

Aveen

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Esther

Claudia

Sandra

Joan

Bertien

Leah

Kristine

Elodie

Adriana

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Junus

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Daniel

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Marco

Max

Camiel

Matthijs

Chris

Zsiga

Lieke

Claudy

koken
in een
andere
keuken



welcome!

The “Koken in een andere keuken” (cooking in another kitchen) project began in the autumn of 2010 and it is a collaboration between Amsterdam Verbindt and the Stoelen Project.

Within 4 seasons more than 350 cooking groups have taken part and provided 17,000 free dinners to homeless people in Amsterdam.

The inspiration behind the project is to bring people together to roll up their sleeves and work together as a team for a great cause.

Cooking groups of 4-5 people spend an afternoon cooking a delicious and healthy main meal and dessert for 45 homeless people at the Stoelen Project.

It is fantastic that you will also come along and cook!

In order to give you a peek inside the kitchen we would like to send you this handy guide. It is filled with practical tips to ensure that that you have a fun afternoon in the kitchen preparing a tasty meal.

We hope you have a great time in the kitchen and thanks for your contribution!

Henny Heijmans

Project Leader, Amsterdam Verbindt / “Koken in een andere keuken”

Peter Taks

the tips & tricks

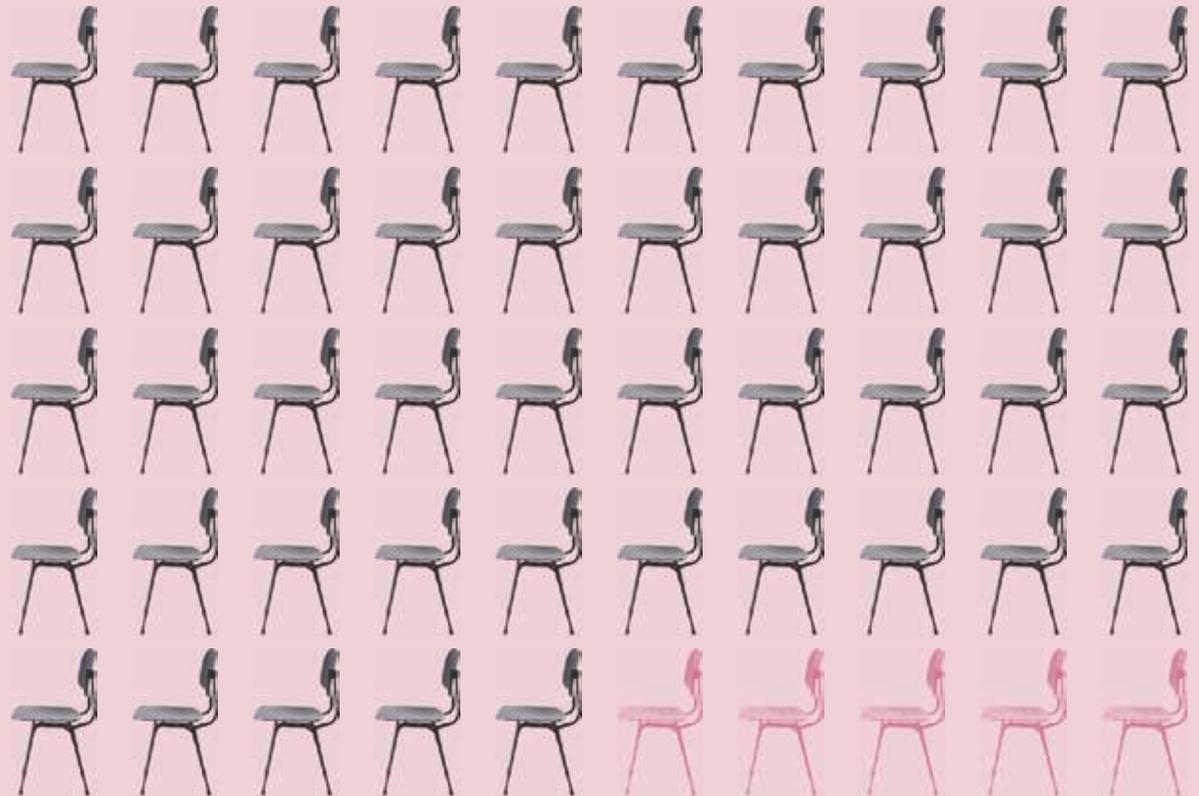
The aim of the project is that your group prepares a tasty and healthy main meal with a side dish of salad. You can let your creativity run wild when preparing your menu! Or you can choose to take inspiration from the suggestions included in this guide.

