



# Hello & goodbye! Around Holland in 12-months

DUTCH OVEN ART NEWSLETTER "DOWN MEMORY LANE THE CULINARY WAY."  
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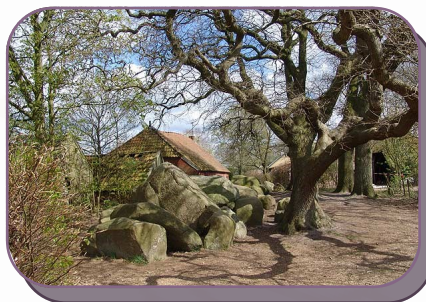
## Autumn

LET'S TAKE THE HUNEBEDDEN "HIGHWAY"!



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HUNEBED D3 & D4

@ MIDLAREN



D3



D4

Because of the peculiar

and funny situation, right next to the sidewall of a small farmhouse, this pair of hunebeds form one of the most remarkable in Drenthe. The two are in-line, only 5 meters between them. In spite of their neglected state, most of the capstones have fallen off, they are just beautiful, not in the least by the impressive branches of the oak trees covering them. Together they have 13 capstones (some of them are really big!) and 28 side stones.



### ZUIDLAREN



#### Zuidlaren (Noordenvelds:

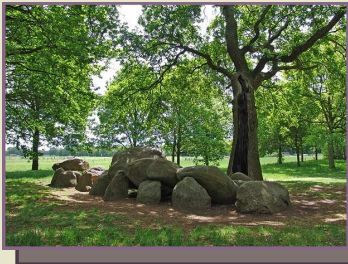
Zuidlaren) is a village in the province of Drenthe in the Northern Netherlands. Zuidlaren has just over 10,000 inhabitants and is situated on natural heightened land which is called the Hondsrug. The village is part of the municipality of Tynaarlo. Formerly the village had its own municipality

called Zuidlaren, but in 1998 Zuidlaren merged with Eelde and Vries. The new municipality was called "Zuidlaren" at first, but was renamed to Tynaarlo in 1999. Tynaarlo is the name of a much smaller village than Zuidlaren and is located between the 3 largest villages of the municipality: Eelde, Zuidlaren and Vries. The new town hall is located in Vries, which replaced the Laarwoud town hall in 2004.





# HUNEVED D17 & D18 @ ROLDE

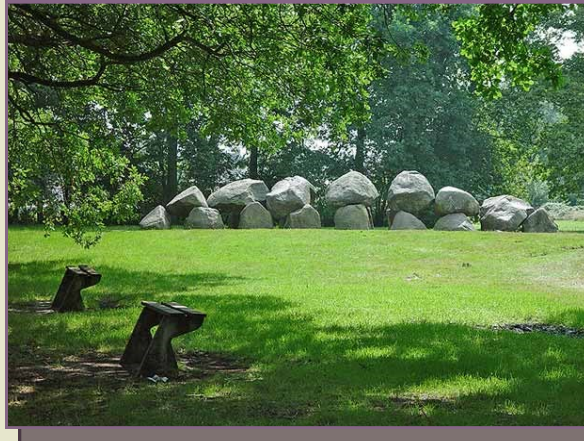


D17

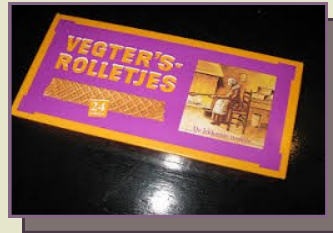
These two hunebeds lie close together right behind the beautiful medieval church in Rolde, only a few miles from Assen. Being within easy reach they make a popular aim for family-trips on a Sunday. In summer the place is crowded with tourists. D17 on the top picture is a large 8-capstone hunebed, but in great disorder. Only one capstone rests on its foundation stones. The rest has tumbled down, is broken

or fragmented. The middle capstone is a very big one, weighing over 20 tons. Notice the old oaktree severely wounded by lightning, but still alive!

D18 in comparison is a very neat one. All 7 capstones rest very nicely on their foundation stones, but not all by themselves. One of them is being kept in place by a steel pin.



D18



## Knieperties

500 g/17.6 oz. flour

½ tsp. / 2.5 ml salt

100 g/14.1 oz. brown sugar

2 Tbsp. / 30 ml Vanilla essence or 2 sachets vanilla sugar (7 g. / 0.2 oz. each)

3 eggs

250 g/8.8 oz. (unsalted) butter, diced

Sieve the flour with salt into a bowl. Add the sugar, vanilla, eggs and diced butter. Blend till crumbly with a pastry blender and quickly roll into a dough ball. Place in bowl, cover and refrigerate for at least 1 ½ hour. Roll 2 cm/0.8 "

balls in diameter.

