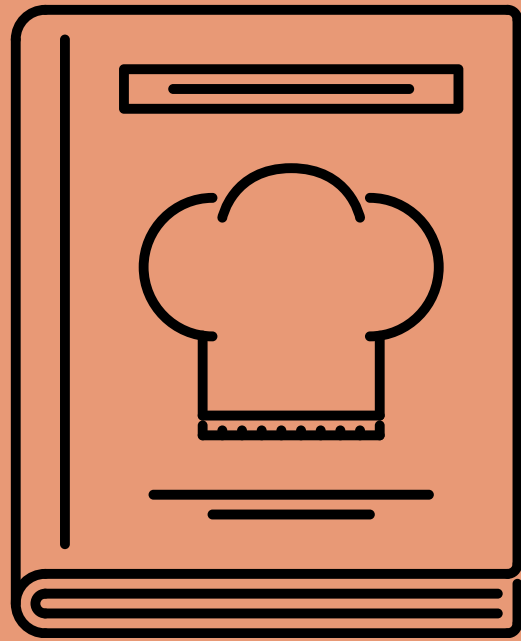
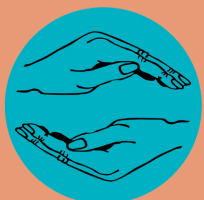


The Foodcie Recipe Book

2020



For a budgetproof Christmas dinner with
your friends or housemates!



MERCURIUS
WAGENINGEN

CREAMY ZUCCHINI SOUP

4 portions



INGREDIENTS

- 2 pcs zucchini
- 1 large onion
- 2 garlic cloves
- 30g butter
- 500 ml water
- 1 vegetable broth tablet
- 100g cream cheese with herbs (if you want a vegan version, you can leave this ingredient out)

INSTRUCTIONS

1. Cut the zucchini into cubes.
2. Chop the onion
3. Chop the garlic cloves
4. Melt the butter in a pan and fry the onion and garlic for 2 minutes.
5. Add the zucchini and bake for 5 minutes..
6. Add the water and the vegetable broth tablet. Let it cook for 10 minutes.
7. Mash the soup with the (hand) blender.
8. Add the cream cheese and heat the soup for another 2 minutes
9. Enjoy!

SERRANO HAM & TOMATO CARPACCIO

4 portions



INGREDIENTS

125g unpeeled pistachio
nuts
4 sprigs of oregano
1 lemon
4 tbsp olive oil (preferable
extra virgin)
salt
black pepper
12 small tomatoes
200 g serrano ham, sliced

INSTRUCTIONS

1. Peel pistachio nuts, roughly chop and toast in a dry frying pan until light brown. Leave to cool on a plate.
2. Rise oregano leaves from twigs and chop very finely.
3. Clean the lemon thoroughly and grate off 2 tsp. squeeze the lemon after this.
4. Beat 1 1/2 tbsp lemon juice with oregano, lemon zest, olive oil, salt and pepper until dressing in a bowl.
5. Wash tomatoes and cut into very thin slices with a sharp knife.
6. Spread slices of Serrano ham side by side on four plates.
7. Place tomato slices on top.
8. Drizzle the dressing over it and sprinkle with pistachio nuts.

STUFFED BELL PEPPERS

5 portions



INGREDIENTS

250 gram mushrooms
600 gram chicken breast
(you can do it without the
chicken to make it
vegetarian)
3 bell peppers
2 leeks
250 gram grated cheese
400 gram cottage cheese
curry powder to taste
sweet soy sauce to taste

INSTRUCTIONS

1. preheat the oven to 200 degrees celsius
2. cut the leek and the mushrooms
3. carefully remove the stalk of the bell peppers by slicing around it
4. halve the bell peppers and remove the seed lists
5. boil some water and cook the paprika for around 7-8 minutes, when you are having rice on the side keep the water to cook the rice after cooking the bell peppers
6. put the chicken in a frying pan and add the curry powder and the sweet soy sauce
7. when the chicken is cooked add the mushrooms and when the mushrooms have shrunk a bit, add the leeks. Add pepper and salt to taste.
8. put the bell peppers in a oven dish and scoop in one tablespoon of cottage cheese
9. divide the chicken with vegetables over the bell peppers and put the grated cheese on top
10. put the oven dish in the oven and bake it for 20 minutes
11. you can add the remaining cottage cheese when you serve the bell peppers
12. TIP: when there is still a little bit bell pepper left around the stalk, you can cut this up and add it to the other vegetables

FUSILLI OVEN DISH

4-6 portions



INGREDIENTS

- 250 gr fusilli
- 1 large zucchini
- 500 gr minced meat
- 690 ml tomato sauce
- 1 tablespoon italian spices
- 1 can of tomato puree
- 1 onion
- 2 garlic gloves
- hand of grated cheese
- 2 peppers
- 250 gr cherry tomatoes
- 2 bulbs mozzarella
- basil

