

RECIPEBOOK LIVE COOKING CONTEST

EDITION
2019



SPIN-OFF FROM THE NATIONAL MEAT-FREE WEEK

Made possible by Facilities & Services Wageningen University & Research and the WUR caterers.



Cooks and jurors members of the live cooking contest 2019 at Wageningen University & Research.

CONTENT

| | |
|--|---------|
| OYSTERMUSHROOM SHOARMA by Pleun van Iersel | Pag. 04 |
| BUTTERNUT SQUASH CURRY by Luc Roefs | Pag. 06 |
| INDONESIAN FRIED RICE by Sausan Nafisah | Pag. 08 |
| TOFU AND MUSHROOM STIR FRY by Shuping Chen | Pag. 10 |
| BA-WAN (Taiwanese mega rice dumplings) by Tzu Yuan Su | Pag. 12 |



**EDITION
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Dear employees and students of Wageningen University & Research,

In March 2019 Wageningen University & Research participated in the National Meat-Free Week for the first time. For us as Facilities & Services and caterers this meant that we served more meatless dishes in our restaurants. To show how varied and delicious meatless meals can be, and to inspire our customers to try alternatives to meat dishes.

As a spin-off, we organized a live cooking contest in April for employees and students. For aspiring cooks but also for those of you who like to taste and judge the various dishes. We did this because we believe in meeting you, our customers, and exchanging ideas and inspiring each other about food in a fun way. On April 11, ten students arrived at the kitchen in our Forum Building to join this competition.

Five cooks battled against each other and were judged by their peers but also by our caterers. Delicious meals were cooked. And although there can only be one winner, there are five great meatless recipes that we would love to share with you. Next year we want to organize this competition again because we loved this event and the cooperation between all parties involved.

We wish you happy cooking and a lovely meal!

From the organizing team of
Facilities & Services Wageningen University & Research and WUR caterers

OYSTERMUSHROOM SHOARMA

RECIPE OF

Pleuu van Iersel

RECIPE
OF WINNER



INGREDIENTS

8 PITA BUNS

- 500 gr flour
- 50 gr sugar
- 1 tbs salt
- 1/2 dl olive oil
- 10 gr instant yeast
- 3 dl water

SHOARMA

- 600 gr oyster mushrooms
- 3 bell peppers
- 2 red onions
- 2 tbs shoarma spices

GARLIC SAUCE

- 3 cloves of garlic
- lemon juice
- 5 tbs mayonnaise
- 10 tbs greek yoghurt
- Pinch of salt, pepper, sugar and chives

PREPARATION

Preparation time: 20 minutes (when pita buns are already prepared). Recipe for 4 persons.

PREPARATION OF THE PITA BUNS

Add the yeast, sugar and lukewarm water together. Make sure the yeast will dissolve by mixing it and let it set for a few minutes until you see some air bubbles. Take a large bowl and add the flour, yeast mixture and olive oil together and start kneading. Keep up the kneading for at least 10 minutes by stretching the dough until you get a nice soft dough which is elastic and starts to produce air bubbles during the kneading process. Now add the salt and knead one more time before you let it set for an hour. After this hour you continue the kneading process and you start making round formed buns of the dough. Heat up the oven 235 C and let the dough rest on the backing tray for 5 min. before you put it in the oven for 6 minutes.

PREPARATION OF THE SHOARMA

Cut the vegetables into slices. Start frying the onion in some oil. When baked add the bell peppers and oyster mushrooms and bake on high temperature. Add the shoarma spices and bake for 1 more minute.

PREPARATION OF THE GARLIC SAUCE

Cut the garlic as fine as possible and add all ingredients together. Add some salt and pepper to taste and let all flavours infuse for 10 minutes.

Why did you want to participate in this cooking contest on WUR Campus?

I love to cook and what brings people together more than food! Food is the most uniting factor in the world.

What does cooking mean to you?

I love to create something out of single ingredients. In cooking I can use my creativity and I can put as much love in it as I possibly can. I loved to cook since I was little and I only have good memories of me helping my mum and dad out in the kitchen. Nevertheless, when making food for someone, they always react happy and thankful.

Why is it important for you to cook (and eat) meatless dishes?

To me dishes with meat are often very standard. In the vegetarian/vegan kitchen I get to know new ingredients, combinations and ideas, it arouses my creativity. Not only because I like to experiment, but also because I believe it is healthier for us to decrease our meat intake!



