

RECIPIE FOR LAMB STEW (4 pers.)

A pound of shoulder of lamb off the bone ...you should really buy this from the butcher in the Spar in Den Hoorn as this is real Texel lamb...yummy!!! Fry this in butter, add about 7 carrots chopped into pieces, 5 halved shallots and a whole tub of mushrooms. Pour 1/3 bottle (to your own taste) of Tawny port into the pan. You can drink the rest. Let the stew simmer for about an hour, then add a bag of baby potatoes and let this cook for about 15 min. Finally, add the mange-tout and continue to cook for no more than 10 minutes. Add pepper and salt and the stew is ready. Sprinkle with fresh parsley and serve with baguette for dipping in the sauce. Delicious. I sometimes add a pepper and fresh ginger. If you make more...the stew is even tastier the next day!!!

Shopping:

Shoulder of lamb 1 pound
Bunch of carrots
Bag of shallots
Mange-tout 250 gram
Garlic clove
Tub of mushrooms
Bag of precooked baby potatoes

Tawny Port, butter/ olive oil, baguette.

RECIPIE FOR PASTA WITH ANCHOVY SAUCE – with a side salad with something sweet such as orange or apple.

Finely chop the onion and garlic. Chop the pitted green olives into pieces and finely chop the parsley. Warm some olive oil and the anchovy oil in the pan, lightly fry the onion and garlic, add the anchovies in small pieces with some oregano and pepper. Stir everything together and continue to fry lightly for a short while. Add green olives and crème fraiche, mix well, add cheese. Mix again, let the cheese melt and add the parsley just before serving. If the sauce is too thick, a little water can be added.
Serve with salad and enjoy.

You can also cook the pasta in advance and pour some boiling water over it to warm it up before serving or whilst making the pasta sauce.

The sauce can also be made in advance, up until adding the crème fraiche.

Shopping:

Can of anchovies 2x for 4 persons
4 cloves of garlic
Red onion 1x
Oregano
Pot of pitted green olives
Crème Fraiche small tub 2 pers. – large 4 pers.
Bag of finely grated cheese
Parsley

Pasta – penne 100 gram pp

Salad dressing:

Red onion; tomato; oregano; balsamic vinegar; some honey; olive oil; roasted pumpkin seeds. Chop onion and tomato finely, add the other ingredients and mix together, add lettuce and then olive oil and seeds.