

# The taste buds way to connection

**With people from three different countries comes food from three different countries. This we use as a way of getting to know each other's lives and culture better by mixing many dishes in a buffet.**

On Thursday evening all the participants of the Comenius-project are having an international buffet. All the students have been asked to bring something eatable and typical from their country. All these minor dishes are to be put together on one big table and the project-participants are able to try new dishes and get new experiences while learning and including other cultures and habits. Dishes that will be presented on the table are, for example "Bullen's pilsnerkorv" (a sausage from Sweden), curry sausages (from Germany) and "stoofvlees" (from Belgium).



The expectations for this buffet are very diverse. We asked some participants what they are hopping to experience and what their thoughts are about the buffet. Most of the students asked are positive about the European buffet because they want to try new food to explore different cultures. But some of them are afraid of things that they aren't familiar with and have pretty low expectations. Two of the dishes that seem to be most popular among those who want to try something new are the raw meat with bread, from Germany, and the Flemish fries.

If there was to be a competition between the dishes of the different countries, there are some dishes that the students are presenting as their best dish, with most chance of winning. The Belgians are putting their hopes to "stoofvlees" a traditional beef stew, the Swedes are presenting "Ballerinakakor", chocolate cookies, and the Germans are serving Spaghetti.



We also dared some of the students to guess what three different dishes, one from each country, was made of and used as. The first dish we asked them about was the Swedish dish "Skärgårdssill", that actually is a mixture of herring, fresh spices and cream. But our fellow camp-participants didn't have any right guesses. One of them said: "I think that it is some kind of vegetable that looks like a chilli." The second dish that we mentioned was the Belgian "stoofpotje", that is a stew of meat and vegetables. Some of the comments on this dish were: "It sounds like some kind of a pancake" and, "A hamburger!" The last dish presented by us was the German dish "pickert" that is a small cakelike bread with raisins. The students most common thoughts to this were: "It must be a dish involving pickles!"

All the food that we are serving this week has a real thought behind it in an ecological perspective. Most of the raw products are bought by local producers or brought by the traveling students so that there was no further



waste of nature resources. We are also not wasting handcraft on buying finished products, such as bread. Instead we are investing in raw products and creating the, for example, bread ourselves. All the students are supposed to be aware of this fact, but when we asked them whether they knew how we were making this week's food as ecological as possible, very few had any clue at all. By this article we want to make everyone conscious of the efforts that we actually are making and hopefully, also having people continue in these ways in their future.

Axel Meynen and Ronja Grafström  
Foto: Judith Kroes

Here you can find some of the recipes used during the project-week.  
They are easy to cook and a cultural investment for life!

## **Swedish recipe**

### **Meatballs 4 portions**

500g of ground beef

½ dl of bread crumbs

1 dl of cooking cream

2 tablespoons of finely chopped yellow onion

1 egg

1 teaspoon of salt

1 ml measuring spoon of black pepper

2 tablespoon of black

Mix the breadcrumbs and the cooking cream. Let it swell for 10 minutes. Put mixed meat, onion, egg, salt and pepper in the mix. Blend it to an even mixture role the mined meat to even balls. Fry them in butter for five minutes.

Smaklig maltid!

## **German recipe**

### **Potato soup with cheese**

750g well cocked potatoes

One onion

One garlic

One leek

One carrot

30g butter

1 ½ cube of chicken stock

125 cl sweet cream

Salt and pepper

100g German soft cheese ( Doppelalhm cheese)

Cut all the vegetables into cubes after cleaning them and peeling them. Fry them all in the butter so that the tastes of the vegetables are set free. Then wait for all the ingredients to cool down and then mix them all with the cream and with the cheese. Lastly you mix all the ingredients in a food mixer.

## **Flemish recipe**

### **Flemish stew**

4 kg meat

Herbs

Flour

5 big onions

1 full gingerbread

2 spoons of soft mustard

5 bottles of dark beer

Water

Put the meat into a big pan and put the herbs in to it. Make sure it is browned on all sides. Don't put too much meat at the same time in the pan! Once the meat has a nice brown coat, put it into a big frying pot. Put some flour over the meat every time you put more in the pot.

Cut the onions into large pieces and put them in the pot with the meat. Add the gingerbread which has been crumbled, and the mustard. Pour beer over the mixture and add water until the meat is completely covered.

Bake for a couple of minutes on hot fire and then reduce the heat and make it simmer for about three hours. Keep stirring from time to time.

Serve with Flemish fries.