

DUTCH FOOD CIRCLE





There are five pieces:

- dairy
- fruit and veg
- grains
- fats
- water

1. Eat with variety
2. Don't eat too much and exercise
3. Less fat
4. Lots of veggies fruit and bread
5. Eat safely

MEALS in the Netherlands

- ✚ At breakfast Dutch people have bread with chocolate sprinkles
- ✚ At lunch we also have bread with cheese
- ✚ At dinner we have always something different

Typical Dutch food

Potatoes



 Cheese is made of milk mostly from a cow, but sometimes of a sheep or goat.

Mashed potatoes and Boerenkool: (cabbage)





Meat, with potatoes and veg



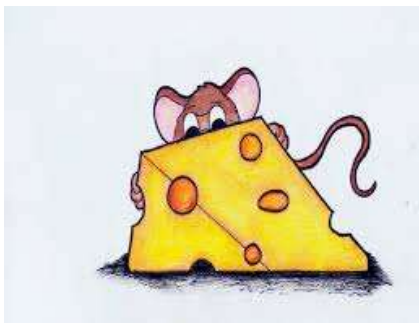
“haring” it is just a fish. Dutch people eat it with onions.



DUTCH DELICATESSEN



A traditional egg and bacon sandwich



with cheese



liquorice drops



STROOPWAFELS is a cookie filled with syrup wich is really sweet.

+ What is a treacle waffle, and what are the ingredients ?

A treacle waffle is a waffle made from two thin layers of baked dough, with a caramel like syrup in the middle. They were first made in Gouda in the Netherlands. The thin layer of dough is made from flour, butter, brown sugar, yeast milk and eggs. Medium sized balls of dough are put into a heated waffle iron and pressed into the required uniformly thin, round shape. After the waffle has been baked, and while it's still warm, it is split into thin layered halves. The warm filling, made from syrup, brown sugar, butter, and cinnamon, is spread between the waffle halves, gluing them together.

+ History

The stroopwafel originates from Gouda in the Netherlands. It was first made during the late 18th century or early 19th century by a baker using leftovers from the bakery, such as breadcrumbs, which were sweetened with syrup. One story ascribes the invention of the stroopwafel to the baker Gerard Kamphuisen, which would date the first stroopwafels somewhere between 1810, the year when he opened his bakery, and 1840, the year of the oldest known recipe for syrup waffles. In the 19th century, there were around 100 syrup waffle bakers in Gouda, which was the only city in which they were made until 1870. After 1870 they were also made at parties and in markets outside the city of Gouda. In the 20th century, factories started to make stroopwafels. In 1960, there were 17 factories in Gouda alone, of which four are currently still open.



BOERENKOOL syrup waffle



kroket you usually eat it in bread with mustard



Poffertjes are like pancakes but smaller you eat it with powdered sugar and butter.

A real Dutch breakfast at 7,00

- Bread with cheese
- Bread with chocolate sprinkles
- Milk

DUTCH BREAKFAST



In the Netherlands we drink a lot of coffee, and we eat mostly bread as breakfast. We also like sprinkles really much.

DUTCH LUNCH



In the Netherlands we eat also bread as lunch, but then more havier, with more on it. we also like to drink milk and eat fruit.

DUTCH DINNER



A real Dutch snack:



- Croquettes made of meat and we mostly eat it with our fries.

- Crisps

- Crystal Clear



Lunch at 12,30

- Some bread with chicken breast and ice tea lemonade.

DINNER at 18,30

- **Hello fresh:** a box with food for three days. First you order it and then they bring it to your home
Only on Friday we eat PIZZA!!!!!!!!!!!!!!!!!!!!!!

DESERT:

+ tiramisu and crème brûlée



+ VLA --
a type of yogurt but sweeter
something like a custard.

+ Drops



+ Jodekoek



+ Gevulde koek



DUTCH JUNKFOOD

yummy yummy.....



chocolate chips on your bread



Oliebollen. We eat them on the New Year.



These are **poffertje!!!!** They're like little pancakes!!!