



*Projet Erasmus+ Namur - Marsala*

*" Tradi Ali Culture "*



*Traditions et folklore liés à l'alimentation*

# *Tradition, History and Recipe from Belgium*



Erasmus+

N° convention 2015-1-BE01-KA219-013188





# ***The Belgian asparagus***



*Cécile Dasseler*

*Translated in English by Pauline Boey*



Institut Ilon – Saint-Jacques



## ITS ORIGINS :

Some historians pretend seeing the representation of asparagus on the walls of a pyramid in Saqqara in Egypt, meaning that its tillage would date from more than 5000 years B.C.

Anyway, it's established that the Greeks used wild asparagus "*asparagus officinalis*" with the fine therapeutic ones. Hippocrate, for example, alleged that the asparagus root appeared very effective against dysentery and lumbago. Moreover, the Greeks recognized with asparagus aphrodisiac and contraceptive virtues. That is why they dedicated this plant to Aphrodite, goddess of love.

The Romans invented the tillage of asparagus, that they held for a product of great luxury because of the smoothness of its taste, but also of the properties which were allotted to it. They consumed asparaguses raw, smoked or cooked.

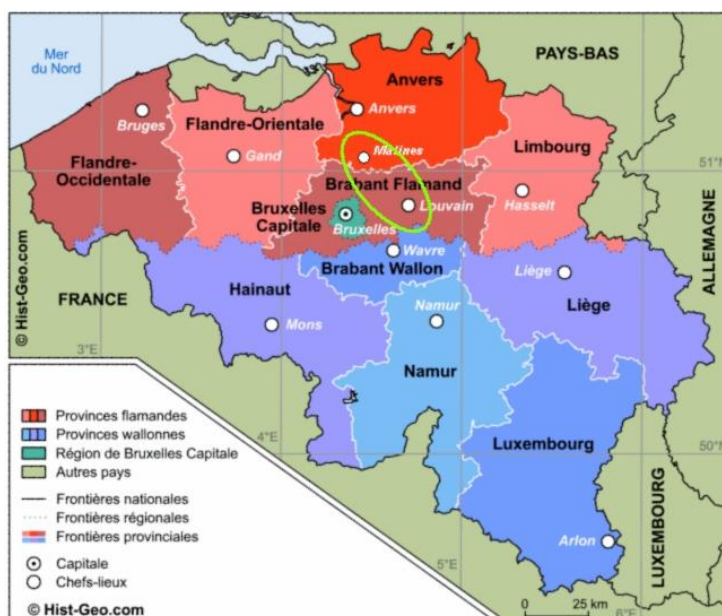
The Middle Ages are a hollow period for the tillage of asparagus considered as too difficult and complicated.

During the Renaissance, the Medici gave asparagus its noble letters again, then the Kings of France went to Italy to make war, and finally Charles V launched the fashion of the "Flemish asparagus" recipe. It was the beginning of a great tradition.

But it is in the 19th century that the tillage of asparagus knew its apex, thanks to the invention of modern tillage methods that enabled it to seat on the tables of the Belgian middle-class when our country was one of the richest in the world.

Produced almost exclusively in the Flemish part of our country, especially in the area of Malines and Louvain, Belgian asparaguses, especially the white ones, were famous, from the 17th century to the 1960s.

Then, the tillage of asparagus in Flanders decreased due to important taxations on this product considered as luxurious, with the competing imports coming from Asia, Greece and Italy and with the important work required to product quality asparagus. The market-gardeners preferred turning to the production of chicory or cauliflower, more profitable and less tiring.



But, since the end of the 1980s, one witnesses a renewed interest of the consumers for the traditional top quality products, also the production in Flanders resurrected but is not yet sufficient to meet the needs. The Belgian asparagus remains thus extremely expensive.



## ITS FARMING :

The asparagus (*Asparagus officinalis* L., Liliaceous) is a rustic vegetable which can reach 1.5m height. It is also long-lived thanks to its underground parts, and tolerates all climate types but with a preference for the sunny places. Cold and wet grounds should be avoided. Among all asparaguses, we find more or less the late or early ones, which can make it possible to spread out its harvest.



What one calls “claws of asparagus” is actually the whole root. Starting from these claws are the stems emitted, called “turions” or “asparagus spear”.

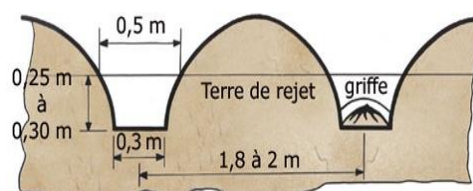
Harvesting needs patience. After waiting theoretically during 3 years, harvests are done annually during 10 to 15 years.

The soil around Malines is conducive to the tillage of asparagus because its claws particularly like sandy grounds, which are heated quickly. But they can also be satisfied with a more classical ground.

### How to plant the claws ?

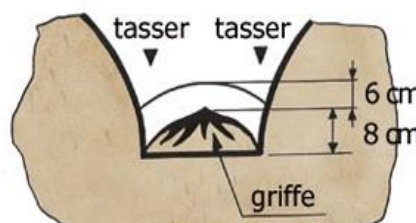
*Start by preparing your soil in autumn:*

- Trench of approximately 25-30 cm depth, over a width of 30 cm, separated every 1.80 to 2.00 m.
- Leave the ground extracted between the trenches.
- Loosen (without turning over) the bottom of the trench and add basic compost and fertilizer.



*At the time of the plantation of the claws, the following spring:*

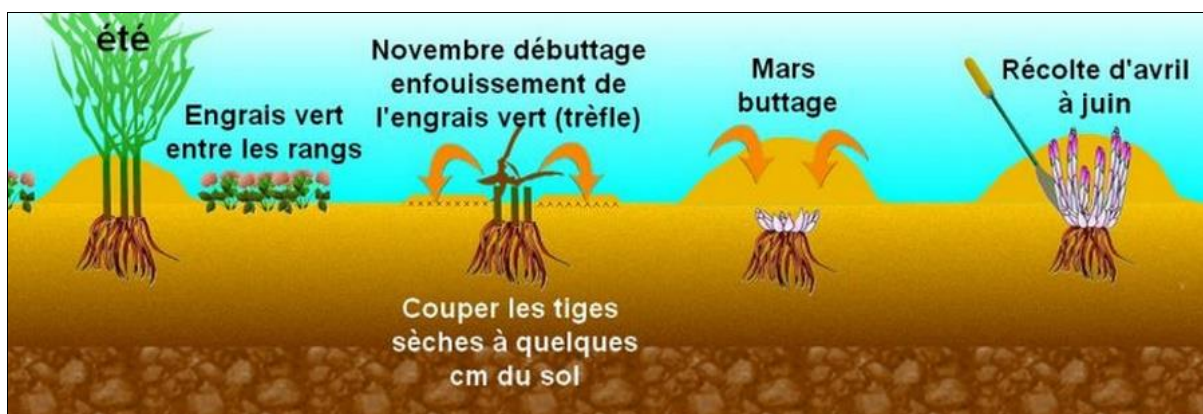
- Realize at the bottom of the trench small earth hillocks, approximately 8 cm height every 60-80 cm.
- Plant a tutor, which will allow to locate the site but also to attach the frail stems during the first years.
- On each one of these small hillocks, deposit a claw, with the central bud at the top, and spread out the roots well around. Shorten those which are too long.
- Recover the bottom of the trench with 10 cm fine earth; the claws are then covered very thinly (2 or 3 cm), the time for the plant to acclimatize to the soil.
- During this first year, the plant will gently accommodate.





## Control of the tillage

- The second year, fill the trench with the earth remaining on the edges.
- During the first three years:
  - Harrow and weed regularly to hold the edges free from weeds.
  - Tie the frail stems to the tutors.
- As from the third year, in spring:
  - Assemble a hillock of ground from 30 to 50 cm (this operation is useless for green asparagus or crimsons) and bring a natural fertilizer rich in phosphorus and potash.
  - After harvesting, put mulching, attach the stems to their tutor.
  - At the end of the autumn, cut the dried stems. Level the hillocks and put compost on the ground.



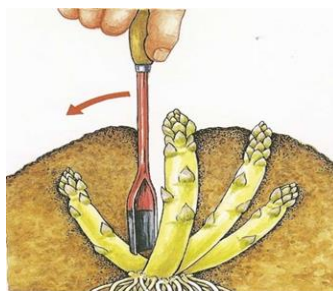
## Harvest from April to June (in open ground)

- In the third year, it is possible to collect only 1 or 2 “turions” or “asparagus spears”.
- From the fourth year a normal harvest is possible. Only 60% of the “turions” are harvested; it is indeed necessary to let the others develop and make leaves which will regenerate the foot and will be harvested the following year (leave at least 3 or 4 stems per tuft).
- Do not collect them too young, “turions” must measure at least 1 cm thick.
- The white asparagus is collected as soon as it rises above the ground, the violet when it emerges from a few cm, the green one is gathered when it measures about fifteen cm.



## Harvest Technique

- Cut the white ones at their base using a gouge, by carrying out a lever movement.
- Cut the green ones or crimsons by hand, by carrying out a twist move.





## ASPARAGUS VARIETIES

There exist, according to the norms set by the European Union, four varieties of these liliaceous of the lily and leek family: white asparagus, green asparagus, the violet and green asparagus and the violet asparagus.

