



The « Stoemp » with carrots



Assouma Conde

Translated in English by Sarah Dunon

“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 « Stoop ». 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 !