

Het smaakt naar Watergraafsmeer.

'The Flavour of Watergraafsmeer, try your neighbours recipe.'

English



FOR AND BY THE RESIDENTS OF WATERGRAAFSMEER
COOKING TOGETHER | GETTING TO KNOW EACH OTHER



Prologue

This cookbook is made for and by the residents of Watergraafsmeer. The organisation Leisure2Connect has developed this cookbook together with the residents to bring all of you together. In this cookbook you will find tasty and healthy recipes from residents, craftsmen and entrepreneurs from Watergraafsmeer. It also contains fun information about Watergraafsmeer.

Who knows, maybe you will meet your neighbour in this cookbook. Or a tasty recipe from your favourite craft or restaurant. Once you have selected a tasty recipe you can prepare a delicious dinner for your neighbours or acquaintances from Watergraafsmeer. This cookbook contains a variety of dishes, so you will have enough possibilities to impress your guests.

Leisure2Connect would like to thank all contributors for their recipes. Leisure2Connect also wants to thank Hans Lubberding and Peter Hoogendijk for making this cookbook possible.

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Franks Duck breast in puff pastry with creamy port sauce



TIP FROM FRANK
The tastiest port for this recipe is Graham's 10 Years Old Tawny or Kopke crown royal 6 Years old!

VARIATION OPTION
Add vegetables of your choice!

STORY BEHIND THE RECIPE

In the years where we didn't have much money, the Portuguese Jews in Amsterdam where eating duck and they drank port. In Second World War it wasn't much different, only the port was missing. When my father and grandmother told me, I became curious and went by the poulterer for duck breast to make a dish with.

It's possible to replace the duck breast by chicken, other meat or fish with a sauce and drink of your choice.

INGREDIENTS

4 people

- Port sauce
- 3 dl red port
- 2 dl stock
- 2 tablespoons water
- 60 grams of cold butter
- Big spoon of honey
- Some thyme
- Some black pepper & salt

DUCK BREAST IN PUFF PASTRY

- 500 gr (slices) duck breast
- 4 slices of thawed puff pastry
- 1 egg

PER PERSON

Excluding vegetables and mashed potatoes.

707 Cal

27 Pro

31Khd

44 Fat

PREPARATIONS

- Put all the ingredients for the port sauce in a pan and simmer this for 15 to 20 minutes until it has thickened.
- Spread the (slices of) duck breast with some of the port sauce and add a little salt & black pepper.
- Place the duck breast in the middle of the puff pastry. Fold the dough around the duck breast and press the seams well together.
- Brush the dough with beaten egg.
- Grease the baking tray and place the parcels seam-side down on the greased tray.
- Bake in the middle of the preheated oven (180-200°C) for 20-25 minutes until cooked golden brown.

Serve with vegetables of your choice and jacket potatoes. And... A good glass of port!

WATCH THE RECIPE VIDEO!



Toni's Petto di pollo

INGREDIENTS

4 people

- 600 grams of chicken breast
- 1 dl olive oil
- 4 sprigs of rosemary
- 10 sage leaves
- 6 cloves of garlic
- 3 dried peppers
- 1 bottle of sugocasa tradizionale
- 500 g pasta penne

PER PERSON

482 Cal

55 Pro

47 Khd

7 Fat

PREPARATIONS

- Put olive oil + rosemary + sage + half the garlic in a mixing bowl.
- Cut the chicken breast lengthwise into half-cm thin slices.
- Marinate the chicken breast in the oil and herbs.
- Heat the tomato sauce in a pan and add the other half of the garlic and the chilli peppers.
- Boil the pasta according to the instructions on the package.
- Fry the thinly sliced chicken breast in a hot pan, 1 min on each side.
- Put the boiled pasta on the plates, on top of that the tomato sauce and then the fried chicken breast.



STORY BEHIND THE RECIPE:

The Petto di Pollo is the perfect recipe to excel with at a dinner party. Especially as a student, mostly we don't have much to spend, so now I can show I can still put a delicious meal together. I have made this recipe several times when I had guests coming over. The reactions are always positive, mostly I tell them I'm half Italian. But actually I'm not, but my name makes the story more believable. So here is the recipe for Petto di Pollo from my Italian grandmother. Buon Appetito!