Pleun van Iersel

BUTTERNUT SQUASH CURRY

RECIPE OF *Luc Roefs*



INGREDIENTS

- *Olive oil*
- *Brown rice*
- *Coconut milk*
- *Butternut squash*
- *Sweet potato*
- *Garlic*
- *Red onions*
- *Ginger*
- *Red chili pepper*
- *Chickpeas*
- *Spinach*
- *Red bell pepper*
- *Turmeric*
- *Cumin*
- *Black pepper*
- *Cardamom*
- *Chilli*
- *Cinnamon*

PREPARATION

Preparation time: 45 minutes

- Preheat the oven on 200 °C, cut holes in the butternut squash with a fork and put it in the oven for 40 minutes.
- Cook some water, add some salt and cook the rice.
- Cut the red onion, garlic, ginger and red chili pepper in really small pieces and bake it in olive oil.
- Cut the sweet potato in a form you like, you can leave the skin on the body, it gives you extra vitamins and add it to the pan.
- First add some herbs, put in the most of the first mentioned: Turmeric, cumin, black pepper, chilli, cardamom and cinnamon.
- Add the spinach until it shrinks, then the coconut milk and in the end the butternut squash, mix it and your meal is ready to serve.



Luc Roefs

Why did you want to participate in this cooking contest on WUR Campus?

I think it's fantastic that the university promotes eating more vegetarian dishes and I wanted to support it as well by participating with my own dish.

What does cooking mean to you?

Cooking is a hobby for me and always a relaxing activity after a day of hard work at the university.

Why is it important for you to cook (and eat) meatless dishes?

For me, a healthy lifestyle is really important and cook and eat healthy has an important role in being healthy. Also, cook delicious meals without meat or any other animal products is a great challenge. I turned all my roommates into flexitarians.

INDONESIAN FRIED RICE

RECIPE OF *Sausau Nafisah*



INGREDIENTS

- *Rice (precooked)*
- *shallots (sjalotjes)*
- *garlic*
- *red chili pepper*
- *kemiri noten (caudlenut)*
- *leeks*
- *carrot*
- *cabbage*
- *fried onion (gebakken uitjes)*
- *crackers (borrel kroepoek)*
- *sweet soybean sauce*
- *tomato sauce*
- *salt*
- *sugar and pepper*

SIDE DISK

- *carrot pickles*
- *veggie fries and honey*
- *butter cauliflower*

PREPARATION

Preparation time: 30 minutes

- Grind shallots, garlic, red chili pepper, kemiri noten into a raw paste seasoning.
- Heat some cooking oil and stir fry the seasoning.
- Add the precooked rice, mix well.
- Add sweet soybean sauce and tomato sauce.
- Cut leeks, carrots and cabbage into small fragments then add into the rice.
- Mix all ingredients together, adjust the taste with salt, sugar and pepper.
- Add fried onion (gebakken uitjes)
- Serve with side dishes and crackers.

MAKING CARROT PICKLES

- Cut carrots, shallots and rawit chili into small fragments.
- Add vinegar and sugar.
- Put into fridge for about 15 minutes.

MAKING VEGGIE FRIES

- Cut carrots and leeks into small fragments.
- Pour one cup of water into one cup of flour and put in seasoning : salt, sugar, garlic, and paprika all in powder.
- Mix all ingredients and use spoon to scoop in and deep fry into a hot cooking oil.



Sausan Nafisah

Why did you want to participate in this cooking contest on WUR Campus?

Because I want to cook a good and tasty meal for other people to try.

What does cooking mean to you?

For me cooking means a chance to bring happiness. It's amazing to see how food can make people happy. Everybody likes to eat good and tasty food. Therefore, it always feels good to see other people enjoy the food I cook. That makes me want to keep bringing the happiness on.

Why is it important for you to cook (and eat) meatless dishes?

Well, for me as a muslim, sometimes it is hard to get halal food in a non-muslim society. We are not forbidden to eat meat but to ensure the halalness, vegetarian or meatless dishes always come as priority option. Furthermore, as Indonesian, we are raised eating greens and vegetables on a daily basis with various option of meatless dishes, so it is just part of our culture.

MAKING HONEY BUTTER CAULIFLOWER

- Cut cauliflower into pieces.
- Add one cup of flour into one and half cups of water, add pepper and salt.
- Coat the cauliflower with flour paste.
- Deep fry in a hot cooking oil.
- Melt butter in a pan, add sweet soybean sauce, garlic powder and honey.
- Add the cauliflower and stir fry.

TOFU AND MUSHROOM STIR FRY

RECIPE OF *Shuping Cheu*



INGREDIENTS

- Tofu: 200g
- Spring onion: 1
- Carrot: 1/4 piece
- Oyster mushroom: 100g

SEASONINGS

- Olive oil: 3 tbsp
- Salt to taste
- Soy sauce: 2 tsp
- Water: 100 ml
- MSG: 1g (according to *Shuping*: 'it's healthy and not toxic at all as proved by scientific research. It was first found in seaweed which and has been used for hundreds of years in east-Asian cuisine to add flavor in dishes')
- Sugar: 1g
- Corn starch and water: 1g corn starch and 2 tbsp of water, stir well before using

PREPARATION

- Cut tofu into pieces and dry with kitchen paper.
- Tear oyster mushroom by hand into small pieces.
- Cut carrot into diamond-shaped pieces.
- Chop spring onion and separate the white part and green part.
- Mix seasonings in a bowl: water, soy sauce, MSG, sugar.
- Mix corn starch water: cornstarch, water.

