

Potatoes, meat and vegetables

Three icons of Dutch cuisine: meatballs, fried potatoes and creamed spinach.

Meatballs

Serves 2

- 2 slices of white or light brown bread, crusts removed
- 75 ml milk
- 1 egg
- 1 tsp mustard
- a pinch of nutmeg
- 250 g half-and-half minced meat
- 4 tbsp breadcrumbs
- 30 g butter
- 1 tomato, diced
- optional: soya sauce

Soak the bread in the milk. Squeeze out almost all the milk and crumble the bread with your hands. Knead it firmly into the minced meat along with the egg, mustard, nutmeg, a generous amount of salt and a little pepper. Shape the mixture into six balls, each about the size of a golf ball. Roll them in the breadcrumbs. Heat the butter in a large frying pan and brown the balls on all sides in the butter. Cover the pan and leave to cook gently for 15–20 minutes, then check they are cooked through. Lift the meatballs out of the pan and set aside. Add the diced tomatoes to the cooking juices and fry briefly. Add about 100 ml water and reduce over a high heat for a few minutes to make a nice gravy. Season to taste with a little soya sauce if desired.

Fried potatoes

serves 2

- 500 g floury potatoes, peeled
- 25 g butter
- 1 tbsp sunflower oil

Boil the potatoes until just al dente. Drain, leave to cool to room temperature, then chill in the fridge for an hour. Cut into slices just under 1 centimetre thick. Melt the butter with the sunflower oil in a frying pan and fry the slices gently over a medium heat for 7–10 minutes on each side until crispy. If necessary, use two pans; the slices must not touch each other.

Spinach à la crème

serves 2

- 500 g fresh leaf spinach, washed
- 30 g butter
- 1 shallot, finely chopped
- 60 ml whipping cream

Place the spinach in a large, lidded pan with a little water at the bottom over a medium-high heat and allow to wilt for a few minutes. Drain the spinach and leave to cool in a colander. Squeeze out as much moisture as possible with your hands, in batches. Finely chop the spinach. Melt the butter in a saucepan and gently fry the shallot until translucent. Add the spinach and stir in the whipping cream. Simmer briefly and season to taste with salt, pepper and nutmeg.

MIX, STIR & SMILE