Preheat the "knieperties" iron, grease is once with a little butter for the first use. Place one ball in the centre of the iron, close and remove excess dough from edges, if necessary, before baking. Bake the knieperties in the iron on both sides for 1 ½ minutes, golden brown. When baked discs are cool enough to handle with your hands, roll them up, funnel shaped.

Usually these cookies will be served around New Year's. Filled with whipped cream!

What are Knieperties?



Knieperties or New Year's rolls are thin, sweet cookies, rolled up in a funnel shape and filled with whipped cream and usually served on or around the New Year in Groningen, Drenthe and Overijssel.



Knieperties iron.





Veal rolls in Red Wine Sauce

Yield 4



8 thin (70 g/2.5 oz. each) Veal Schnitzels

TT salt and

pepper

100 g/ 3.5 oz. shredded mature cheese

2 Tbsp. /30 ml parsley, chopped

8 slices of bacon

40 g/ 1.4 oz. butter

Sauce

100 ml/ 3.8 floz. red wine

200 ml/ 6.7 floz. veal fond/ stock

1/8 li./125 ml/ 1/2 cup heavy cream

TT salt and pepper

Buy good quality veal for the best result. On a working service spread out the schnitzels,

nish), and the parsley. Add slices of bacon on each one of the schnitzels. Roll them up tightly; keep it together with tooth picks or cooking string.

Heat the butter in a pan, wait till all the foam disappeared and the butter is slightly brown. Bake the veal rolls brown on all sides, remove from pan, and pour in the red wine and déclassé the pan add the fond or stock, place the veal rolls back into the pan and let it all simmer for 15-20 minutes.

Add rolls into an oven dish, cover, to keep warm and set aside till needed. Preheat the grill or salamander, reduce the sauce and strain into a sauce pan. Add the heavy cream and bring slowly to a boil, let simmer for 2 minutes. Flavour the sauce to taste with salt and pepper.

Serve them on a plate, with one scoop of sauce, serve the remaining sauce separately, garnish the rolls with the remaining shredded cheese and place it underneath the grill or



side by side. Sprinkle with salt and pepper, shredded mature cheese, (save 1/4 for gar-

salamander to give it a golden brown crust.



**ROLDE**



Rolde is a town in the Dutch province of Drenthe. It is a part of the municipality of Aa en Hunze,

and lies about 6 km east of Assen.

Rolde was a separate municipality until 1998, when it became a part of Aa en Hunze.

In 2001, the town of Rolde had 3558 inhabitants. The built-up area of the town was 1.4 km<sup>2</sup>, and contained 1585 residences. The statistical area "Rolde", which also can include the



surrounding countryside, has a population of around 4160.

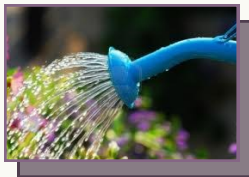
Although facilities are limited, Rolde possesses a ten-pin bowling alley. There are also two hunebeds on a site east of the church. The windmill has been restored to working order.





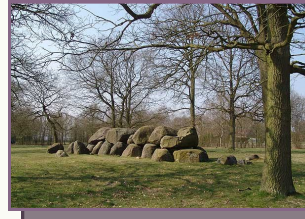
# GIETEN

Gieten is a town in the Dutch province of Drenthe. It is a part of the municipality of Aa en Hunze, and lies about 13 km east of Assen.



Gieten was a separate municipality until 1998, when it became a part of Aa en Hunze.

In 2001, the town of Gieten had 4175 inhabitants. The built-up area of the



town was 2.1 km<sup>2</sup>, and contained 1778 residences. The statistical area "Gieten", which also can include the surrounding countryside, has a population of around 5360.



## HUNEVED D14 @ EXTERHALTE

D14 belongs to the bigger hunebeds. Moreover it still is quite complete and intact: 6 of the original 8 (maybe 9) capstones rest on all 20 side- and endstones. Two small fragments of capstones lie on the bottom of the chamber, one of them with drilling holes in it for the gunpowder used to split this boulder. Three passagestones and 8 kerbstones are still present.

D14 is easy to find: take the road Rolde - Gieten. After 7 km on your left. There is a parking place on the hunebed-ground.