Anna's Soup by Renee

INGREDIENTS

4 people

- 1 leek
- 1 sweet potato (about 275 grams, cut into small pieces)
- 1 carrot (about 175 grams, sliced)
- 125 ml coconut milk
- 1 liter vegetable stock
- Seeds of three cardamom pods (easily available at Turkish or Moroccan stores)
- 15 grams grated fresh ginger
- 1 tablespoon (olive) oil
- Salt and pepper

PREPARATIONS

- Heat the oil in a pan and stew the leek, sweet potato and carrot for about 15 min with the lid on the pan.
- Stir regularly. Add the cardamom and ginger, stir for about a minute.
- Add the stock, bring to the boil and leave the vegetables to cook.
- When it's ready, use a blender to finely crush everything
- Add the coconut milk and salt and pepper if necessary.

PER PERSON

120 Cal

2 Pro

23 Khd

2 Fat

STORY BEHIND THE RECIPE

My company is called Soep langs de Lijn. I make soup with volunteers, people with disabilities or, for example, people who want to practice their Dutch. I cook in the Parkhuis in collaboration with Dynamo. So that's why I'm adding a soup to the cookbook

I got this soup from an Italian cookbook and it has a fancy untranslatable name. Because one of my employees Anna liked this soup so much I called it Anna's soup. There is hardly anyone who does not like this soup. I estimate the preparation time at half an hour. For four/five person (starter/lunch dish).



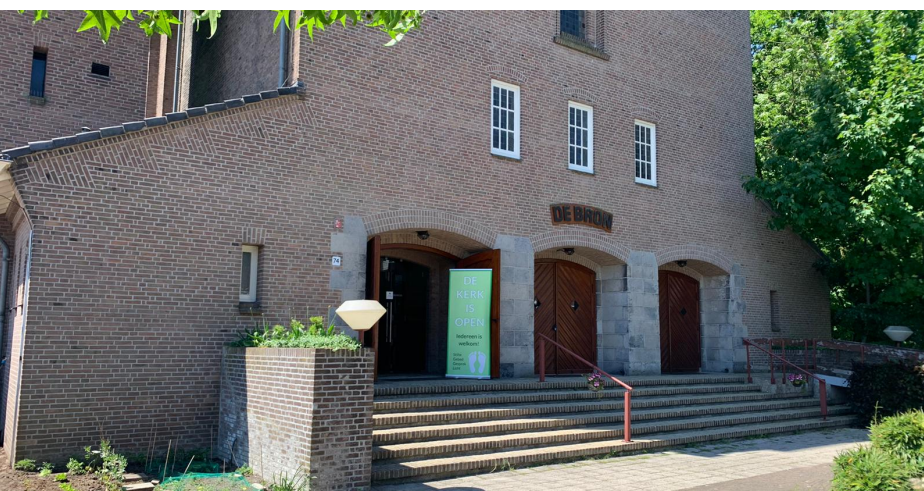
De Bron.

Church De Bron in Watergraafsmeer, how could you know it? Perhaps from the striking building at the intersection of Middenweg and Hugo de Vrieslaan. Or the church bell that tells you what time it is every hour. Or have you ever seen people walking in on Sundays who go to church. But no matter how you know church De Bron, chances are you've never been inside.

But if a church is featured in a cookbook, we naturally invite you to join us. The church has a long tradition of eating together with all kinds of people, and we are happy to continue that tradition! Unfortunately, due to the corona measures, we have had to stop the meals for a while. We are, however, growing food: next to the church there are cheerful vegetable garden boxes, where there is plenty of sowing. So that we can soon enjoy the harvest and a delicious meal.

And of course we are also happy to offer you some 'food for the soul'. By entering into a discussion together about questions of life, through inspiring meetings and through all kinds of other activities for young and old, such as a youth theatre, children's book week or an exhibition. We cordially invite you to come and get acquainted. And we also like to get to know you. To hear what moves you, what your questions are or what makes you happy. This is how we want to be together with your church in this beautiful neighborhood. Hopefully see you soon!

René Visser, pastor for the neighborhood



Nathalie's Stuffed Eggplant



STORY BEHIND THE RECIPE

This creative eggplant dish looks nice and is also very tasty and healthy. I used to make this recipe when my nephews came over for dinner. My nephews were not the easiest when it came to vegetables. I remember that the first time, they did not want to try it. I agreed with them that we would play football after dinner if they both took a bite. Fortunately, they both thought it was quite tasty. It then became kind of a tradition to eat this dish whenever they came to visit us.