The asparagus colouring depends primarily on the tillage mode:



**The white asparagus**, most traditional (70% of the production), is produced in “ridged” tillage, safe from air and light (one recovers asparagus with earth as it grows).



**The asparagus with violet tip** (20% of the production) bores the earth hillock: the tip then takes a mauve or violet colour. Its flavour is generally close to that of the white asparagus.



**The green asparagus** (approximately 10% of the total production) does not require ridging. It grows in open air, and owes its colouring with a process of chlorophyll synthesis, which occurs under the action of the light. Its colour is then uniformly green (standard green asparagus “Californian”) and its taste, marked, a little different from that of white asparaguses.



Lastly, the asparagus known as “**green-violet**”, semi ridged, whose stem remains white (the standard requires that a third at least of the asparagus be green-coloured)



## RECIPE OF THE FLEMISH ASPARAGUS

The “Flemish asparagus” is a traditional simple and greedy recipe.

### **Ingredients (4 people)**

- 12 white asparaguses
- 4 eggs
- 4 soup spoons chopped flat parsley
- 100 g butter
- 1 pinch of nutmeg
- Salt & fresh ground pepper



### **Preparation:**

- Cook your soft-boiled eggs, that is to say approximately 5 minutes starting from boiling.
- Once cooked, brown the eggs at room temperature while passing them under cool water then peel them. Finally, in a bowl, crush eggs with the fork and book.
- Chop parsley and book.
- Peel the asparaguses (see the technique in next chapter).
- Tie up the asparaguses and bunch them by ten (that protects the tip which is more fragile) then cook them in a salted boiling water (see the technique in next chapter). It's ideal is to check the cooking using a knife point. When easily inserted to the centre of the asparagus with just small resistance, it is cooked.
- Drain your asparaguses then remove the moisture surplus by posing them on a tissue. While your asparaguses rest, dissolve butter in a small pan at a low heat.

### **Dressing:**

Pour in your bowl egg, parsley, melted butter, a small amount of nutmeg, salt and pepper then mix delicately.

Put your asparaguses at tepid heat on plates and nap the whole of the egg-parsley-butter mixture. Accompany the whole with a tasty Trappist beer.





---

## HOW TO CLEAN ASPARAGUS?

The stems are extremely fibrous and it is thus necessary to remove the external part of the asparagus. You can peel with a very sharpened knife, but it is preferable to adopt the peeler. Leave the knife's tip below towards the thickest end while taking care not breaking the delicate stem.

With a peeler, the best way is to put the asparagus flat at the table's edge, and to peel from the tip to the root while supporting: this method is fast and if you move the device in a quite rectilinear way, you are not likely to break the stem.



---

## HOW TO ARMONIZE ASPARAGUSES?

Cleaning the asparagus is not enough, it is also necessary to cut it in length and to put it in bunch : it is what one invites to avoid.

According to whether you choose to have less possible fibres or not, there are two methods to remove the end.

First case:

You choose to have all asparaguses with an equal length without worrying about the length of the fibrous part. In this case, take ten asparaguses that you arrange in order to have all the tips with the same height. Roll a string, preferably out of cotton, around the bunch while taking care to have sufficient free length on the cut side. When all the bunches are made, cut them all again at the same length with a very sharpened knife: pay attention not to break a "turion", cross prudently.

First case:

You choose to have all asparaguses with an equal length without worrying about the length of the fibrous part. In this case, take ten asparaguses that you arrange in order to have all the tips with the same height. Roll a string, preferably out of cotton, around the bunch while taking care to have sufficient free length on the cut side. When all the bunches are made, cut them all again at the same length with a very sharpened knife: pay attention not to break a "turion", cross prudently.





## VARIOUS ASPARAGUS COOKING METHODS

### Asparagus boiling [English method]

There are several alternatives. The easiest and fastest is simply to boil asparagus; bunch them or not, in salt water. The disadvantage is that the hard and fibrous parts boil in the same way than the tip which is much more tender. For this reason you can erect the asparagus bundles vertically with the tips out of the water: the stems boil with water and the tips steam. To check the boiling stage, prick in one of the tips with a kitchen knife: if it enters like in butter, the boiling is ready. According to the variety and the gauge of the asparagus, that can take from 15 to 22 minutes, if the asparagus are immersed in boiling salt water. It is preferable to start cooking in boiling water, in this way flavours remain imprisoned in the vegetable and are not diluted in the cooking water.



### Asparagus steaming

Steaming preserves best the vitamins, but part of the flavour is involved in the vapours. You can of course use water aromatised with fish, or the meat in the liquid which generates the vapour, but the management of flavours is increasingly more delicate than by boiling. Use asparagus of the same diameter because the boiling times differ depending on the gauge. Depending on the size and the variety of asparagus, the time of steaming varies from 12 to 18 minutes.

### Asparagus cooking in asparagus cooker

As the asparagus-cooker is based on steaming for the tips and cooking for the stems, the advantages dominate and the disadvantages are suppressed. The use of baskets removes the drudgery of bunching; you spare some time. Depending on the diameter, the cooking time varies from 8 to 18 min.



### Asparagus cooking in the frying pan

It is a hardly used method, that best emphasizes the flavours of the green asparagus: melt a piece of butter and slowly cook asparagus cut in dices until they are tender. Nothing prevent you from using a good quality oil, even of olive; the method is well appropriate for the green asparagus. You can also bleach asparagus five minutes with boiling water before cooking them with the frying pan. Time of cooking: approximately 10 minutes, check cooking with a knife's tip.

### Asparagus cooking in the oven

Bleach asparagus not before charging them with or without papillote, decorated with cheese, butter, lemon or other perfumes. It is an interesting means to revisit, to create alternatives of the recipe. Cooking time: 15 to 20 min at 180°C; 15 min at 220°C. These times can vary a little depending on the size of the asparagus.

### Asparagus cooking in the microwave oven

It is the fastest way to cook asparagus: lay them in a pyrex dish, add some water in the bottom, salt copiously and put a little lemon juice to prevent from blackening. Put a micro-perforated film for microwave oven to prevent from drying. Cooking time, depending on the size, varies from 7 to 8 minutes.





# ***The « Boulets à la Liègeoise »***



*Arnaud Magnée*

*Translated in English by Arnaud Magnée*



Institut Ilon – Saint-Jacques



## What is the "boulets à la liègeoise" ?

Also called more regionally balls with rabbit sauce, it is a traditional Belgian culinary specialty which, as its name indicates, comes from the region of the city of Liège.

It consists in one or two large balls made from minced meat of pork and veal, pork and beef, crumbs, onions and parsley, browned in the oven, then cooked on a gentle fire with a special sweet and sour sauce with onions, vinegar, brown sugar and Liège syrup. This sauce is called rabbit sauce but does not contain a rabbit. Its name would come from Mrs. Geraldine Lapin, born Corthouts, wife of Ernest Lapin (1868-1922), who would be at the origin of the recipe for this sauce.

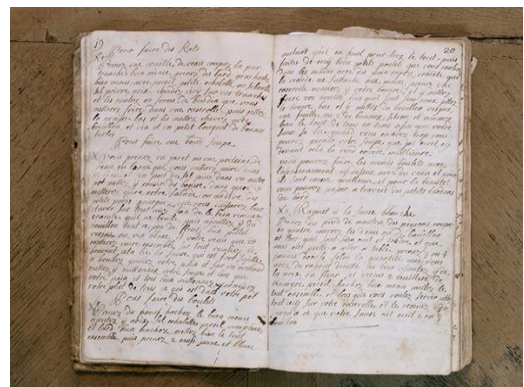
Véritable institution des brasseries et friteries liégeoises, connu dans toute la Belgique, ce plat est traditionnellement servi accompagné de frites, (on parle alors de « boulets-frites »), de mayonnaise et de crudités peu assaisonnées ou de compote de pommes. Il est à la carte de la plupart des friteries et restaurants liégeois.



## The historical origins of the « Boulets »:

This is a regional term that does not appear in the dictionary with a specific culinary definition. The word "boulet" has been mentioned for the first time in the sixteenth century by Lancelot de Casteau, master of three Princes-Bishops of Liège. If the latter spoke only about fish balls, he also prepared for meat balls, but under the name of "rondes boules" whose recipe is nevertheless very similar to that one made today.

La toute première recette du genre retrouvée à Liège comportait : veau et graisse de bœuf hachés, œufs, noix de muscade, gingembre, sel, herbes hachées. La sauce se compose de bouillon, de citron confit, de menthe, de marjolaine et de verjus ou de vin. On retrouve l'évolution de cette recette dans un manuscrit liégeois du XVIIIe siècle, mais cette fois-ci sous le nom de « boulet », désormais définitivement acquis.





## What is the folklore linked to the "boulets à la liègeoise" ?



It was on March 23, 1996 that the "Brotherhood of the Gay Boulet" was officially created. In 1992, two brothers-in-law, attached to the gastronomic traditions of their region, decided to gather around them several friends in order to create a brotherhood whose aim would be to publicize the "boulets à la liègeoise" around the world.

L'objectif poursuivi est aussi de défendre la qualité artisanale de ce mets trop souvent galvaudé. En s'inspirant d'un guide gastronomique bien connu, cette petite équipe commença à écumer les friteries et les restaurants régionaux, afin de dresser une liste des divers établissements qui offrent ce plat typiquement liégeois, avec pour intention finale de décerner, chaque année, un trophée dénommé "Boulet de Cristal", au restaurateur dont la recette serait la plus proche de la tradition du terroir.

