do not have diversity of soups as we do and salads.

## Nash Willems

Being a student, I really recommend getting involved into projects like this. You will get to share experiences and taste new dishes. I already was familiar with Indian Butter Chicken, but at home we make it very differently than the people of this group did. It was the first time I tried a Russian salad, so especially this was a new experience.

It was fun to taste the new dishes, but it was even more fun to talk about it with my fellow students. Other Eastern-European dishes look quite similar to what we have in the Netherlands, I discovered that Cranberries translate to Veenbessen in Dutch, and though I knew that Indian people did not eat beef, eating lactose-based products like cheese and yogurt is possible. Food really brings different cultures together.

## Vince van den Ham

It was very educational to connect and cook together with the others. I never realized before that a kitchen could say so much about another culture. Of course I knew it in terms of flavors and local ingredients but not that it is also based on cultural belongings. A surprising insight was that people in India doesn't eat cow meat because the cow is considered sacred. But they do use products which are containing dairy and milk. I also never realized that in eastern Europe the people eat more solid food such as potatoes with minced meat egg en carrots because of the cold winters.

A menu cooked with cultural diversity gave me an exclusive look in the kitchen and culture of the international students where I work daily with. It gains more understanding for their backgrounds and inspiration to apply in the near future.