INGREDIENTS

2 people

- 2 eggplant
- 300 g minced meat
- 2 tbsp olive oil
- 1 red onion
- 2 tomatoes
- Coriander
- 1 clove of garlic
- 1 tsp cumin powder
- 1 tsp cinnamon
- Feta cubes in olive oil
- Rice or couscous

PER PERSON

760 Cal

53 Pro

23 Khd

50 Fat

PREPARATION

- Prepare the rice or couscous according to the package.
- Preheat the oven to 180 degrees celsius.
- Cut the eggplant lengthways in half.
- Scrape 3/4 of the flesh from the eggplant.
- Sprinkle the eggplant with olive oil and place in the oven for 25 minutes.
- Chop the onion and garlic.
- Cut the tomatoes into cubes.
- Heat up a frying pan and fry the minced meat in it for 5 min.
- Add the herbs + onion + garlic + diced tomatoes + flesh of the eggplant.
- Bake for approximately 10 more min.
- Turn off the heat
- Add feta cubes.
- Mix well
- Fill the cooked eggplant with this mixture and garnish with a few coriander leaves
- Serve 2 halves with rice/couscous
- Bon appetit

Thea's Stuffed Portobello

INGREDIENTS

4 people

- 4 Portobellos
- 200 grams of cheese e.g. taleggio or gorgonzola or goat cheese
- 4 slices of puff pastry
- Olive oil
- Spring onion or shallot
- baking paper

PER PERSON

447 Cal

22 Pro

34 Khd

28 Fat

PREPARATIONS

- Thaw 2 slices of puff pastry
- Preheat the oven at 200 degrees.
- Take the portobellos and cut the stalk out of the cavity.
- Grease the mushrooms well with oil on both sides.
- Fold the puff pastry around the portobello.
- Place a piece of cheese in the cavity of each portobello.
- Add some chopped onion if you like.
- Place the portobellos on a baking tray, which is lined with baking paper.
- Bake in the oven at 200 degrees for 20 minutes.



TIP FROM THEA
Delicious with a Dutch white
wine from Limburg.

I just bought it at the Overmars
liquor store on the Middenweg.

I get a lot of inspiration from
cookbooks. The Linnaeusboekhandel
(bookshop) on the Middenweg has a
cupboard and table full of cookbooks.

I do my shopping at the Chr.
Huygensplein. At the greengrocer's,
Deli's and AH I can buy good
ingredients for this meal.

Jo's Vegetable soup

STORY BEHIND THE RECIPE

I come from a large family with 13 children. My mother used to make a big pot of vegetable soup from soup bones every week for Sundays. But these are probably no longer available. Meat was far too expensive for such a large pan of soup in those days (1950s) and soup bones were used very often. The soup bones also served to bind the soup.

It is not really Amsterdam, but I think that many people from Amsterdam used to make this soup. In any case, it always tasted delicious, much better than those ready-made products of our time. I still make it myself regularly, as well as chicken and oxtail soup.



INGREDIENTS for 8 people

- 500 grams of beef shank with bone
- 200 grams of minced beef
- 40 grams vermicelli
- 200 grams of farmer's soup vegetables
- salt
- Some peppercorns
- laurel leaf
- little thyme
- mace
- small onion
- 1 stock cube

PER PERSON

164,2 Cal

18,9 Pro

4,7 Khd

7,6 Fat

PREPERATIONS

- Bring the beef shank to the boil with more than 2 litres of water, remove the foam with a slotted spoon, add salt, the herbs from the ingredients list and the onion and leave the shank to stand for several hours on a very low heat (close to the boil). (3 to 4 hours). Use a fork to feel if the meat is done.
- In the meantime, make small balls of the minced meat, to which pepper and salt have been added.
- Sieve the stock and put the pan back on the stove. Let it come to the boil again and then add the soup balls, soup vegetables and the vermicelli. Let it cook on a low heat for about 10 minutes.
- In the meantime, remove the meat from the shank and cut it into small pieces. Then add it to the soup.

Tip: If necessary, add a little water. And some maggi, if the soup is still too bland.