La « Confrérie du Gay Boulet » est régentée par le « Comitiboulet », qui comprend les 11 membres fondateurs. Chaque membre du « Comitiboulet », ainsi que son épouse, porte le titre de « Grand Maître ». Suivent ensuite les « Maîtres-queux », membres à part entière de la Confrérie, mais ne possédant pas les mêmes prérogatives. Enfin, viennent les « Marmitons » qui, avant de devenir « Maîtres-queux », se doivent de réussir un parcours initiatique d'une année, parcours qui les oblige, entre autre, à déguster des boulets dans cinq établissements différents.



Le costume des « Grands Maîtres » consiste en un pantalon noir, une chemise blanche arborant l'écusson de la Confrérie, une cravate jaune, une longue cape mauve, attachée par une chaîne dorée composée de trois rangs, une épitoge de couleur jaune-or placée sur l'épaule gauche, rehaussée des écussons de la Confrérie et du perron liégeois. Il se complète d'un jabot en dentelle blanche, de deux boules de laine brune portées à droite, au niveau de la ceinture, et d'un béret mauve traversé, sur le côté droit, d'une cuillère en bois.



Le célèbre cri de ralliement de cette joyeuse Conférie est :  
« Gay gay gay ... Boulet ! »

<http://www.rtc.be/reportages/262-general/1469267-boulet-de-cristal-pour-le-aquotpoint-de-vueaquo>



## *Recipe for the "boulets à la liègeoise":*

### *List of ingredients and quantity:*

- ❖ 300g of minced beef
- ❖ 700g of minced pork
- ❖ 1 finely chopped onion
- ❖ Finely chopped parsley
- ❖ 4 slices of bread soaked in milk
- ❖ 2 eggs
- ❖ A little bread-crumbs
- ❖ Salt, pepper and nutmeg
- ❖ 3 coarsely chopped onions
- ❖ 4 soup spoon brown brown sugar (red sugar that comes from cane sugar)
- ❖ Red wine vinegar
- ❖ Meat broth
- ❖ 3 soup spoon of Liège syrup (thick syrup of apples, pears, dates, apricots and prunes)



### *Detailed description of the different steps of the recipe :*

Put in a large bowl:  
the chopped beef and pork,  
the finely chopped onion,  
the parsley,  
the 4 slices of bread,  
the 2 eggs,  
bread crumbs and salt,  
pepper and nutmeg.



Mix all the ingredients and form pellets of +/- 120g.



Place the "boulets" in a previously buttered oven dish.



Brown the "balls" in the oven at 180 °C for 30 to 35 minutes

Meanwhile, mince 3 large onions



Make them sweat in some fat.

Add the brown sugar and the syrup of Liège and cook as for a caramel.







Deglaze with red wine vinegar then wet with water and meat broth;

bring to the boil to thicken the sauce.

Remove the balls from the oven and put them in the sauce.

Stew for about 20 minutes



Servir les boulet à la liégeoise avec des frites et de la salade  
(on peut aussi remplacer la salade par de la compote de pommes)

### **A variant of the "boulets":**



The meatball is also known to be served with a tomato sauce.





# *The « Chicon » Chirory or Endive*



*Lise Cartuyvels*

*Translated in English by Lise Cartuyvels*



Institut Ilon – Saint-Jacques



# What is a « chicon » ?

Latin name: *Cichorium intybus* var. *foliosum* L.

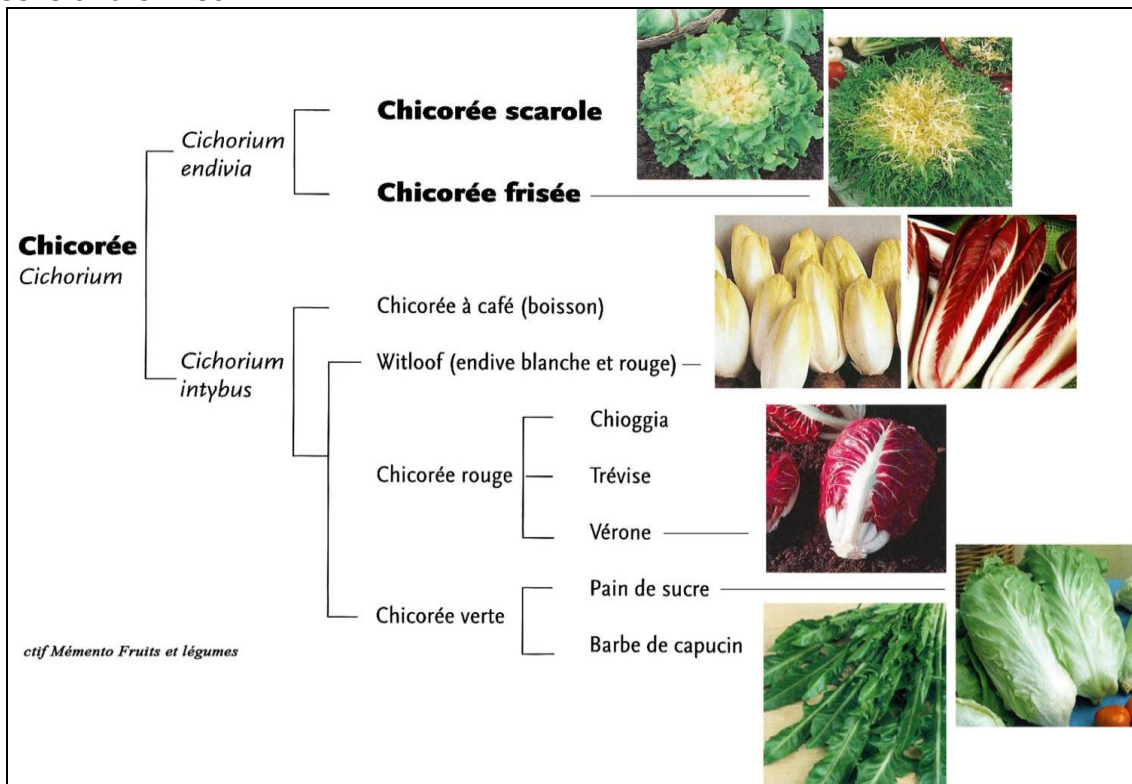


Endives with their roots

The endive or Brussels chicory or "witloof" chicory is the name given traditionally in Belgium and in the north of France to designate the bleached shoots obtained by forcing a variety of endives.

However, this bitter chicory (of the Asteraceae family) is normally cultivated (by forcing) as an annual plant in order to produce these famous « chicons ».

Contrary to what its usual name might suggest, this endive is not a variety resulting from the "true endive" named *Cichorium endivia* L. which gives the salad greens and crimson.



The « chicon » is a vegetable that does not exist as such in the wild. It was really created by man with, as always in these cases, a share of luck.



## A lucky discovery, story

It is said that the « chicon » was born exactly at the same time as Belgium at the time of the Revolution in September 1830. At that time, chicory was grown a lot. When the revolution broke out, a peasant from Schaerbeek decided to put his stock of chicory in his cellar. And to be well sheltered, he covered the whole with a small layer of soil. Days went by, things calmed down. And when our man went back down to his cellar, he discovered that his chicory had produced a strange white foliage. That he will called witloof (white leave, literally translated). That would be the origin of the « chicon ».



Officially, however, the head gardener of the National Botanical Garden, a certain Frans Bresiers, is the inventor of the « chicon ». At the time, Schaerbeek was located in the countryside and the National Botanic Garden (now in Meise) was in the centre of Brussels, on the area still called the Botanique near the North Station.

In this garden, plants of all kinds were collected. The chief gardener, learning that the chicory would produce white leaves, did a series of tests. He understood quite quickly that if the « chicon » was white, it is because it had grown in the dark. In fact, the absence of light prevents photosynthesis. Therefore, without chlorophyll, the leaves are not green as in all the other plants but remain white.

The work of Frans Bresiers and of the National Botanic Garden will consist in transforming these random (and therefore irregular) white shoots into a real vegetable. Larger, firm, with tightly packed leaves, a bit less bitter too. All this is a job of selection, then the development of techniques of forced crop. It would take several decades for the first witloofs to appear on the markets in Brussels in 1867.

"Witloof" is the very first Flemish and popular appellation. « Chicon » is an appellation we owe to Frans Bresiers. In fact, it comes from the Latin scientific name of the chicory "Cichorium" that gave the word « chicon ».

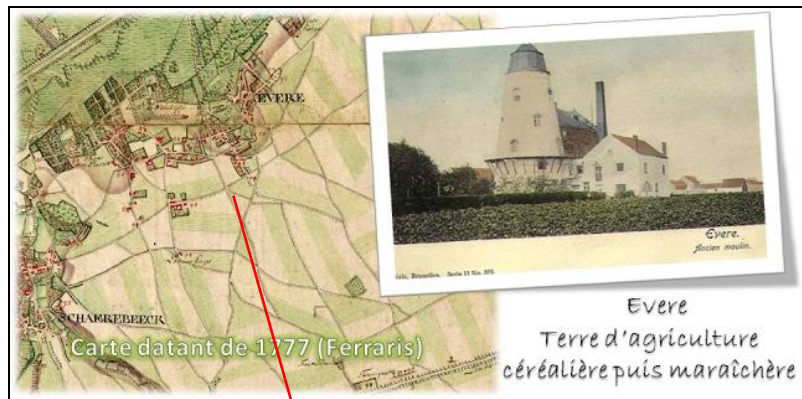




# Where are « CHICONS » grown?

If the first « chicons » grew in Schaerbeek, the culture then moved due to the urbanization.