COOKING

- Heat the pan under high heat until it's warm. Add 2 tbsp olive oil.
- Till the oil is heated, put tofu by pieces over the pan (you can do it with the help of a chopstick), turn to medium heat. Fry for 5 minutes till golden brown. Gently slide the tofu in the middle to avoid burning.
- Turn over the tofu by pieces, fry for another 5 minutes under medium heat.
- Till the surface of tofu is well-fried till golden brown, take out the tofu and put in on a plate.
- Heat up the pan under high heat, use the rest of the oil to fry the carrots.
- Fry carrots for 20 seconds under high heat, take out carrots and put them on a plate.
- Put the cooker on low heat, add 1 tbsp olive oil. Add the white part of the spring onion, stir well. Fry for 1 minute.
- Add teared oyster mushroom, stir fry for 2 minutes until releasing water.

- Add fried tofu, gently stir well. Add the bowl of mixed seasoning, put to high heat until boiling. Then put to medium heat and boil for 5 minutes. (Add additional salt is optional in this step)
- Until water is almost evaporate in the pan, put to high heat, add carrot and green part of spring onion, fry for 20 seconds.
- Add the bowl of corn starch and water (mix before using), stir fry for 10 to 20 seconds.
- Serve with rice and avocado.

Why did you want to participate in this cooking contest on WUR Campus?

Due to the restraint of small space and lack of equipment in student accommodation and available ingredients, I always try to make tasty food from simple local ingredients and easy-assessed kitchenware. Through this cooking contest, I hope to bring some exotic taste made in a short time and simple ingredients, that is easy to copy for students in Wageningen. I also hope to change the stereotype of Chinese food being greasy and unhealthy by showing the traditional Chinese cooking methods, which is stir-fry.

What does cooking mean to you?

Cooking is the way I enjoy life as I have high requirement for food. I like to make a fusion of different cuisines and try new possibilities of the composition of ingredients and seasonings. Cooking is an art with no constraint and I believe in simplicity in this art.

Why is it important for you to cook (and eat) meatless dishes?

It is not important for me to cook or eat meatless dish. From the point of view of an east-Asian, one reason I think that meatless dish could be important in Europe is that in European cuisine, meat always serves as a main ingredient. The over-consumption of meat is not only harmful to people's health but also contributes to the water shortage and carbon footprint globally. Hence to rise the attention of over-consumption of meat in Europe, an meatless-diet event could



Shuping Chen

be held. However to eat meat-less dishes is never a long-term solution. The point to reduce meat consumption is not to go to the other extreme but to keep a balanced daily diet. I agree in restaurants, instead of serving meatless dishes, serving dishes with less meat in the whole menu is a more sustainable and acceptable solution.

BA-WAN

TAIWANESE MEGA RICE DUMPLINGS

RECIPE OF *Tzu Yuan Su*



PREPARATION

Preparation time: 30-45 minutes

PREPARATION FOR DUMPLING DOUGH (3 PORTIONS)

- Soak 45 grams sushi rice in water for 3 hours.
- Drain the water, mix the rice with additional 250ml water then grind it into rice milk by food processor.
- Boil and stir the rice milk with weak fire until it evaporates into thick rice paste and a bit hard to stir anymore.
- Mix the rice paste with 80 grams potato starch and 60 grams tapioca starch, stir it until a smooth dough forms, set aside.
- Prepare a small bowl, apply some oil inside the surface of the ball.
- Keep the hands always moist with water, put half the amount of 1 portion dough and apply it in the inner surface of the bowl to become a thin layer.
- Put 1 portion of filling onto the layer until it reaches the same high as the layer.
- Put the remaining half of the 1 portion dough on the top of it by hands again and close the whole dumpling dough in the bowl.
- Steam it with enough boiling water in a medium pot with the lid closed for 15 minutes.

RECIPE FOR THE FILLING (POSSIBLE FOR PERSONAL PREFERENCE AND IMPROVISATION)

- 3 soaked shitake mushrooms
- 50 grams cut bamboo shoots
- 50 grams sliced small tofu blocks (fried)
- 50 grams cut spring onions
- 15ml of soy sauce
- Some white peppers

RECIPE FOR THE SAUCE (MIX ALL TOGETHER, POSSIBLE FOR PERSONAL PREFERENCE AND IMPROVISATION)

- 35 grams of ketchup
- 30 grams of light miso
- 15 grams of Korean chili paste
- 15 grams of sugar
- 75 grams of water
- Some additional soy sauce of the top of the mixed sauce above if wanted.

Why did you want to participate in this cooking contest on WUR Campus?

It is a great chance to experience the competition atmosphere, while hearing the comments about the flavors from different cultural backgrounds.

What does cooking mean to you?

It is one of the most relaxed and interesting activities which brings happiness to everyone's faces.

Why is it important for you to cook (and eat) meatless dishes?

It makes times more enjoyable with friends having this kind of diet. And at the same time exploring the possibilities of recipe arrangement ideas mainly based on Taiwanese and Japanese flavors.



Tzu Yuan Su

COLOFON

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