Café Cliché

About Café Cliché

Café Cliché is a place to feel at home. You can eat well, chat with the chef and enjoy a drink with your friends. The open kitchen, lounge and sofas and warm atmosphere create a wonderful living room feeling. Our owl keeps an eye on everything, with its tough look and small heart. With us, you can see and taste that we love to cook, but we also like to eat well. Together, we come up with the most delicious dishes. Whether you are a carnivore or a veg-lover, a fish-eater or a salad-eater, we have something for everyone. For dinner, you can enjoy a drink and bite outside on the terrace or at the bar, and then choose your own three-course menu from our menu inside.

From Hong Kong to Zeeland and from Maastricht to Amsterdam. Our chef gets his inspiration from everywhere. All the ingredients he uses, everything he tastes and every market he visits: he stores it all in his head. At Café Cliché this comes together in dishes without fuss. We serve beautiful, but above all tasty dishes. Funky combinations and solid classics. Dishes that we love to eat ourselves. Sidney and David have high-level experience. It is not complicated, but surprising and tasty. Steak or bass. Spinach, green bean and chard. Inspired by the seasons, from all corners of the world and prepared in Amsterdam. Simply good food. Maybe a bit of a cliché, but we like that.



Café Cliché

Strawberries, rhubarb, tarragon and yogurt sorbet and pink pepper

INGREDIENTS

4 people

- 200 grams strawberries (cut into quarters)
- 150 ml yogurt sorbet

Rhubarb broth

- 225 grams rhubarb
- 20 grams of sugar
- 20 grams of honey
- 1 star anise
- 160 ml cava
- Leftover twigs of the dragon

Tarragon, pink pepper meringues

- 50 ml lemon juice
- 100ml water
- 160 grams of sugar
- ½ bunch tarragon (leaves only)
- 5 drops of green food coloring
- 14 grams albumin (protein powder)
- 5 grams of pink peppercorns

PER PERSON

500 Cal

8 Pro

102 Khd

2 Fat

PREPARATIONS

Rhubarb broth:

- Wash the rhubarb and cut it into 1.5cm slices.
- Put the rhubarb and all the other ingredients for the broth in a pan and bring to the boil. Then heat it for 30 minutes on low heat.
- Pass the broth through a tea towel and collect the liquid in a pan.
- Put the broth in the fridge so that it cools down well and can be served cold with dessert.

Tarragon, pink pepper meringues:

- Place all the ingredients except the pink pepper in a blender (or in a measuring jug with a hand blender) and blend until the tarragon has been completely incorporated.
- Pass the mixture through a fine sieve, place in a bowl and beat with an electric mixer until it is light and fluffy.
- Place baking paper on an oven tray and spread the meringue evenly on the baking paper, about 0.5 cm thick.
- Crush the pink pepper in a mortar and sprinkle over the meringue.
- Dry the meringue in the oven at 60 degrees; this takes 2-3 hours.



Serve the strawberries in the bottom of a bowl or in a deep plate. Serve the rhubarb stock over the strawberries, place the ball of yogurt sorbet in the middle of the strawberries. Crack the dried meringue into 5 to 10 cm flakes and place 3 to 4 pieces of tarragon meringue against the sorbet ice cream.

Café Cliché

Steak Tartare

INGREDIENTS

4 people

- 400 grams Simmental bavette
- ½ sourdough bread
- 400 grams potato (hard boiling)
- 40 grams of Amsterdam onion
- 40 grams cornichons
- 500 ml sunflower oil
- 4 grams oregano
- 1 gram garlic powder
- 1 gram chili powder

Ingredients to flavor the bavette

- 90 grams capers
- 190 grams Dijon mustard
- 50 grams of olive oil
- 50 grams anchovies
- 75 grams pickle
- 55 grams of ketchup
- 10 grams Worcester
- 3 grams tabasco

basil cream

- 250 ml sunflower oil
- 1 egg
- 25 grams Dijon mustard
- 15 grams of vinegar
- 60 grams fresh basil (leaves only)
- 2 grams of salt