The first crop of « chicon » for commercial purposes was born in 1867 in Evere. Its paternity falls to a well-inspired cultivator, Jef Lekeu.



The municipality of Evere has long been the homeland of the crop of chicory which subsequently gradually extended to a large part of Flemish Brabant.

It is still true today, especially in Kampenhout where one can also visit a « chicon » Museum.





## The « Chicon » Museum in Kampenhout

- [www.witloofmuseum.be](http://www.witloofmuseum.be)  
Leuvensesteenweg, 22  
1910 Kampenhout  
Tel: 016 22 33 80
- [witloofmuseum@kampenhout.be](mailto:witloofmuseum@kampenhout.be)



The « chicon » Museum illustrates in an exciting way the crop and the trade of the « chicon », while highlighting the social and cultural aspects of the crop of « chicon ». A pad at the reception desk allows you to test your knowledge about chicory.

## The brotherhood of the witloof companions

The brotherhood defends and promotes the crop of witloof (« chicon » or « endive ») on open ground as well as all its products (both solid and liquid), participating in gastronomic, cultural, folkloric and traditional events. The association maintains contacts with other Belgian as well as foreign groups, working in the same spirit and, lastly, contributes to any action favoring assistance for works of a social, humanitarian or charitable nature.





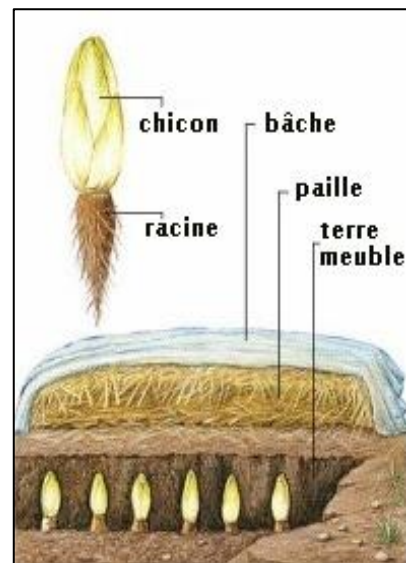
# How are the endives cultivated?

The large scale production of endives includes two steps :

The seed, sown in the spring, produces a creeping plant with tuberous root and long green leaves. Those roots-tubers are harvested in October and sheltered in a dry and dark area before their forcing.



For the forcing, each root is transplanted in a "pit" (20 cm deep hole under which there is a heating mean), then covered with soil and straw under a microporous sheet.



At a temperature of about 20°C, the root in field production (traditional method) or most often nowadays in a dark room, delivers after 3-4 weeks a cream white to light yellow bud with tight leaves that will be harvested: the endive.

By transplanting those roots at different times, you can get a crop of endives from winter to spring.

Endives grown inside are not washed after harvesting, because they don't have any contact with soil.





# The « chicon » and its culinary traditions.

In our Belgium, this vegetable which is called "endive" can be found in different dishes for the pleasure of our taste buds. Here are some examples:



the chicory tart



Chicory gratin  
or endive-ham gratin rolls



« chicon » leaves shrimp (as appetizers)



chicory salad



Braised chicory



Chicory soup

Belgians remain the world biggest endives eaters:  
8 kg per year per capita



# the recipe of chicory soup in a few steps

(preparation: less than 60 min)

## Ingredients:

(for 6 persons)

- 500 g of chicory
- 2 sprigs of white celery
- 2 sprigs fresh parsley
- 1 onion
- 1 dl light cream
- 1 egg yolk
- 2 tablespoons butter
- 3 tablespoons flour
- 1.5 liters of chicken broth (3 cubes dissolved in 1.5 liters of hot water)
- salt and pepper
- For filling (optional): 100 g gray shrimp from the North Sea



## Utensils :

- A kitchen knife
- A ladle
- A large saucepan
- A table spoon
- A wooden spoon
- A mixer
- A graduated container





## Stage of the preparation



### Beforehand:

- Slice the onion.
- Cut the celery in dices.
- Remove hard hearts from the chicory and cut in chunks

### Preparation: (40 min)

1. Melt the butter in a large saucepan.
2. Brown the chopped onion until it becomes translucent.
3. Add the dices of celery and chicory and cook during 10 min.



4. Sprinkle with the flour and stir well.



5. While stirring, pour the chicken broth. Cook 20 min at a low heat.



6. Mix the soup very finely. Extend the cooking time by 1 min.

7. Chop the parsley.



8. In a soup tureen, combine egg yolk, cream and chopped parsley.



9. Pour the chicory soup over and mix well.



## **Presentation**

Add a few shrimps from the North Sea into the soup (optional)

Along with French loaf or thin slices of rye bread.

**ENJOY YOUR MEAL**



**See also clip on <http://www.comenius-namur-marsala.com>**

### **Sources :**

<https://fr.wikipedia.org/wiki/Endive>

<http://www.jardinier-amateur.fr> /reportages-jardin/la-culture-l-endive-chicoree-chicon-semis-a-recolte.

<http://www.vivreenbelgique.be> /12-a-la-decouverte-de-la-belgique/specialites-culinaires

<https://www.rtb.be/info/regions> /detail\_le-chicon-serait-ne-a-bruxelles-vers-1830-avant-de-migrer-plus-au-nord?id=7945538

<http://www.365journesdecouvertes.be> /attraction/le-musee-du-chicon-kampenhout

<http://www.confreries.be> /CNBB/conf/witloof/index.htm

<https://www.google.be> /search?q=photos+chicons

<https://www.colruyt.be/fr> /recettes-et-idees-de-menu/veloute de chicons



Erasmus+

[www.erasmus-isj-namur](http://www.erasmus-isj-namur)





# *The « Flamiche Dinantaise »*



*Gabin Van Damme*

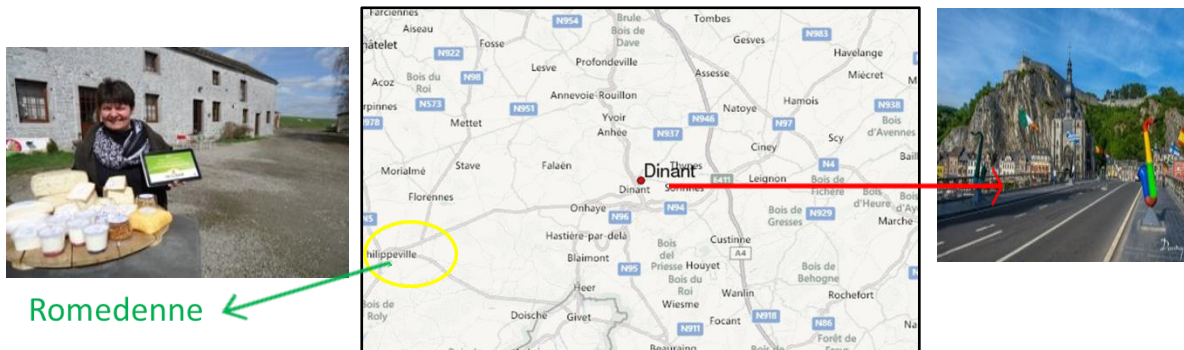
*Translated in English by Gabin Van Damme*



Institut Ilon – Saint-Jacques



## **GEOGRAPHIC ORIGIN**



The legend of the “Flamiche Dinantaise” would simply be born after the fall of a farmer from Romedenne. By going to Dinant in order to sell the products of her farm, a farmer fell and the products were mixed (eggs, butter and cheese) in her bag. She ran to a friend who was cooking her bread. She made a pie on the dough plug, then the farmer put the mixture and cooked the whole in the oven the flamiche; the flamiche was born.

## **DESCRIPTION AND EXPLANATION RELATED TO THE CONDUCT OF FOLKLORE**



In 1956 was created the Brotherhood of the “Quarteniers Flamiche Dinantaise”. Its essential purpose is to make the specialties known as well as the charms of the vicinity of Dinant and the regional culinary traditions.



A competition of the biggest Flamiche's eater is organized on the first Saturday in September on the occasion of the clearance to sale before Saint Nicholas in the neighborhood of Dinant. It is the brotherhood that organizes this contest.



Award of the best Flamiche's eater by colleagues



## RECIPE

### List of ingredients and quantity

- Shortcrust pastry
- 250g salted butter
- 400g of Romedenne dumpling
- 10 eggs
- Salt and peper



### Cooking tools

- classical glass dish
- A fork to beat the eggs
- A knife to cut into dice dumpling and butter, it will scatter over the dough
- A mold (5cm high)
- A scale



### Detailed description of the different steps of the recipe

*Spread out the crust pastry into the mold, into very thin layer.*



*Put the dumpling and butter on the dough,*





*scattered in small pieces, spread*



*Beat the whole eggs (until they « foam »)  
and season of salt and peper.*



*Pour the beaten eggs on the preparation..*



*Bake in the oven ( approximately 220° C)  
during 20 minutes.*





## **Serve the Flamiche**

Taste the “Flamiche” right out from the oven, accompanied with an excellent wine from Burgundy and a seasoned salad with vinegar.