The main thing to remember when creating your menu is that you are free to do your own thing.

It is handy to base your menu on seasonal ingredients and on what vegetables and fruit are available.

$$45 + 5 =$$

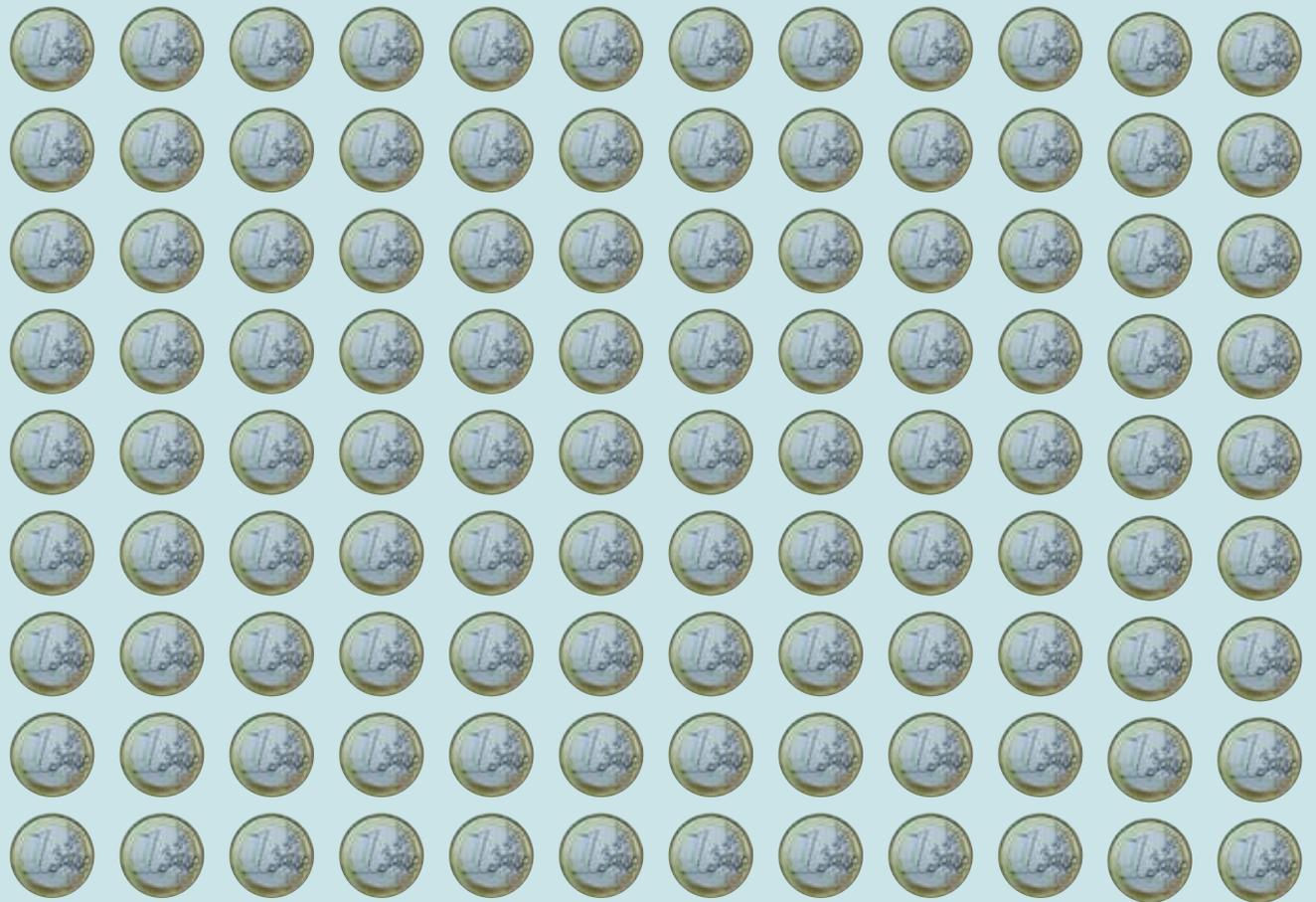
50



You will cook for 45 homeless people, some volunteers at the Stoelen Project and for yourselves if you would also like to stay there for dinner.

In total you should prepare enough meals for 50 people.

100 euro



It is possible to create a hearty meal with a budget of €100, especially if you take advantage of what is on special offer at the market. The €100 budget is a guideline and every cooking group decides exactly how much they wish to spend on the ingredients.

time schedule

It is recommended to meet up with your cooking group at the Stoelen Project at 1pm. Once you're there it is a good idea to check if there is everything you need in the kitchen to create your menu and it is off to the shops! It's advisable to return around 2.30pm to begin with your preparations.