Mixed salad with dressing

- 80 grams mixed salad
- Prepare with olive oil and aceto balsamic dressing

PREPARATIONS

- Get 400 grams of bavette from your local butcher, we like to work with bavette because it has a nice structure and a lot of flavour and is therefore very suitable for eating raw.
- Tell the butcher that you're going to use the meat for steak tartare and ask if the meat can be ground on an 8mm pitch.
- Mix the meat with all the ingredients that are going to flavour it, you can add salt as you wish.
- Cut the sourdough bread into very thin slices, the thinner the better.
- Place the thin sourdough slices on an oven tray and sprinkle the sourdough bread with olive oil and a very small amount of fine salt.
- Bake the sourdough slices for 6 minutes at 170 degrees.
- Peel and wash the potatoes and cut them into 1.5 cm chunks.
- Heat 500 ml of sunflower oil in a pan to 170 degrees and deep-fry the potato shreds until they're a nice golden/brown colour.
- Season the potato chips with oregano, garlic powder, chili powder and salt.
- You can add olive oil and balsamic vinegar to the mixed salad.
- Make the basil mayonnaise.
- Put all the ingredients in a measuring cup and put your hand blender in it until the bottom.
- Turn it on and slowly agitate it for 30 seconds and the basil mayonnaise is ready.
- Serve the bavette tartare in the middle of a plate and place all the other ingredients alongside the meat so that you can easily layer all the flavours onto the sourdough toast.

PER PERSON

419,8 Cal

35,1 Pro

37,4 Khd

16,6 Fat





Huize Frankendael, De Middenweg

Peppered Wolffish

Vishandel Snoek



TIPS FROM THE SNOEK FAMILY:
Replace the wolffish with Victoria bass or monkfish

Add 1 teaspoon rosemary to the sauce.

WINE TIP:
Bodegas Salentein Chardonnay, Alto Valle de Uco, Mendoza, Argentina.

VARIATION TIP:
Replace the bacon for vegan bacon.

INGREDIENTS

4 people

- 600 grams of wolffish
- 4 slices of bacon
- 1 tablespoon coarsely ground pepper
- 25 grams of butter
- 3 shallots, chopped
- ½ carrot, cut into small cubes
- 1 stalk celery, cut into narrow arcs
- 300 ml red wine
- ½ L fish stock
- Pepper and salt
- 1 tablespoon chopped parsley

PER PERSON

353 Cal

40 Pro

8 Khd

12 Fat

PREPARATION

- Preheat the oven to 200 degrees.
- Wrap the bacon around the fish fillets. Secure the bacon with cocktail sticks, if desired.
- Sprinkle the packets with pepper.
- Heat the butter and fry the shallots, carrot and celery in it. Add the red wine and the fish stock.
- Bring it to a boil and let the sauce reduce by half.
- Sieve the sauce.
- Place the fish in a baking dish.
- Cover the bowl in the oven for 10-15 minutes until the fish is cooked.
- Season the sauce with salt and pepper.
- Put a layer of sauce on the plates.
- Place the fish packets on top and sprinkle with some parsley.

La Vallade's Peanutsoup by Pauline

INGREDIENTS

6 people

- 750 grams of chicken fillets
- 4 onions
- 1.5L water
- 500 g winter carrot
- 1 jar of peanut butter
- 1 jar Surinamese peanut butter
- 2 meat or vegetable stock tablets
- 1 bunch celery
- freshly ground pepper

PER PERSON

928 Cal

52 Pro

45 Khd

57 Fat

PREPARATION

- Peel and chop the onions and put them in a pan with water and the chicken breasts
- Bring it to boil
- Leave the fillets on low heat for 1 hour
- Clean the carrots and cut them into matchstick thin strips
- Stir the peanut butter and half a jar of Surinamese peanut butter in a bowl
- Add some of the chicken stock to the peanut butter
- Cut the chicken breast into pieces
- Put the peanut broth in the pan
- Add the chicken and the winter carrot
- Add the stock tabletstable
- Season with pepper
- Finely chop the celery
- Serve the soup in a bowl and sprinkle with celery.



STORY BEHIND THE RECIPE

This recipe was suggested by the daughter of Pauline Flohr. As a tribute to her late mother, she wanted to share this recipe with the residents of Watergraafsmeer. Pauline Flohr unfortunately passed away 31 years ago. She was the founder of La Vallade, it started as a café and through her cooking skills grew into a restaurant

Pauline Flohr loved to cook. This recipe for a delicious peanut soup can also be found in La Vallade's cookbook.

In this cookbook ("Het smaakt naar Watergraafsmeer"), the recipe for the peanut soup is released. For the other recipes you should visit La Vallade!