INSTRUCTIONS

1. Heat the oven to 200 degrees.
2. Bake the minced meat loose in a large pan.
3. Add the onion and garlic finely chopped. Then add the tomato puree and tomato sauce and season to taste with the Italian herbs and a pinch of salt and pepper.
4. Let the sauce simmer for a while.
5. Chop the peppers and zucchini and fry in another pan for 7 to 8 minutes. Add this to the sauce. Also cook the fusilli until tender and drain. Add the fusilli to the sauce.
6. Mix everything together well and taste if you need some more pepper and salt.
7. Halve the cherry tomatoes, store a few and scoop the rest through the fusilli mixture.
8. Put half of the mixture in a large oven dish. Place 1 ball of mozzarella in slices on top and a few basil leaves. Cover with the rest of the fusilli mixture. On top of that, place the other ball of mozzarella in slices, the rest of the cherry tomatoes and divide the grated cheese over it.
9. Bake in the oven for 20 minutes and garnish with some basil if necessary.

MUSHROOM RISOTTO

2 portions



INGREDIENTS

- 150 grams of risotto rice
- 250 grams of chestnut mushrooms
- 600 ml of vegetable stock
- 1 onion
- 2 garlic cloves
- Cooking cream (4 tablespoons)
- Grated parmesan cheese (to your liking)

INSTRUCTIONS

1. Boil water and make the stock
 2. Chop the onion and garlic and fry them in a pan
 3. Add the risotto rice and stir until the rice shines a bit
 4. Add a ladle of the stock to the risotto and keep stirring
 5. When most of the stock has absorbed, add another ladle, keep repeating this until the rice is cooked. This takes about 20-25 minutes.
 6. Very important to keep stirring
 7. Chop your mushrooms and fry them in a pan
 8. Add this to the risotto and stir it in
 9. Add the cooking cream and the parmesan cheese and stir this in
- Enjoy :)

SALTED CARAMEL APPLE PIE (VEGAN)

8 portions



INGREDIENTS

For the pastry

- 350g flour
- 4 tbsp icing sugar
- 225g vegan butter
- 80ml cold water

For the apple filling

- 1kg apples
- 2 tsp cinnamon
- 1 tbsp corn starch

For the caramel sauce

- 200g brown sugar
- 4 tbsp soy milk
- 8 tbsp vegan butter
- 1 tsp vanilla extract
- pinch of seasalt

INSTRUCTIONS

Make the pastry

1. Add the flour, icing sugar and vegan butter to a food processor and blend until well combined. Add the water a tablespoon at a time until the dough clumps together. Add more if needed.
2. Turn the dough out onto a roll of cling film and roll into a ball. Refrigerate for at least 30 minutes.

Make the caramel sauce

1. Mix all ingredients together, except the vanilla extract, in a saucepan on medium heat.
2. Once the mixture has thickened and is bubbling slightly, after around 5 minutes, remove from the heat and stir in the vanilla extract. Add a pinch of sea salt. Let it cool down and leave it on the counter for later.

Prepare the apple pie filling

1. Preheat the oven to 170 degrees celcius and brush a 9-inch pie dish with some butter. Set aside.
2. Peel the apples and chop into ½ cm slices. Add to a large saucepan with the spices and corn starch. Stir to combine and let the apples stew on medium heat for a few minutes until slightly softened.
3. Remove from the heat and stir in half of the caramel sauce (save the rest for glazing serving).

Make the pie

1. Remove the dough from the fridge and divide in half. Roll out one half to fit the bottom of the pastry dish. Fill the pastry with the apple and caramel mixture.
2. Roll out the rest of the pastry and cut into 2.5 cm strips. Lay them on top of the pie in a lattice design, or any other design.
3. Use a brush to glaze the pie with a little bit of the caramel sauce. Bake for 35 minutes until golden brown.

WHITE CHOCOLATE STRAWBERRY PIE

8 portions



INGREDIENTS

- 1 pack of Bastogne biscuits
 - 60 gr butter
 - 200 gr white chocolate
 - 400 ml whipped cream
 - 250 gr strawberries
 - 1 extra bar of white chocolate for decoration
- Extra:
- possibly a chopper or food processor
 - mixer
 - spring form 20 cm
 - vegetable peeler

INSTRUCTIONS

1. Put the Bastogne cakes in a mincer or food processor and grind them finely.
 2. Melt the butter in a pan and with the Bastogne cakes. Cover the bottom of your spring form with baking paper.
 3. Spoon 2/3 of the cookie mixture into the mould and press firmly flat on the bottom. Then divide the rest of the cookie mixture along the edge of the bottom and press it flat against the edge, so that you get an upright edge of about 2 centimeters.
 4. Melt the white chocolate au bain marie and let it cool down until it's just liquid.
 5. Beat the whipped cream with a mixer in a battering bowl lobed and not stiff. Mix in the white chocolate to a smooth mixture.
 6. Then spoon half of the strawberries carefully through this mixture and scoop into the mould. Garnish the top with the strawberries and put in the fridge for at least 3 hours to set.
 7. Before serving, plan with a peeler along the narrow edge of your bar of white chocolate for nice chocolate shavings.
- Tips: Replace half of the whipped cream with full curd cheese for a healthier and fresher version of the cake. Half can also be replaced by Monchou. Use raspberries or forest fruits instead of strawberries.