If you are cooking rice or pasta please ensure that you factor in enough time to boil a large pan of water.

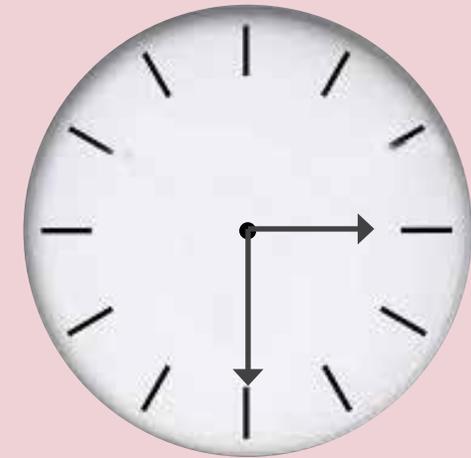
The meal should be ready at 5.30pm. Most people arrive for dinner around 6pm. To ensure that the food stays warm for those who arrive later, you should place the food in a heated bain-marie.

Please ensure that you heat the bain-marie in advance in order to keep the food warm.



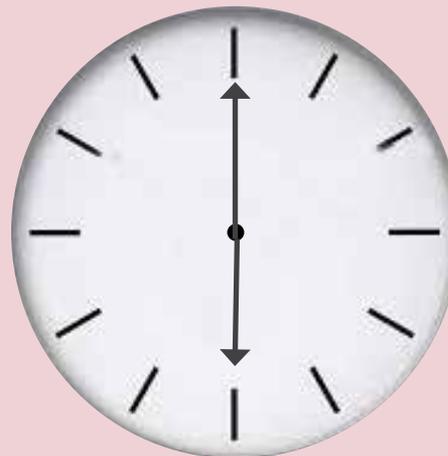
13.00 uur

Start at the Stoelenproject
& get the groceries



14.30 uur

Starting with the cooking-preparations



18.00 uur

First guests arrive



21.30 uur

Guests can eat until 21.30 h

kitchen

KITCHEN RULES

- The cooking group is asked to leave the kitchen clean and tidy, as you will find it.
- No smoking is permitted in the kitchen.
- The Stoelen Project has a no-alcohol policy and this also applies for all cooking groups.
- Cooks are asked to have dinner ready by 6pm.

If you have some spare time after the meal is ready you can always enjoy some food yourselves. At 6.30pm the work of the cooking group is finished and the volunteers from the Stoelen Project will take over and do the rest.

The kitchen is equipped with a large amount of pots, pans, knives and stainless steel pans. There is also a six burner stove with a large oven and a handblender.



choice of meat



Please do not use pork or pork products in your menu, and chicken or beef is preferred.

From experience vegetarian meals are not preferred.

The people who you are cooking for often have poor teeth so it would be great if you could ensure that the meat is not too tough for them.

quantities carbs



4 KILO UNCOOKED PASTA



4 KILO UNCOOKED RICE



10 KILO POTATOES

quantities in
general



6 KILO CLEANED VEGTEBALES



12 BIG TINS



6 KILO OR MORE MEAT OR FISH



8 LITER VLA OR YOGHURT



4 KILO RICE OR PASTA OR
12 KILO POTATOES

PLEASE PREPARE A GREEN SALAD WITH EVERY MAIN MEAL,
WITH ADDITIONAL INGREDIENTS OF YOUR CHOICE



menu tips



hawai chili chicken

- 6 kilos chicken pieces
- 3 bulbs of garlic
- 2 kilos of onion
- 12 red chilli peppers
- 3 kilos bell peppers
- 2 kilos mushrooms
- 4 large tins of pineapple
- 6 tins of tomato puree (140 gr)
- 6 large tins of beans
- Cumin powder
- Salt
- Pepper
- 4 kilos rice
- Also possible to add celery, Chinese cabbage, beans



pasta pesto



- 6 kilos chicken pieces or 6 kilos beef mince
- 3 bulbs of knoflook
- 2 kilos of onion
- 2 kilos of mushrooms
- 3 cartons of cooking cream
- 8 jars of pesto (190 gr)
- 3 kilos of courgette
- Also possible to add peas and/or fresh basil

red cabbage bake



- 12 kilos potatoes
- 3 kilos onion
- 3 kilo apples (Elstar or Goudrenet)
- 6 500g packets of red cabbage
- 6 kilos beef mince