## **Presentation of other product use modes and / or recipe**

The most famous salted « flamiches »:

- « Flamiche Maroille »



- Flamiche Alsacienne (onion and bacon)



- Flamiche Picarde (leek)



It can also be declined in a sweet form:

- pears Flamiche.



- apples Flamiche





# ***La praline***



*Evelyne Thibaut*

*Translated in English by Evelyne Thibaut*



Institut Ilon – Saint-Jacques



## History :




The belgian praline (or chocolate) was invented by Jean Neuhaus in 1912. Jean Neuhaus was a chimist in Brussels


He started to put ou thin layer of chocolate on his medicine to make it taste better. Later he replaced the medicine by whipped cream and that's how the first praline was created.



In 1915 his wife created a beautiful box called « ballotin ».


A Caprice praline, which is a chocolate shell filled with a cream filling.


Caprice

A Tentation praline, which is a chocolate shell filled with a cream filling and topped with a layer of chocolate.

Tentation

in 1958 thank's to the universal exhibition the pralines became famous all over the world

Two round pralines, one of which is broken open to show the filling.

Two heart-shaped pralines, one of which is broken open to show the filling.



# **Recept**

## **STEP 1: MATERIALS**

To make the chocolates you need at least the following materials:

Macrolon mold

A bowl

Spatula

Thermometer

Spoon(s)

**And of course you also need the ingredients:**

Chocolate (200 grams: dark, milk or white. Just cheap chocolate from the supermarket)

(Whipping) cream (30% - 40% fat)

Flavour for the filling (lemon, orange or coffee for example)

## **STEP 2: MELTING THE CHOCOLATE**

### **Au bain mair**

You could melt the chocolate au bain marie.

To do this, boil water in a pan and put a bowl with the chocolate in the hot water. The tricky part is that you really need to be careful not to drip water in the molten chocolate, because it causes the chocolate to (irreversibly) solidify. This method is still very usefull, espesially when you don't have a microwave oven (see the images with dark chocolate).

## **STEP 3: TEMPERING**

After melting the chocolate you need to temper it. This is simply cooling down until a certain temperature. This is really important because if you mold the chocolate too hot, it won't come out of the mold.

Every now and then you need to scoop the chocolate while measuring the temperature, until you reach the critical temperature. If you don't want to wait you could also add unmolten chocolate and melt it in the other chocolate, this way the temperature will drop faster.

The ideal temperature is somewhere between 30 and 34 degrees celcius. At this temperature the chocolate has the ideal substance to be molded.

If you make molded chocolates for the first time, it is advisable to let it cool to 30 degrees rather than 34 because it will give the chocolates a thicker shell. The advantage is that it will crimp better when cooled, which makes the chocolates more likely to be demolded without problems.

## **STEP 4: MOLDING**

To mold the chocolate you need to pour chocolate in the mold until the mold is completely filled.



Next you need to shake the mold to remove all the air bubbles. The easiest and most effective way to do this, is to place the mold with one half on the table and the other half over the edge of the table in the air. In this position you can move the end that is in the air up and down in a fast shaking (rattling) motion until the bubbles are gone.

Now you can turn over the mold, holding it over the bowl of molten chocolate. Let the chocolate drip out of the mold cavities and scrape the surface clean with a palette knife. Ideally you want a thin layer of chocolate to cover the cavities of the chocolate mold. If the layer is too thick, it will become unpleasant to eat the chocolates because you need to have a strong bite. On the other hand, if the layer is too thin, the bottom will break off when you are demolding the chocolates.

The ideal thickness makes the chocolates crispy to eat.

Now put the molds in the refrigerator to harden the chocolate for about 15 minutes. Don't put them in the freezer! This is really bad for the chocolate. If chocolate cools too fast it will turn grey and the chocolates won't look very tasty.

## **STEP 5: FILLING**

### **Making ganache**

To make the filling cook the whip cream. Boiling it ensures that the chocolates can be preserved better.

When the whip cream boiles, pour it on an equal ammount of chocolate. The hot whip cream melts the chocolate and you can stir it to an even substance.

To give a taste to the filling, you can add a teaspoon of small shavings of the skin of an orange or a lemon. You can also put a spoon of instant coffee in the whipcream to make cappucino filling, or experiment with other tastes!

Let the filling cool a while before pouring it in the mold. It is important that the chocolate shell doesn't melt.

Put it in the refridgerator again to harden the filling.

### **Tastes**

Different tastes suit different chocolate. When using lemon I would advise to combine it with white chocolate, while orange is best with dark chocolate.

## **STEP 6: THE BOTTOM**

When the filling is hard enough, the bottom of the chocolates can be poured. Just melt a little bit of chocolate.

At this stage the temperature is not that critical as earlier. It is even better if it is a bit warmer than 32 degrees, because this will melt the shell a little bit, which lets the bottom stick to the shell.

Clean the flat part of the mold with the pallet knife. You will see that the chocolate hardens much faster now, because the mold is still cold. Be careful not to take too much time for the bottom, otherwise you will not have the time to scrape of the excess chocolate before it hardens.



## **STEP 7: DEMOLDING AND SERVING**

When the bottom part is hardened, you can demold the chocolates.

To see if the chocolate has come loose, you can look at the bottom of the mold.

Many different things can cause the chocolate not to crimp nor become loose:

The chocolate has not been tempered well (is molded while it was too warm)

The chocolate is of poor quality

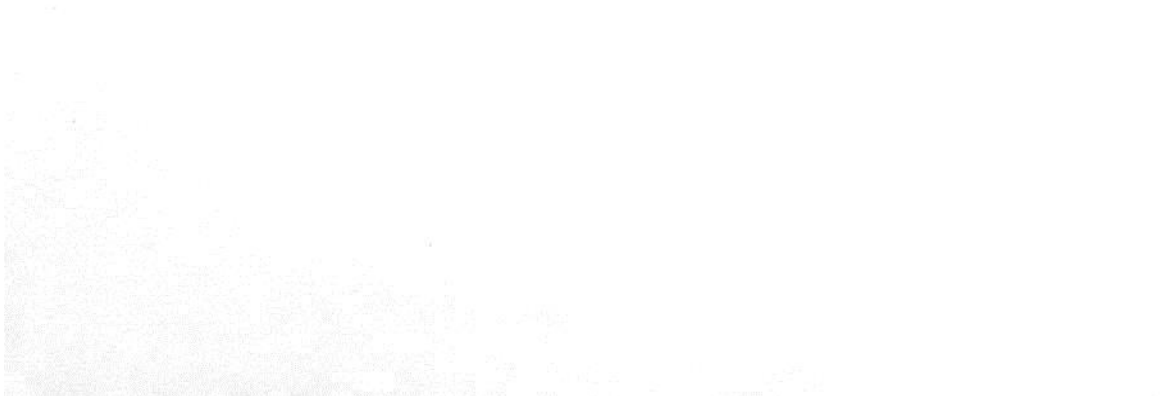
The chocolate has cooled too fast or too slow

The shell is too thin

A nice gleam is the best benchmark for your success. If the process went well, the chocolates should have a nice gleam on them. If this is not the case, they will of course still taste well, but you could improve your technique. Most likely the cooling process went too fast or too slow.

Serving the chocolates can be done whenever you want. I like to keep the chocolates in the refrigerator. About ten minutes before serving them I get them out of the fridge so they can warm up a little.

The result: beautiful chocolates with a nice crunchy shell and a delicious soft filling.







# ***Rabbit with prunes and « Chimay » beer***



*Loukia Ceressia*

*Translated in English by Loukia Ceressia*



**Institut Ilon – Saint-Jacques**



Belgium is known as the Country of Beer.  
 One thus cooks there also with beer.  
 One of the best known dishes is:  
 The Rabbit with prunes and beer, in particular with beer coming from Chimay. The bases of this recipe go back to the Middle Ages



## Where does the « Chimay » beer come from ?

**Chimay** is a French-speaking city of Belgium located in the Walloon Region in the Province of Hainaut. Chimay is located in a large clearing, opened in of the Ardennes Forest. The « Chimay » beer is produced in this city and more precisely with the Abbey Our Lady of Scourmont.

## The history of « Chimay »

In 1830, the Prince of Chimay invited the monks of the abbey of **Westvleteren** (in West Flanders) to come and found a new abbey.  
 Since 1862, beer is produced starting from the water of the wells of the abbey.

After the Second World War, the monks took again possession of the abbey which had been occupied by the Germans. All the tanks had been molten. It has thus been necessary to recreate the whole brewery.

In 1948, Father Théodore de Haene joined the University of **Leuven** where he learned the beer manufacturing with Father de Clerck. Together, they created a new brewers' yeast which is always used for the manufacturing of the current beers of Chimay.

The “Chimay” is a Trappist beer which is neither filtered, nor pasteurized.

## Folklore and tradition linked to rabbit

“Lost Monday”: It is a traditional festival which proceeds on the Monday following the Epiphany, that is to say on the Monday after January 6.