CHOCOLATE MOUSSE

6 portions



INGREDIENTS

- 250g chocolate
- 3 egg whites
- 75g sugar
- 250ml whipping cream

INSTRUCTIONS

1. Melt the chocolate 'au bain marie' in a bowl above a pan with cooking water. Do not let the bowl touch the water!
2. Whisk the egg whites in a fat free bowl. During this, add the sugar bit by bit.
3. Whip the cream in another bowl
4. Spoon the melted chocolate through the whipped cream
5. Fold in the egg whites **Tip: Do not fold for too long!**
6. Divide the mousse into 4 glasses
7. Cover the glasses with aluminium foil and leave it in the fridge for at least 3 hours.-
8. Enjoy!

Tip: You can make this mousse a day in advance.

CREME BRULEE (VEGAN)

8 portions



INGREDIENTS

3 ml vanilla extract
1/4 teaspoon salt
13 tbl coconut sugar
1L coconut milk
1 tablespoon coconut oil
2 grammes agar agar
1 teaspoon pumpkin
spice
200 grammes pumpkin
puree

Extra: kitchen torch.

INSTRUCTIONS

1. Place 1 ml vanilla extract, 1/4 teaspoon salt, 120 ml coconut sugar, 250 ml coconut milk and 1 tablespoon of coconut oil in a pot. Stir on medium heat, until the sauce cooks.
2. Let it cook for 15 minutes, while stirring frequently, until the sauce has thickened.
3. Let the sauce rest for a bit.
4. Place all the ingredients for the crème brulee in a pot. Let it cook for 5 minutes.
5. Divide the caramel sauce in 8 jars and add the custard filling. Let it set in the fridge for at least 3 hours.
6. Add 1 tablespoon of coconut sugar as a topping and use a kitchen torch to caramelize this dessert.

Tip: make this dessert the night before!

Tip: it's also possible to add the caramel sauce after you've caramelized the custard filling.

MUSHROOM GYOZAS (VEGAN)

10 portions



INGREDIENTS

- 28-30 gyoza wrappers
- 100g shredded cabbage
- 300g mushrooms
- 25g scallions
- 1 tsp garlic powder
- 2 tbsp soy sauce
- pepper & salt to taste
- 2 tbsp oil

INSTRUCTIONS

1. Cut cabbage, mushrooms and scallions in small pieces.
2. Heat a pan and add mushrooms, cooking until browned.
3. Add the cabbage, scallions, garlic and soy sauce. Cook until the cabbage has wilted and most of the moisture has evaporated. Remove from heat and cool.
4. After the filling has cooled down, it is time to make the dumplings! Hold the dumpling wrapper and place 1-2 teaspoons of filling in the centre.
5. Dip your finger in water and circle around the outer part of the wrapping. Fold your wrapper in half and pinch the centre. To form the pleats, fold the outer edges back and inwardly on each side a few times and press firmly.
6. After you have used up all gyoza wrappers, heat oil in a frying pan at medium-high. Place the dumplings in the pan with the flat side down and in a single layer. Cook the gyoza until the bottom is golden brown. This should take around 3 minutes.
7. Add 59ml of water, cover the pan, reduce heat and steam for another 3 minutes. Then, remove the lid and continue to cook until crispy!

PULL-APART BREAD

4 portions



INGREDIENTS

- 4 Italian bread buns
- 100 grams of herb butter (can be homemade or store-bought)
- 220 grams mozzarella (or any other cheese of your liking)
- Salt

INSTRUCTIONS

1. Preheat the oven to 200°C
2. Cut the bread in squares, without cutting all the way through, (see photos)
3. Take your herb butter and put it in between the squares (you can melt it if that is more convenient)
4. Slice your cheese very thinly and put this also in between the squares
5. Put some herb butter on top of the bun and add some salt
6. Bake in the oven for about 10 minutes at 200°C Take out of the oven and enjoy!

Tip: You can also take a big round bread and make this, so you have one pull apart bread.

PS: if you buy italian bread buns that need to be baked in the oven first, do this first and then continue the recipe

MINI SPINACH QUICHES (VEGAN)

6 portions



INGREDIENTS

12 sheets of filo pastry
200 grammes of tofu
100 grammes of spinach
4 garlic gloves
2 scallions
1 small onion
1 tbsp of nutritional yeast
1 tbsp of soy sauce
1 tbsp of olive oil
1 tbsp of almond milk
salt and pepper

Extra: food processor.

INSTRUCTIONS

1. Place the tofu, nutritional yeast, soy sauce and milk in a food processor until it's smooth.
2. Preheat the oven to 180 degrees.
3. Put the oil and onion in a pan and stir it around for 5 minutes.
4. Add the garlic and spinach and stir it around for 2 minutes.
5. Place the tofu mixture and chopped scallions in the pan and stir on low heat until it's all blended together.
6. Put two sheets of filo pastry per portion and add the mixture.
7. Bake this for 10 to 15 minutes in the oven.