coconut meatballs



- 6 kilos minced meat
- Sambal, 100g
- Coconut, 450g
- Ketjap sauce, 250g
- Peanuts, 700g
- 3 kilos onion
- 3 bulbs of garlic
- 6 kilos beans, peas or chopped carrots

duvelkes vleis

- 10 kilos chicken pieces
- 2 kilos chopped onion (large pieces)
- 0.75l to 1 litre vinegar (white vinegar)
- 1.5 bottles of ketjap manis sauce (or 1 large and 1 small bottle)
- 1 bottle of tomato ketchup
- 7 packets of Conimex mix for nasi
- small jar of sambal oelek sauce
- 5 kilos of mushrooms (around 20-22 boxes)
- 1 large jar of peanut butter
- 3 or 4 cartons of crème fraîche (large cartons of 200g)

Dice onion (large pieces), slice mushrooms, chop chicken into pieces and rehydrate nasi mix. Fry chicken and add the onion. Add vinegar, ketjap sauce, tomato ketchup, hydrated nasi mix and sambal and simmer together for one hour. Fry mushrooms, add to the chicken mixture and let it simmer. Bring to taste with peanut butter and crème fraîche.

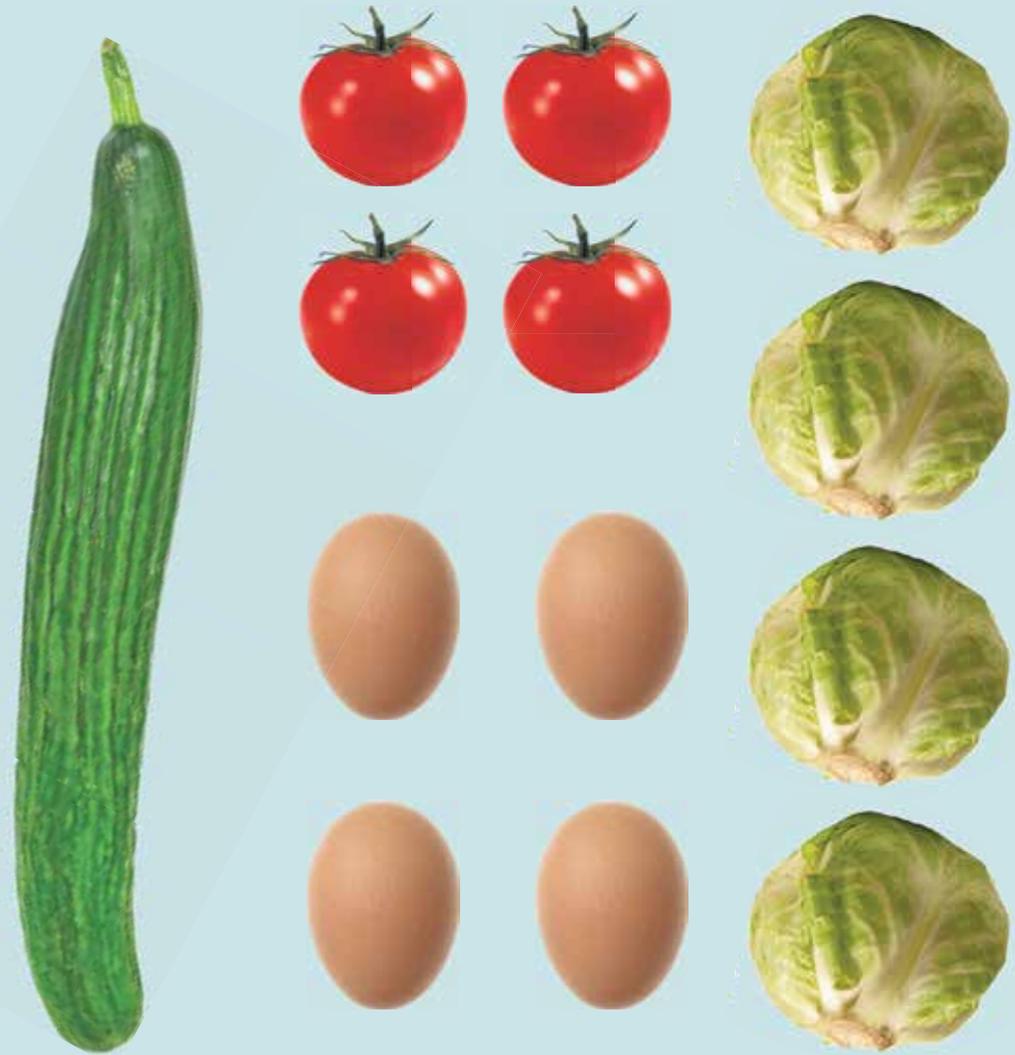


chili con carne

- 12 large tins of brown beans
- 6 kilos of finely sliced vegetables eg. bell pepper, courgette, leek, celery
- 2 kilos of onion
- 12 packets of chilli con carne mix
- 6 large tins of tomato puree
- Chilli powder
- 6 kilos of beef mince
- 4 bulbs of garlic
- 4 tins of sweetcorn
- (Also possible to add 4 large cans pineapple)