WATCH THE RECIPE VIDEO!

C'est Bon Granola

INGREDIENTS

4 people

- Granola mix 500g
- 5 tbsp honey
- 2 tbsp (vegetable) oil or coconut oil
- Raspberries
- Blueberries
- Cinnamon or vanilla powder

PER PERSON

437 Cal

11 Pro

53 Khd

19 Fat

PREPARATION

- Preheat the oven to 180 degrees.
- Mix the granola mix with cinnamon or vanilla powder in a bowl.
- Use a small bowl to whisk the honey and oil.
- Add the mixture to the dry ingredients.
- Spread everything out on a baking sheet.
- Place the baking sheet in the middle of the oven for 30 minutes.
- Stir the mixture every 10 minutes.
- Turn off the oven and leave the oven door half open to allow the granola to cool.
- Remove the granola from the oven.
- Mix the fruit with the granola.
- Serve the granola over yogurt.

C'est Bon Amsterdam has been a household name in our capital for more than fifty years. Although many people immediately think of a nut shop when they hear the name C'est Bon. Their specialty store offers an extensive range with much more than just nuts. South fruits, coffee, tea, handmade chocolate and gifts are just the beginning of what C'est Bon Amsterdam has to offer.





JOHAN CRUIJFF



Muurschildering Johan Cruyff,
Wembley laan 37

Karin's Vegetarian chili

INGREDIENTS for 2 persons

- About 3 large onions
- About 5 large tomatoes
- Half red bell pepper
- Can of kidney beans
- 4 canned peach
- Chili powder
- Oil or butter
- Grated cheese
- Cottage cheese or yogurt
- optional a few tablespoons of corn

PER PERSON

442 Cal

22 Pro

42 Khd

18 Fat

PREPARATIONS

- Chop the onions and fry them in butter or oil.
- Cut the pepper into pieces and add it.
- Add chili powder.
- Dice tomatoes and add. Leave to simmer for a while, until the tomatoes are completely crushed.
- Drain tin of kidney beans and add.
- Cut peaches into small pieces and add.
- Optional: add corn.

Serve with grated cheese and a scoop of creamy yoghurt or quark.

WATCH THE RECIPE VIDEO!



STORY BEHIND THE RECIPE

In the first years of my student life, I lived in Watergraafsmeer. That was in late 80s. I had a house in Jeruzalem in sublease, with the shower in the kitchen. Perfect for a student. It was a quiet neighbourhood, where many elderly people lived. I actually like it, because I came from a provincial town and could get used to it.

On Thursday evenings I worked at Albert Heijn in the Helmholtzstraat. Before work I would often eat an easy meal that was filling: vegetarian chili. But if I was on a diet again, I would not eat beforehand. After work, of course, I would die of hunger and sometimes buy a bag of chips at the snackbar on the square. 'Six guilders', said the snack bar man, handing me the bag. The first time, that amount scared the hell out of me. 'Just kidding.'



Vegetable lasagna

Holthuizen



About Holthuizen Fruit and Vegetables

The Holthuizen family has been involved in vegetables for 30 years. Three generations stand day in and day out in the authentic store in the Watergraafsmeer. It's an old fashioned greengrocer's shop, where quality and service comes first

They sell all kinds of fresh vegetables and fruit from all over the world, but also top products from their own country. They make their own stews, dishes and salads, fresh soups, compotes and juices all year round.

INGREDIENTS

6 people

- 1 onion, finely chopped
- 4 garlic cloves, sliced
- 1 red bell pepper, finely chopped
- 2 courgettes, finely chopped
- 1 can of 400 grams of diced tomatoes
- A few sprigs of parsley
- 250 grams chestnut mushrooms
- 1 red pepper
- 2 balls of mozzarella
- 400 grams ricotta
- 2 eggs
- 200 grams of grated cheese
- Pepper and salt
- Bouquet garni of oregano, thyme, rosemary and bay leaf
- Lasagna sheets

PER PERSON

510 Cal

33 Pro

27 Khd

30 Fat

PREPARATIONS

- Mix the ricotta with the eggs and 100 grams of cheese in a bowl. Season with some salt and pepper. Set aside.
- Slice the mozzarella and set aside.
- Chop the onion and slice the garlic. Fry this in a tablespoon of oil. Add the red bell pepper and fry for one minute.
- Add the pepper and courgette and fry on a high heat.
- When all the vegetables start to colour, add the diced tomatoes.
- Add the bouquet garni to the pan together with some pepper and salt.
- Leave it to simmer for 10 minutes on a low heat. Remove the herbs.
- Arrange the lasagne in an oven dish. Start with a layer of the vegetable sauce. Then a layer of lasagne sheets, followed by a spoonful of the ricotta mixture and a few slices of mozzarella.
- Repeat the previous step until everything is used. Finish off with the remaining grated cheese.
- Put in the oven at 180 degrees for 30-45 minutes.