The tradition of the “lost Monday” is still vivid in Tournai (Hainaut) and in the province of Antwerp. During this festive meal, the rule wants that one eats rabbit. There is also another tradition: to draw the “Tickets of the Kings”. (Explanations in the file on the Rombosse)



# Recipe

## List of ingredients



- ❖ 1,5 kg rabbit already cut in dices
- ❖ 1 bottle of Chimay blue (33 Cl)
- ❖ 12 stoned prune
- ❖ 4 bay-tree leaves
- ❖ 1 table spoon of Liege syrup
- ❖ 2 table spoon of sauce binder
- ❖ Approximately 25 water cl
- ❖ 2 onions
- ❖ 150g flour
- ❖ 100g butter
- ❖ 1 teaspoon thyme
- ❖ Salt and pepper

## Ingredients for the side dish

- ❖ 1,5 kg potato for fries
- ❖ One mix of salad
- ❖ 8 cherry tomatoes
- ❖ Dressing with chive
- ❖ Parsley



## Hardware requirement

- ❖ A frying pan
- ❖ A cast iron pan
- ❖ A wooden spoon
- ❖ A salad bowl or a large plate
- ❖ A soup spoon
- ❖ A board out of wooden
- ❖ A kitchen knife
  
- ❖ A fryer (to cook the French fries)



## Stages of the preparation



1. Flour the rabbit

2. Put butter in the frying pan and to dissolve it at a high temperature



3. Put the rabbit in the frying pan and brown each side during at least 5 minutes
4. Salt and pepper each side
5. Pour the contents of the frying pan in the pan



6. Peel 2 onions and cut them in dices.



7. Add onions in the pan
8. Pour approximately 25 cl water (1 cup) in the pan, and cook at a low heat.
9. Add the bay-tree leaves and 1 teaspoon and a half of thyme.

10. Put a syrup soup spoon of Liege
11. Add 12 prunes
12. Leave to simmer during 15 min



13. Pour the bottle of Chimay
14. Leave to simmer at a low temperature during 45 min to 1 hour.
15. When the rabbit is cooked, add 2 soup spoons of sauce binder,
16. Mix with the wooden spoon during 3 to 4 min until the thickening of the sauce.



Now, you just have to taste this dish, accompanied by French fries, a side salad, and a tasty Chimay beer.



### Alternative recipes

The recipe can sometimes be slightly different. Sometimes the prunes are marinated in Armagnac, the rabbit returned in bacon and one can add bilberry jam to it. One can also use smoked bacon and onions or replace beer by wine. One can also add garlic, ...  
There always something for every taste.

### Other recipes containing « Chimay» beer



Mussels with Chimay beer



Casserole of chicken with Chimay beer



Fillet of sole with Chimay beer



Ox cutlet with Chimay beer



Joint of pork out of pot with Chimay beer and prunes



Duck leg with Chimay beer





# ***The Rombosse***



*Marie-Eve Ramelot*

*Translated in English by Marie-Eve Ramelot*



Institut Ilon – Saint-Jacques



## Where is she from?

"Rombosse" or "râbosse", in Walloon dialect, is a cake store of the region of **Verviers**, the Country of **Herve** (province of Liège) as well as of the city of **Mariembourg** (province of Namur).

"Rombosse" is a hollowed out apple, filled with butter and with cinnamon and coated with dough.



## the tradition of « Rombosse »

The date of birth of "Rombosse" remains rather vague, certain springs indicate that it would hold her name of the translation in Walloon of "femme bossue".

The folklore of the "Rombosse" comes from the province of Antwerp. At the "Verloren Maandag" ("Lost Monday") on the Monday following the epiphany; it's a tradition to eat a hearty menu with as dessert called the "Rombosse". During this meal, we also respect another tradition, that of the "Billets Des Rois" ("Kings' tickets").





## The « Billets des Rois », a tradition in tradition

It is a page of sixteen images republished in 1910 by Casterman from wooden engravings.

### Quelles sont les règles ?

From the beginning of the meal, the images are cut out and placed in a hat. If your table has less than sixteen guests, always use the King, King's Fool and the jug ... The oldest person shoots first, and so on until the youngest of the table...

The King takes his glass and drinks in the sight of everybody. If the King drinks, everyone drinks. The court jester shall ensure that each guest "respects" and complies his King and does not disturb with gossips or useless entertainments...

If it was the case, the king's fool blackens the face of the tactless person with cork beforehand crossed in the candle! The Poursuer ensures the glasses of his King and the other guests are filled...

The song "J'ai du Mirliton" ("I've kazoo") accompanies this tradition.

### Que représentent les billets ?

They represent: The King, the Councilor, the Secretary, the Valet, the Lackey, the Doctor, the Poursuer, the Sharp Squire, the Confessor, the Swiss, the Doorman, the Messenger, the Musician, the Fiddler, the Cook and the Court Jester.





# *The recipe from the « Rombosse »*

## 1. The ingredients



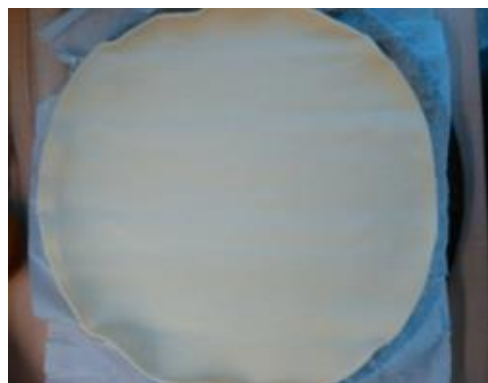
1 Jonagold apple



20g sugar



1 egg



1 short pastry sheet



1 teaspoon of cinnamon

## 2. The equipment :



1 small knife



1 teaspoon



1 small fork



1 plate



1 brush



### 3. The preparation :

First, peel the apple and then remove the core.

Then, fill with sugar and cinnamon.



Next, beat an egg in a bowl.

On a plate, place the short pastry that you cut in half.

Preheat the oven at 200°C.

Once the apple has been filled, close it, straighten it and place it in the center of one of the pasta you previously cut, and fold the dough to cover it completely.

With the brush, brush the ball that you have formed with the beaten egg.

Place the ball on the plate in the oven at 200°C for 30 minutes.



After cooking, you can enjoy it lukewarm or warm.

**GOOD TASTING!**



## *The presentation*

"Rombosse" is served to the snack or as harm.

It can be covered with pearled sugar when it comes out of the oven and be accompanied by a ball of vanilla ice.



It's a traditional recipe, among the simplest but also among the most delicious which are.





# *The sand shrimp from Oostduinkerke*



*Maëlle Baeyens*

*Translated in English by Maëlle Baeyens*



Institut Ilon – Saint-Jacques



## *The sand shrimp*



The sand shrimp is a small shrimp that we can find along the European coasts of the Baltic Sea, North Sea and the North Atlantic Sea, but the ones from the north sea are well known for its flavour.

While the translation of its French name is « crevette grise », this animal have different names in English: brown shrimp, common shrimp, bay shrimp or sand shrimp. The shrimps from the city of Oostduinkerke from the Belgian coast are famous because they are fished according to a traditional and ancestral method: fishing with draught horses.



A little less than a century ago, along the Belgian coast, including Oostdunkerke, we could catch sight of shrimp fishermen on horseback in the sea. They were equipped with a jacket and a yellow canvas trouser. As for the horse, he was equipped with two big wicker baskets on its sides and they were pulling a large net to retrieve shrimps.

Horse shrimp fishing has been practiced in Belgium since the 15th century. At that time, the practice of this activity was common in Flanders because it allowed people to have an additional income. Until the First World War, fishermen used small horses, mules or donkeys.

After the first war, new large nets appeared: plank nets of a width from 10 to 15 meter and a length up to 30 meter. At that time, the fishermen quickly realized that these new nets required an enormous traction force that only draught horses could have. It was then that these fabulous horses appeared on our beaches.





This artisanal fishing technique requires a good knowledge of the animal, the sea as well as tides. The fisherman must have an absolute confidence in his horse and vice versa. The fishing lasts about three hours and takes place twice a week, except in Winter. It begins an hour and a half before the first low tide of the day.

This type of fishing is rather family-oriented because from generation to generation, men train their children to use horses while women usually take care of cooking the shrimps. Today only about ten families still practicing this style of fishing.



This activity, previously used as a livelihood for fishermen, has become mainly a tourist attraction. Moreover, since 2013, this particular fishing has been classified as a cultural and intangible heritage of UNESCO.

Oostduinkerke is the only coastal city in the entire world to maintain this tradition in its daily life. This is why the feast of shrimp fishing is held there once a year since 1950.