### Roasted root vegetables and (sweet) potatoes



1 pound carrots, peeled

1 pound parsnips, peeled

1 large sweet potato, peeled

1 small butternut squash, peeled and seeded (about 2 pounds)



3 tablespoons good olive oil

1 1/2 tps./7.5 ml kosher salt

1/2 tsp./2.5 ml freshly ground black pepper

2 tbsp./15 ml chopped flat-leaf parsley

Preheat the oven to 220 degrees C/425 degrees F.

Cut the carrots, parsnips, sweet potato, and butternut squash in 1 to 1 1/4-inch cubes. All the vegetables will shrink while baking, so don't cut them too small.

Place all the cut vegetables in a single layer on 2 baking sheets. Drizzle them with olive oil, salt, and pepper. Toss well. Bake for 25 to 35 minutes, until all the vegetables are tender, turning once with a metal spatula.

Sprinkle with parsley, season to taste, and serve hot.





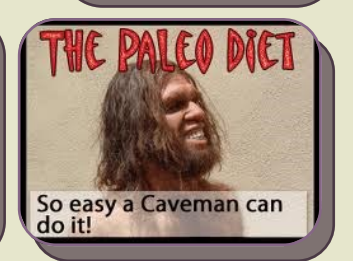
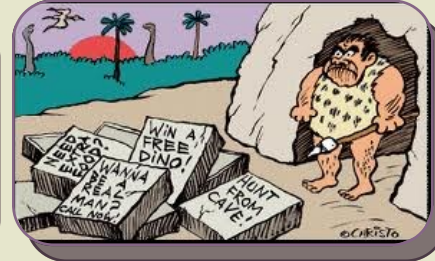
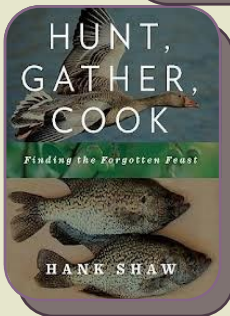


# Kids Corner



## THE PALEOLITHIC

The Palaeolithic diet (abbreviated paleo diet or paleodiet), also popularly referred to as the caveman diet, Stone Age diet and hunter-gatherer diet, is a modern nutritional plan based on the presumed ancient diet of wild plants and animals that various hominid species habitually consumed during the Palaeolithic era—a period of about 2.5 million years which ended around 10,000 years ago with the development of agriculture and grain-based diets. In common usage, the term "Palaeolithic diet" can also refer to actual ancestral human diets, insofar as these can be reconstructed.



Centered on commonly available modern foods, the contemporary "Palaeolithic diet" consists mainly of fish, grass-fed pasture raised meats, eggs, vegetables, fruit, fungi, roots, and nuts, and excludes grains, legumes, dairy products, potatoes, refined salt, refined sugar, and processed oils.





## Berend Botje

Children's Song

(Dutch)

Berend Botje ging uit varen,  
 met zijn scheepje naar Zuidlaren.  
 De weg was recht, de weg was krom,  
 nooit kwam Berend Botje weerom.  
 Een, twee, drie, vier, vijf, zes, zeven,  
 waar is Berend Botje gebleven?  
 Hij is niet hier, hij is niet daar;  
 hij is naar Amerika.

(English)

Berend Botje went out sailing,  
 With his sail boat to Zuidlaren.  
 The road was straight, the road was bent,  
 Berend Botje never returned.  
 1,2,3,4,5,6,7,  
 Where did Berend Botje go?  
 He is not here, he is not there;  
 He went to America.



### Sea food skewers

Yield 4

3 tbsps. /45 ml chopped fresh chives

3 tbsps. /45 ml olive oil

2 tbsps. /30 ml lemon juice

1 tbsp. /15 ml chopped fresh thyme

2 cloves garlic, minced

1 pinch salt

¼ tsp. / (1 ml pepper

16 jumbo shrimp, peeled and deveined

227 g/8 oz. Firm white fish fillets, cut in ¾ "/2 cm pieces

1 cup /250 ml vegetable broth

2/3 cup /150 ml couscous

1 tbsp. /15 ml grated lemon zest

In bowl, combine

chives, oil, lemon juice, thyme, garlic, salt and pinch of the pepper. Add shrimp and fish; toss to coat.

Meanwhile, in small saucepan, bring broth to boil; remove from heat. Stir in couscous, lemon zest and remaining pepper. Cover and let stand until no liquid remains, about 5 minutes. Fluff with fork

Thread fish and shrimp onto metal skewers. Place on greased grill over medium-high heat; close lid and grill, turning once, until fish is opaque and shrimp are pink, about 5 minutes.

Serve over couscous.

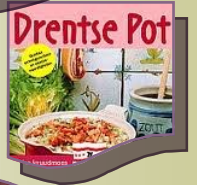


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