

STUDENT'S TABLE

AN INTERNATIONAL COOKBOOK





RECIPE 01

**BARSZCZ
CZERWONY
BEETROOT
BORSCHT**

Kate Kubiak - Physiotherapy

BEETROOT BORSCHT

"Borscht is a common Central and Eastern European soup. This type of Borscht is usually eaten on the Christmas Eve and is served with little dumplings filled with cabbage and mushrooms called 'uszka' (little ears) or boiled egg."

INGREDIENTS

- 4 whole raw beets (4 pre-cooked beets)
- 4 cups stock (vegetable or chicken)
- 2 clove garlic (minced)
- 1 teaspoon sugar
- 2 tablespoons fresh lemon juice
(or 1 tablespoon red wine vinegar)
- 1 teaspoon of Marjoram (optional)
- Black pepper (to taste)
- Salt (to taste)

TO SERVE WITH (OPTIONAL)

- Cooked white beans
- Boiled potatoes
- Boiled egg



A RECIPE BY KATE KUBIAK

directions

- If using fresh beets, heat the oven to 200C. Wrap beets in aluminum foil and roast until tender, about 30 to 45 minutes. Leave to cool down and peel afterward.
- Peeled and cooked beets: slice into strips or julienne.
- In a medium pot, bring the vegetable or meat stock to a boil. Add sliced beets, minced garlic, sugar, lemon juice or vinegar, pepper and salt and optionally marjoram. Simmer 10 minutes.
- Serve hot with optional cooked white beans, boiled potatoes or sliced boiled egg.

SMACZNEGO!



RECIPE 02

SHOPSKA SALAD

Yanislav Pacherazov - IHRM

SHOPSKA SALAD



Even though this salad was invented around 1955 in a Black Sea resort near Varna, it is eventually named after a region called Shopluk in Bulgaria. It is now known as THE Bulgarian salad, and is full of vegetables, so it's quite healthy."

INGREDIENTS

- 2 tomatoes
- 1 large cucumber
- 1 baked red pepper
- 1 yellow onion
- 2 tablespoons fresh parsley
- 4 soup spoons sunflower oil
- 1 soup spoons cup red wine vinegar
- Salt (to taste)
- 50 grams Bulgarian sirene cheese (or feta cheese)
- 1 hot pepper (optional)

SIDENOTE

You will have the most tasty salad with the vegetables from the garden in the summer especially. You can replace the typical Bulgarian cheese with feta cheese. If you like hot papers, you can add one to the salad.



A RECIPE BY YANISLAV PACHERAZOV

directions

- Chop all tomatoes (we recommend leaving the pieces bigger), cucumbers and the pepper and put in a bowl.
- Add the finely chopped onions and parsley.
- Sprinkle with the oil and vinegar and mix it all together.
- Grate the cheese on top of the salad.

PRIYATEN APETIT!



RECIPE 03

MIE GORENG

—
Tim Iborg - IRHM

MIE GORENG

"Mie Goreng, also known as mee goreng, my goreng or bakmi goreng, is a dish of fried noodles, traditionally from Indonesia, Malaysia and Singapore."

"The dish is made with very simple and accessible ingredients, yet has a lot of flavor and is originally slightly spicy."

INGREDIENTS

Packet of pre-made noodles

Bottle of Kecap manis

(Known as Ketjap Manis in Dutch groceries)

2 medium-large eggs

2 stems of Celery

2 of Carrots

4-5 cloves of Garlic





A RECIPE BY TIM IBORG

directions

- Start by preparing the vegetables. Slice both the celery and carrots into thin slices
- Crush the garlic cloves and cut into huge chunks
- Crack the eggs into a bowl and beat until smooth
- In a pot, add water halfway and place on high heat. Once boiling, add the packet of pre-made noodles in – these will take around 8-10 minutes to fully cook. 5 minutes into the boiling of noodles, in a pan with oil, bring to high heat until oil starts to smoke
- Place the beaten egg into the pan, allow the bottom to cook, then flip over. This should take around 2-3 minutes on high heat, then transfer the finished eggs to a plate
- Add a little more oil to the pan and add in the crushed garlic, allow them to fry in the oil for 2 minutes. The heat should be medium high
- After 2 minutes, add the celery and carrots and stir them around. Add 3 tablespoons of Kecap Manis
- Allow the Kecap Manis to cook off and seep into the vegetables. This should take around a minute
- When the timer for the noodles are done, strain them with a strainer/colander, and rinse with cold water to remove excess starch
- Add the noodles to the pan, mix around until they are well-coated in the sauce, and add 2 more tablespoons of the Kecap Manis sauce
- Add the egg back into the pan, and cut it with the cooking spatula/spoon and mix together with the noodles
- Add salt and black pepper to taste

SILAKAN DINIKMATI MAKANANNYA!



RECIPE 04

SEMOLINA MOUSSE

Anu Lattik - Physiotherapy

SEMOLINA MOUSSE

"Semolina mouse, called roosamanna or mannavahht in Estonian, is a very easy classical Estonian dessert. Loved by every family member, it has been very popular through all generations, especially during the war time."

INGREDIENTS

1 litre of 100% juice
(best choices are blackcurrant or cranberry)
1,5 dl of semolina (griesmeel in Dutch)
0,75 dl of white sugar
Milk

ADD ON TOP (OPTIONAL)

Berries of any kind
Vanilla sugar
Grated lemon peel

"Both semolina and self made juice/syrup were easily accessible for the majority of families. It is highly recommended to use a juice that is 100%, because otherwise the dessert will taste very watery."



A RECIPE BY ANU LATTIK

directions

- Heat the juice with sugar until boiling
- Whisk the semolina into the mixture, turn the heat down to minimum and boil the mixture on low heat for 15 minutes, sometimes mixing. The semolina has to rise but the mixture can not be too thick!
- Let the mixture cool for 15 minutes and after that, whisk the mixture until it looks fluffy. In case you have a mixer you can use that instead.
- After those three steps, put your fluffy dessert in to a bowl, add some milk and you're ready to go!

"Fun fact: In my family this version of the recipe has been done since the 1920's!"

NAUDI OMA EINET!