## *The recipe of shrimp's croquettes from Ostende.*

### *Ingredients for 20 croquettes*

- 250 g peeled sand shrimps
- 60 g butter
- 450 ml milk
- 150 g flour
- 6 teaspoon of smoked or lobster bisque
- 60 g Gruyère
- 4 eggs
- breadcrumbs
- 10 cl whipping cream
- 1 lemon
- salt / pepper / nutmeg



### *Utensils needed*

- 1 saucepan
- 1 wooden spoon
- 3 bowls
- baking paper
- a large knife
- a deep fryer
- a large chopping board
- 2 plates
- a whisk
- a fork
- a rectangular plate





## Preparation

STEP 1 : Melt the butter in a saucepan and add the 150 g flour



STEP 2 : Incorporate the milk gradually



STEP 3 : Add an egg and the whipping cream beaten in omelette





STEP 4 : Then add 6 teaspoons of smoked bisque or a quarter glass of lobster bisque



STEP 5 : Incorporate the Gruyère and stir in until the complete melting of it



STEP 6 : Add the shrimps, salt, pepper and nutmeg. Then stir in until a homogeneous paste is obtained. You can add a few drops of lemon





STEP 7 : Take a rectangular plate and cover it with baking paper. Then pour the mixture and place it in the fridge for 12 hours



STEP 8 : After 12h break time, cut 20 equal parts into the texture and form small balls



STEP 9 : Immerse the balls in the egg yolks and then in the breadcrumbs





STEP 10 : Place everything in the freezer for at least 2 hours

STEP 11 : For the cooking, put the croquettes in the fryer at 180 ° for 4 minutes

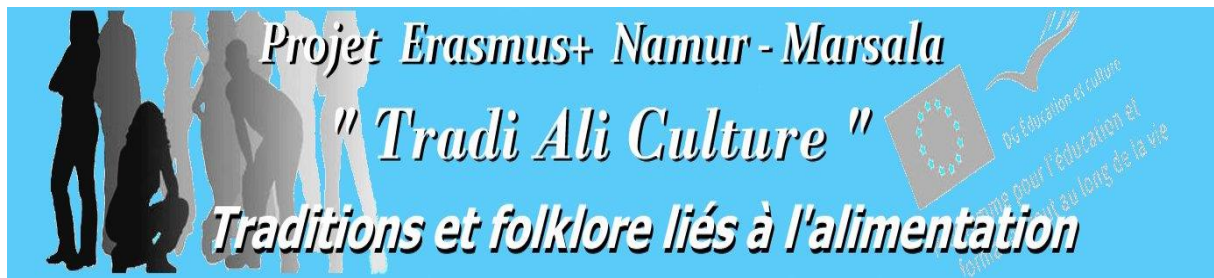


*Serve the croquettes with a little fried parsley and a lemon wedge on a few salad leaves.*



*Enjoy your meal!*





# *The « Stoemp » with carrots*



*Assouma Conde*

*Translated in English by Sarah Dunon*



Institut Ilon – Saint-Jacques



“The stoemp” is a traditional meal. It is made of mashed potatoes mixed with some of the following vegetables: onions, carrots, leeks, endives, peas with thymes and bay-laurel. It is usually accompanied by stir-fried blood sausage, roasted bacon, sausage or fried eggs which can also be replaced by rib steak.

## *Pronunciation :*

« Stoemp » is pronounced « Stoomp ». It is a typical brabant word. Like in Dutch or other Flemish dialect, “oe” is pronounced “oo”. This name comes from the Dutch words “doorgestoemp de patatjes” which mean “mashed potatoes”.

## *Its origins*

The words « Stoemp » referring to a dish appeared in Brussels in XIX century. But it probably existed before because the use of potatoes is testified in the XVI century in the principality of Liege.

The origin of the recipe is probably Dutch because the “bintje” is from there. The “bintje” is the potato used to prepare the authentic “stoemp”. It rose from economic needs due to poverty. This traditional dish was at first mainly consumed by peasant. It is a symbol of conviviality and sharing.

Nowadays, it is made in various home because it is delighted by younger and older people. It also offers enormous variety depending on inspiration or the leftover vegetables. It has long been snubbed by Michelin-starred chefs. Some of them now restyle it with caviar, lobster or foie gras.





## **The recipe**

**Ingredients :** ( for 4 people )



**700g potatoes « Bintje »**



**800g carrots**



**2 white onions**



**200g bacon strips**



**50g butter**



**1 mixed herbs**



**1,5l stock**



**Salt and pepper**





*Utensils needed :*

***two bowls, used to wash vegetables***



***A knif used to cut and slice vegetables***



***A casserole dish***



***Fish slice***



***Potato masher***





## Preparation

Duration: 45 minutes including 25-30 minutes for cooking

### **Step 1**

Pill carrots and potatoes, wash it up. Chop carrots and potatoes. Do not wash vegetables afterwards.

### **Step 2**

In a casserole dish, melt butter and add bacon strips, onions and carrots. Brown it until bacon strips and onions are colored. After that, add potatoes and mixed herbs. Add salt and pepper.

### **Step 3**

Add the poultry stock, the potatoes has to be covered. Cover the casserole dish, heat it up and keep it boiling until vegetables are cooked.  
A aucun moment on ne mélange le Stoemp !

### **Step 4**

Once the potatoes are cooked, remove mixed herbs and mix while mashing potatoes with a potato masher but do not crush vegetables. The potatoes should absorb the remaining juice.

Sprinkle with parsley and serve with sausages.



Enjoy your meal !



# *Belgian Waffles*

## « *La gaufre de Bruxelles* »



## « *La gaufre de Liège* »



*Lorenzo Volpe*

*Translated in English by Lorenzo Volpe*



Institut Ilon – Saint-Jacques



## **Historical origins** **Belgian Waffles**

The origin of "waffle" is melted in the history of the man.

Indeed, its ancestor would be the cereal pancake cooked on hot stone at the time of the Neolithic era.

The mould made up of two iron plates used for the manufacturing of small cakes would have come out in Ancient Greece, and it "waffle" would be also downward "Forget" which were religious pastry makings being used as offerings for the Saints then consumed by the faithful ones.

But, it is at the 13th century that a blacksmith imagined the mould inspired of the honeycombs manufactured by the bees and that the waffle name appears. The word "waffle" would come from "walfre" which means "honeycomb" as old French (12th century).

But, these waffles were still far from those which we taste. Indeed, they remained for a long time are salted, composed of poor flour and of water, they were sold in the street or in front of the churches holidays. However very appraisals, they replaced sometimes the bread.

It is only at the 18th century, for the easiest people, that the receipt of waffles was supplemented with honey, eggs or milk. As from this moment, the receipts were geared down and the many varieties of waffles which we know today started to come out.

According to the legend, the origin of waffle to pearl sugar (without honey) known internationally under the name of "waffle of Liege" would go back to the 18th century. The Prince-Bishop of Liege would have asked his cook to compose something to him the tasty one and of sweet. However, of the culinary historical researches showed that the receipt of the "waffle inhabitant of Liège to the cinnamon" manufactured by the "Brotherhood of the Waffle Inhabitant of Liège 'the strème' " would be former to the receipt of "waffle of Liege", because pearl sugar made its appearance only towards the end of 18th or at the beginning of the 19th century. The receipt of the waffle inhabitant of Liège of which the quantity of the ingredients remains secret is made up of flour, tepid milk, lard and fat, crystallized sugar, eggs, yeast, cinnamon, salt and a little sugar taste vanilla.

The name "Belgian Waffles" is the invention of Maurice Vermersch and his wife, a couple of Brussels, who had slightly modified the receipt of "waffle of Brussels", first mention in 1842, while adding to it of yeasts. The yeasts were not part of the receipt of Brussels original, written for the first time in 1874 by the gastronomical critic Philippe Cauderlier. At the time, to obtain a quite light waffle, it was necessary to beat the egg whites in snow, and especially to have a great quantity of batter, which made it rather expensive.

Combined with the beaten egg whites, the yeast added by Vermersch makes it possible to obtain a waffle much thicker and light with deeper cells. The yeast also modified the





chemical composition of the batter, and fermentation gives more flavour to "Waffle of Brussels".

They also cook their waffle in a cast iron iron which they lubricate with the lard. Their waffle had so much success near their friends and customers whom they decided to introduce to the World Fair of 1958 in Brussels. In the vagueness of the success which followed from there, Vermersch open several restaurants specialized in "waffle of Brussels" and also decide to present it to the following World Fair, in 1964 in New York. Noting that most Americans, with their weak competences in geography, could not locate Brussels, they presented their "waffle of Brussels" as being the Belgian waffle – "Belgian Waffle".

Thus for a long time, the foreign public thought "Belgian Waffles" only in the shape of "waffle of Brussels". But today, the things evolved and the term is employed to indicate the whole of the various Belgian waffle alternatives.

The Belgian waffle, whether it is of Brussels or Liege, is universally known. The waffle of Liege, thick, contains pearl sugar which crunches with relish under the tooth. Consumed hot, its perfume is more delicate.

As for his/her cousin, the waffle of Brussels, light and crusty, it is tasted powdered with sugar impalpable or covered with **crème fraîche** and strawberries.

### **Ustensiles nécessaires pour la réalisation des recettes**



Un malaxeur électrique



Un « cul de poule »



Un gaufrier/moule à gaufres  
Le dessin des plaques du moule diffère selon le type de gaufres à cuire



Une fourchette de cuisine ou  
une fourchette à gaufres



Un « lèche-plat »



Un fouet



## *The Waffle of Brussels*

The success of “waffle of Brussels” rests on the important diversity of the trimmings - supplements possible (chocolate, fresh fruits, jam, chantilly...) and on the freshness of its daily prepared paste.

The “waffle of Brussels” is distinguished from the others by some specific characteristics like its lightness, its crusty external contrasting with a very ventilated interior batter. They are manufactured in a special waffle iron with approximately 20 squares making it possible to obtain rectangular waffles (4 corners) a minimal thickness of 2.8 cm.