green salad



- 4 heads of lettuce, cucumbers, tomatoes
- 1 bottle of salad dressing
- 20 hard boiled eggs

stamp pot



- Stampot is a popular Dutch mashed potato dish with vegetables):
- Some vegetables that are perfect for this dish include carrots, pumpkin, onion, potatoes and sweet potatoes.
- Total quantity of vegetables: 20 kilos
- The Stoelen Project has a large masher.
- For overall taste it is also recommended to use 10 cubes of bouillon.
- Instead of meat balls you could make a sauce with the mince by using 5 packets of gravy sauce.

desserts



- 8 litres of custard or yoghurt, with additional ingredients like fruit mixed through.
- 5 litres of ice-cream with fruit and cream

baked apples



- 6 kilos apples
- Cinnamon
- Sugar
- Serve with ice-cream or vanilla custard



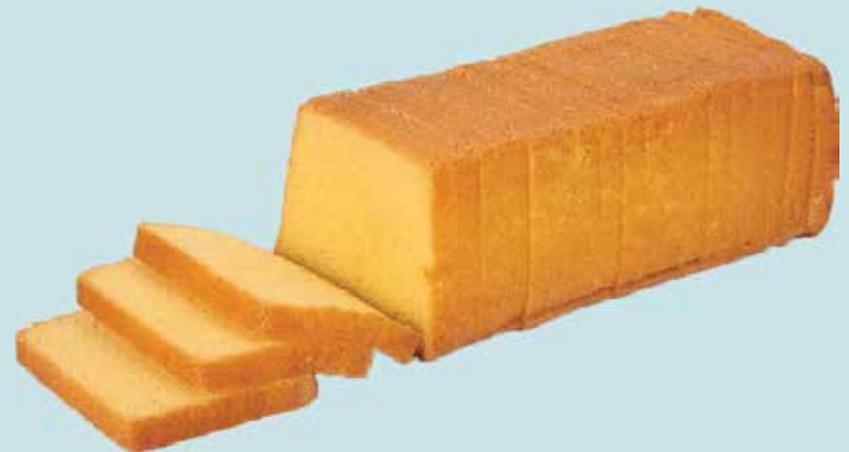
Peel the apples and cut into slices.
Sprinkle the apple slices with cinnamon
and sugar and fry in a skillet / frying pan.
Serve apples with ice-cream or vanilla
custard.

trifle



- 3 large cakes
- 5 litres of vanilla custard
- 2 tubs of kwark
- 1 litre whipped cream
- 6 tins of finely sliced fruit or alternatively use fresh fruit pieces.

Make a layer of fruit in a large dish and cover with a layer of cake. Mix the custard and kwark and layer it on top of the cake layer. Finish with a layer of whipped cream.



how & where?

Het boodschappen doen voor zo'n grote groep is een flinke klus. Trek daar minstens een uur voor uit. Gezien de grote hoeveelheid boodschappen staan er bij het Stoelenproject twee boodschappenkarren klaar die je kunt gebruiken.

Favoriete adressen in de buurt:

Ten Katemarkt, Ten Katestraat

Slagerij Kema, Kinkerstraat

Turkse slager Nasar Kasabi, Ten Katestraat

Turkse bakkerij, Ten Katestraat

Lidl, Tweede Helmerstraat

Albert Heijn, Kinkerstraat

Albert Heijn, Elandsgracht

Vomar, Kinkerstraat

Altijd de moeite waard om bij winkels om korting te vragen.



Stoelenproject

Marnixstraat 248, Amsterdam

(behind the bus station and under the Qpark parking garage)

Public transport:

Accessible by tram 7, 10 and 17. Get off the tram at the Elandsgracht stop

Car:

The Stoelen Project has parking places available in order to park outside the shelter. Ask for parking permission at the Stoelen Project on arrival.

koken
in een
andere
keuken

IS AN INITIATIVE OF:

amsterdam **verbindt**

&



STUDIO OP POTEN (Laura Koenen & Malou van
Dijck) had a great time designing this manual.