Mini Fritatta's

Cuisine Philippine

INGREDIENTS

- 4 eggs
- 2 egg whites
- 350 ml milk
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 2 sweet potatoes
- 200 grams Parmesan cheese bunch of sage dried chili pepper in a grinder

NECESSITIES COOKING

- bakingspray
- silicone mini muffin pan

PER PIECE

148 Cal

12 Pro

7 Khd

4 Fat

VERHAAL CUISINE PHILIPPINE

My name is Philippine van den Ouwelant, I live with my family in the beautiful Linnaeushof and I founded my own catering company 'Cuisine Philippine' in 2015. I started the company out of love and passion and I still enjoy working every day!

Cuisine Philippine is the place where everything comes together: my passion in planning and organizing, my love for food and cooking and my desire to give others a beautiful moment. Breakfast, lunch, a picnic, high tea, drink or dinner, I will be happy to prepare it for you!

And since the start of the pandemic I also make meals for neighbors on Tuesday and Thursday. Every week I make a menu, geared to the season, with a vegetarian variant, soup and dessert.

Do you want to know more? Then visit www.cuisine.nl, Instagram [cuisine_philippine](https://www.instagram.com/cuisine_philippine) or contact me on +31624287798.

PREPARATIONS

- Preheat oven to 200 degrees.
- Peel the sweet potato and cut it into small cubes (about 1cm by 1cm). Place on a baking tray, drizzle with olive oil and grind some chili pepper over it.
- Put the sweet potato in the oven and bake for about 20 minutes until it's cooked.
- Cut the Parmesan into small cubes.
- Chop the sage into large pieces.
- Beat the eggs, egg white, milk, pepper and salt to a smooth mixture.
- Grease the baking tin with baking spray.
- Given each tin a base of sweet potato, then some Parmesan and finally some sage.
- You may have some of the ingredients left over, depending on how many frittatas you make.
- Now fill each tin to the brim with the milk-egg mixture.
- Tip: Remove the oven rack from the oven and place the baking tin on it. This will prevent you from spilling a lot later on.
- If necessary, make an extra batch of milk-egg mixture, depending on the size of your baking tin. I use a tin with 24 mini muffin tins, which needs almost 2 1/2 times the mixture.
- Place the tin in the oven and bake for 23 minutes at 200 degrees.



Tip from Philippine:
Let them cool and freeze the frittatas. Then, after thawing, pop them in the oven for another 8-10 minutes and then you have a tasty snack with ease!



Eetcafé De Avonden

Chicken Sate De Avonden

INGREDIENTS

For 1 kilo of chicken / 5 people

- 1 kilo chicken
- 6 full tablespoons sweet soy sauce
- 4 garlic cloves, coarsely chopped
- 1 full spoon of sambal



TIP FROM CHEF NICO:

Delicious with fries / baked potatoes or a fresh salad with bell pepper and tomato.

PREPARATION

- Cut the chicken breast into nice cubes and cut the garlic into coarse pieces.
- Stir all ingredients well.
- Stir in the diced meat.
- Leave the marinade for at least an hour, but longer is also possible.
- Remember, the longer the marinade can soak into the chicken, the better the chicken will taste!