### *Ingrédients nécessaires pour la préparation de « gaufres de Bruxelles »*



1kg of flour



160g de levure chimique



300g sugar s2



200 cl of milk



400gr butter



8 eggs



1 pinches of salt

### *Various stages of the receipt*

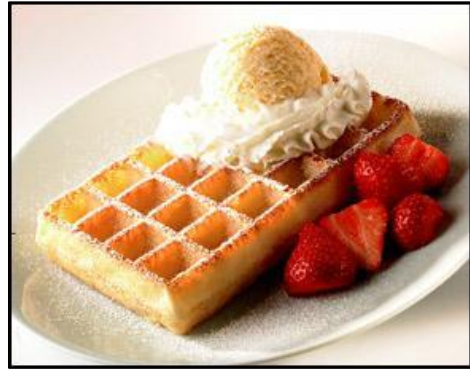
- Mix the flour, yeast and sugar.
- Add beaten eggs and mix well.
- Add little by little milk, while stirring up with a whip or a whisk in order to avoid the formation of lumps.
- Incorporate the melted butter, a small amount of salt and mix well
- Leave the batter to waffle to rest at least 1:00 with the refrigerator before cooking them
- Make waffles in a preheated waffle iron, by cooking them 3 to 5 min.





## **Presentation**

A waffle of Brussels is eaten hot and does not conceive itself without trimming. It is traditionally powdered with impalpable sugar or is covered with chantilly and/or strawberries. But it can also be accompanied by other fruits, vanilla ice cream, hot chocolate, a zabaglione in the Marsala, Leffe, with the krielk,...



## **The original receipt without yeast.**

In the oldest receipts, one did not use a yeast. Consequently, the egg whites were to be beaten

### **Ingredients necessary** (for 14 waffles)

- 125 gr of flour
- 4 eggs
- 250 ml of milk
- 150 gr butter.
- 1 vanilla sugar sachet
- 2 pinches of salt
- 1 impalpable sugar soup spoon.

### **Various stages of the receipt**

- Make boil the milk in which you will have added the vanilla sugar sachet.
- Let cool a little bit so that the mixture becomes tepid.
- Dissolve butter in a pan then to let it warm.
- After, withdraw scum and without agitating it, pour milk in a bowl by leaving a light white deposit to the bottom of the pan.
- Separate the white from the egg yolks and put the yellows in a dish with 1 pinch from salt and 1 caster sugar soup spoon.
- Beat the whole by incorporating in it butter, tepid milk and the flour filtered until obtaining a uniform paste.
- Whip the egg whites in very firm snow to which will have been added a small amount of salt
- Mix little by little with a spatula, the white beaten with the paste.
- Cook the pellets of batter in a waffle iron (thermostat 7). The waffles must be hardly gilded.
- Eat the heats by powdering them with caster sugar.



## **The waffle of Liège**

The “waffle of **truffée** pearl sugar Liege” which melts during cooking is denser, round, comprising 24 holes and without square corner. Traditionally in our areas, one manufactured waffles after Christmas to offer them to the children at the New year.



### **Ingredients necessary for the preparation of waffles of "Liege"**

(for 15 à 25 waffles)

- 1 kg of flour
- 75g from fresh baker's yeast or 30 yeast g. dries
- 5 milk ½ dl skimmed (moderate)
- 50g. of caster sugar or impalpable
- 2 eggs
- 500g salted butter.
- 50g vanilla sugar.
- 1 bicarbonate of soda coffee spoon
- 600g pearl sugar.



### **Various stages of the receipt**

- Make a paste leaven with 800 gr. of flour, the yeast, milk, the caster sugar, the eggs.
- There during 20 minutes, let raise the paste then incorporate butter, 200 gr. of flour, the vanilla sugar and bicarbonate of soda.
- Mix and to knead with the robot (not with the hand which would dissolve butter) the whole to obtain a homogeneous paste.
- Again let raise the paste during 10 minutes in a moderate place.
- After these 10 minutes of waiting, add pearl sugar and divide into lumps from 90 to 140 gr. according to the size of iron.
- Still let inflate the paste during 15 min before beginning cooking at low heat during 3 to 4 min.
- Pearl sugar must melt and be slightly caramelized.



### **Presentation**

You can serve them natural heats or cold covered with paste to paste, honey, maple syrup, jam, peanut butter or syrup of Liege





# ***The Ghent Waterzooï***



*Coralie Mallinus*

*Translated in English by Coralie Mallinus*



Institut Ilon – Saint-Jacques



## Its geographical origin:

The Waterzooï is a dish originating from Ghent in Belgium. This name comes from the Dutch words "Water" and "Zooï" deriving from an old verb "Zieden" meaning "to boil". Literally that means thus "boiling water" in Dutch. It's a dish combination of chicken or more precisely of chicken accompanied by vegetables and potatoes. All of this soaking in a broth.



As you can note on the map here above, Ghent is a town not far from the North Sea side, more precisely in the province of Eastern Flanders in Belgium. Some big cities near Ghent are Bruges, Antwerp and a bit further, Brussels.

## Its history:

In the middle Ages were built the harbours and waterways of Bruges and Ghent, in Eastern Flanders, as we still know them today.

In the Renaissance, meat was quite rare while fish was more than abundant. These canals were for the peasants a free and easy source of food. The freshwater fishes that they were fishing here (eel, carp, pike, trout, pike perch, perch, ...) associated with local vegetables like celery, carrot, leek and potatoes cooked together in water composed a broth to which they added some cream. This soup was even substantial than a main dish. The "Waterzooï" was born.



Because of these practices, a tax was imposed on fishing. As time went by, factories grew along the canals and discharged there their waste. Gradually, fish died out. In a restocking attempt of those waterways, Belgium even banned fishing in canals during a three-month period (from the beginning of April to the beginning of June). The fish-Waterzooï became less and less eaten due to rarefaction of fish in the canals.

If at first especially poor people ate this fish-based dish, when the cities began their industrialization, the Ghent-middle class seized this delicious dish as its own. It became the family's Sunday treat. However, it was necessary to stand out of the working class. That's why chicken replaced fish in the famous recipe which took the name of "The Ghent Waterzooï".

At about the same time, the diffusion of the Waterzooï recipe would have been ensured by the Belgian chef Philippe-Edouard Cauderlier (1812-1887) who, thanks to his writings, would have assured its international fame at the beginning of the twentieth century.

## **The Tradition :**

Since the nineteenth century, it became a tradition: the Ghent middle class used to eat "the Ghent Waterzooï" every Sunday in the family. It is essentially tasted in the winter. This dish is served in a tureen and is eaten in a simple soup plate with a spoon.





# The Ghent Waterzooï recipe:

## Ingredients:

- A chicken
- Two white leeks
- Two white celery stalks
- One onion
- A few butter
- A garnished bouquet
- Two egg yolks
- 250 ml fresh cream
- Three carrots
- A dozen potatoes
- A bottle of white wine
- Water
- Salt
- Pepper









## Necessary Material:

- A fork
- A spoon
- A knife
- A wooden spoon
- A skimmer
- A meter
- A peeler
- A chopping board
- Four bowls
- Two plates
- A colander
- A large saucepan with its lid
- An average saucepan with its lid
- A frying pan















## The different preparation stages:

1. Cut chicken dices.			
2. Clean and chop white leeks and the celery stalks.			
3. Peel onion and carrots and cut them in slices.			
4. Heat butter in a saucepan and melt vegetables and onion at moderated heat during ten minutes.			
5. Brown the chicken in a frying pan with butter.			



<p>6. Add the pieces of chicken, the garnished bouquet, salt and pepper, in the saucepan with onion and vegetables.</p>	
<p>7. Recover the whole with a half water and a half white wine.</p>	
<p>8. After bringing to a boil, reduce heat, cover and let it cook during one hour.</p>	
<p>9. In the meanwhile, peel the potatoes and cut them in four.</p>	
<p>10. Boil the potatoes during about twenty minutes in a saucepan filled with water that you bring to a boil.</p>	



<p>11. Afterwards drain them in a colander.</p> <p>Reserve them on the side.</p>	
<p>12. With a skimmer, remove chicken and vegetables from the broth. Eliminate also the garnished bouquet.</p> <p>13. Reduce the broth to a half over high heat.</p>	
<p>14. Whip egg yolks in a bowl with fresh cream and pour the whole into a saucepan, always whipping.</p>	
<p>15. Thicken the broth, then put back chicken and vegetables.</p>	
<p>16. Serve in a soup plate and add some potatoes.</p> <p><i>Enjoy your meal!</i></p>	



## Presentation:

The Ghent Waterzooï is simply served in a soup plate and eaten with a spoon. It's sometimes accompanied with some bread, a good blond beer or a glass of Chardonnay served as a drink.



## Recipe variants:

Other local variants of the "Ghent Waterzooï" exist as those of Leuven with veal or of Brussels with rabbit. According to recipes the ingredients vary and the consistency of the soup too, but their common feature is the mixture of fishes, chicken, veal or rabbit with vegetables such as celery and carrot, and then the addition of fresh cream. Instead of potatoes, the Waterzooï can also be tasted with toasts or rice.

Here are some examples of Waterzooï variants:



Chicken Waterzooï with  
Blanche bear from  
Hoegaarden



Haddock  
Waterzooï



Burbot  
Waterzooï with  
saffron sauce



Lemonish Waterzooï with  
crunchy vegetables