PER PERSON

276 Cal

48 Pro

12 Khd

4 Fat

Vulkaantje De Avonden

INGREDIENTS

4 people

- 100 grams of butter
- 2 tablespoons cocoa
- 100 grams of dark chocolate
- 2 eggs
- 2 egg yolks
- 100 grams sugar
- Butter for greasing
- 100 grams of flour

MATERIALS

Soufflé pots of about 7 to 8 cm in diameter (an oven-safe cup is also possible)



PREPARATION

- Preheat the oven to 180 degrees.
- Grease the baking dishes with some butter and dust them with some cocoa powder.
- Melt the butter and chocolate together, au Bain Marie.
- When the chocolate is completely melted and smooth, let it cool for 10 minutes.
- In the meantime, beat the eggs, egg yolks and sugar with a mixer until you have a light yellow mixture.
- Fold in the chocolate. Sift the flour over the batter and fold in.
- Pour the batter into the ovenproof ramekins and place them in the oven for between 12 and 15 minutes.
- When the lava cake has risen and the top is dry, they are usually good.
- Pour out the lava cake on a plate and serve immediately. Delicious with some whipped cream or a scoop of ice cream.
-

PER PERSON

513 Cal

8 Pro

55 Khd

29 Fat

Açaibowl

Leisure2Connect

INGREDIENTS for 2 bowls

1 frozen banana, diced
100 ml coconut water
50 gr frozen blueberries
1 tbsp Acai powder

TOPPING SUGGESTIONS

- 2 tbsp muesli
- 2 tbsp grated coconut
- 6 strawberries
- Handful of blueberries

PER PERSON Without toppings

112 Cal

1,1 Pro

25,3 Khd

0,2 Fat

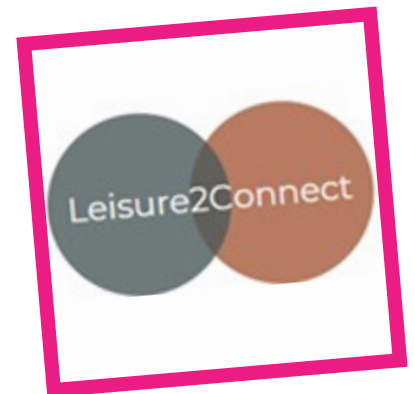
PREPARATION

- Place the banana, blueberries, coconut water and Açaí powder in a blender.
- Blend this until smooth. If you use frozen fruit, make sure the blender can handle this, otherwise use fresh fruit.
- You can basically drink it now because you now have an Açaí smoothie. If you want to make a smoothie bowl, pour it into 2 bowls.
- Garnish the Açaí smoothie bowl with the muesli, grated coconut, strawberries and blueberries.

Enjoy!



Tip from Leisure2Connect:
This bowl is topped with strawberry, banana, blueberries, goji berries, pumpkin seeds and grated coconut, but you can top it with anything you like.



Get in Motion

FITNESS/ SPORTS PARK
av23 (Athletics club 1923)

Sports park Voorland

Sports park Middenmeer

Sports park Driebrug

VVGA

Fit For Free Gym Linnaeushof

Duofit



TENNIS

AMSTERDAMSE STUDENTEN TENNIS- EN PADEL VERENIGING CHIP & CHARGE

De meer tennis

USC Tennis & Padel

TV Linnaeushof



FOOTBALL

S.V. De Deer

FC Taba

JOS Watergraafsmeer

Geuzenmiddenmeer

Sportvereniging Rael Sranang

TOS-Actief

TOG Voetbal vereniging

A.S.V. JOGA Fortius

A.V.V. Zeeburgia

WV-HEDW (Wilhelmina Vooruit- Hotus Eendracht Doet Winnen)

FC Ankaraspor

Cruyff Court Ajax betondorp

SKATING

Veldje 14

SOFTBALL

Amsterdamse Honk- en Softbalvereniging OWVO

BASKETBALL

Linnaeuskade (ter hoogte van nummer 35)



HOCKEY

HC Athena

Did you enjoy looking well and the food? A healthy lifestyle is all about balance, Leisure2Connect would like to get you moving. Are you still looking for a fun sport to stay healthy and fit? Here are some sports facilities in Watergraafsmeer:

ATHLETICS

Atletiek Vereniging 1923

ROWING

Roeivereniging RIC

LACROSSE

Amsterdam Lions Lacrosse

KORFBALL

Korfbalvereniging AW.DTV

ICE SKATING

Jaap Eden ijsbaan

CLIMBING CENTRE

Club Monk

TRAMPOLINING

Jumpsquare Amsterdam

POLE DANCING

Pole Dance Factory Amsterdam-Oost

PARKS

Frankendael park

Prins Bernhardpark

Park Somerlust

Tuincomplex De Hof van Eden

Meerpark

Sports park Middenmeer

