

Cooking and Shopping



Shopping Dutch Quiz



The dutch only shop in large supermarkets

True or False?

False!

The dutch cook most meals in the oven

▶ True or False?

▶ False!



The dutch buy small amounts of food most days rather than a big shop once every week or two

- ▶ True or False?

- ▶ True!

What do the dutch eat?

- Stamppot
- Pancakes
- Soups
- Stews
- Potato
- Fish
- Meat
- Sausage
- Cheese
- Seasonal Fruit & Veg
- Bread
- Apple pie
- Cream/ Buttermilk
- Speculaas
- Bitterballen/frikandel, kaassouffle
- Liquorice



Dutch food



You don't have to worry about how you get your shopping home

- ▶ True or False?

- ▶ False

The dutch eat out, get take-out and order ready meals

- ▶ True or False

- ▶ True

Easy option

- Takeout
 - ▶ <http://www.thuisbezorgd.nl/en/>
 - ▶ Restaurants
 - ▶ Dominos
- Ready Meals/almost homemade
 - ▶ Supermarkets
 - ▶ Butcher on Luifelbaan
 - ▶ Fish shop on Luifelbaan
 - ▶ Food Souldiers
 - ▶ Muscle Meat
 - ▶ Hello Fresh
- Restaurants
 - ▶ Italian (Il Piacere, La Scala, Da Alfio)
 - ▶ American (Pops)
 - ▶ Indonesian (Toko Menteng, Toko Eddy, Golden Star)
 - ▶ Greek (Eleni, Knossos, Rodos Good Taste)
 - ▶ Indian (Saffron)
 - ▶ Thai (Sisaket, Siri Thai)
 - ▶ Turkish (Harput)

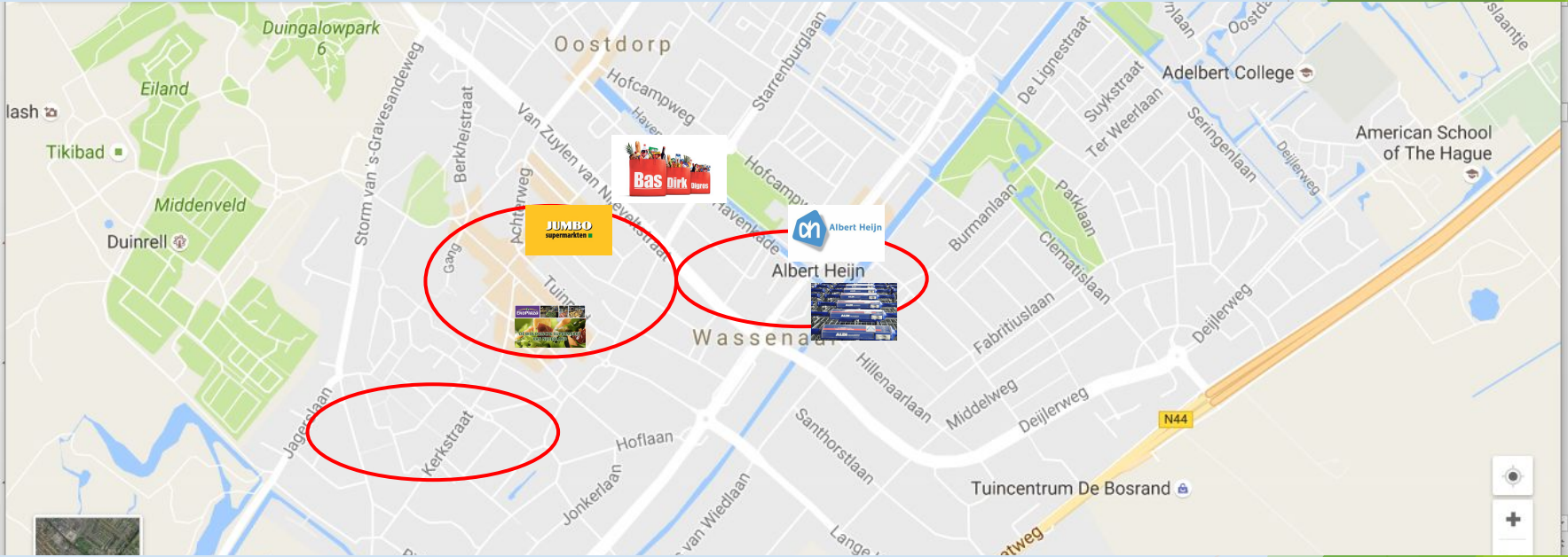
The shops are shut Monday morning

- ▶ True or False?
- ▶ True (Mostly)

- ▶ The dutch don't have any special offers
 - ▶ True or False?
 - ▶ Of course!



Where



JUMBO
supermarkten ■

Luifelbaan 1, 2242 KT
Wassenaar



Starrenburglaan 47, 2241
NB Wassenaar

Stadhoudersplein 4, 2241 EB
Wassenaar



Grocery stores



SLIGRO ForePark
Linge 2, den Haag
SLIGRO Leiden
Rooseveltstraat 57

Langstraat 63, 2242 KK
Wassenaar



Veurseweg 214,
2252 AH Voorschoten



Hofcampweg 57, 2241 KD
Wassenaar

Self Scanner

AH

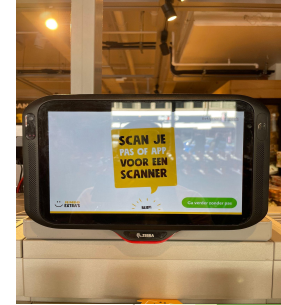


Scan your bonus card or app

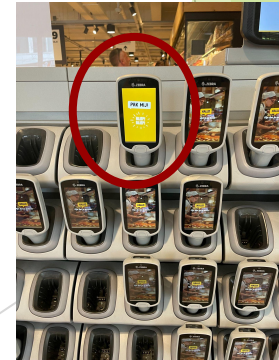


Grab the green light scanner

JUMBO



Scan your bonus card



Grab the lighted scanner

AH Self Scanner - Check Out



Place scanner in an empty slot



Scan bonus card again, proceed with payment

Jumbo Self Scanner - Check Out



Scan the QR code with your scanner



“Loading complete, place self scanner in the holder”



Proceed with payment

Specialty Food Shops

Luifelbaan

- ▶ Butcher
- ▶ KuyperFish Shop
- ▶ Chicken shop
- ▶ Bakers
- ▶ Cheese shop/Nut
- ▶ Kelly's Expat Shop
- ▶ Gall & Gall
- ▶ Food Souldiers
- ▶ Yangs Oriental toko
- ▶ (Asian grocery store with bubble tea)

Laangstraat

- ▶ Greek/Turkish shop
- ▶ Hema
- ▶ Baker
- ▶ Ekoplaza

Windlustweg/Kerkstraat

- ▶ Baker - Kaptein
- ▶ Grocer

Albert Heijn Junction

- ▶ Baker
- ▶ Aldi
- ▶ Gall & Gall
- ▶ Cheese

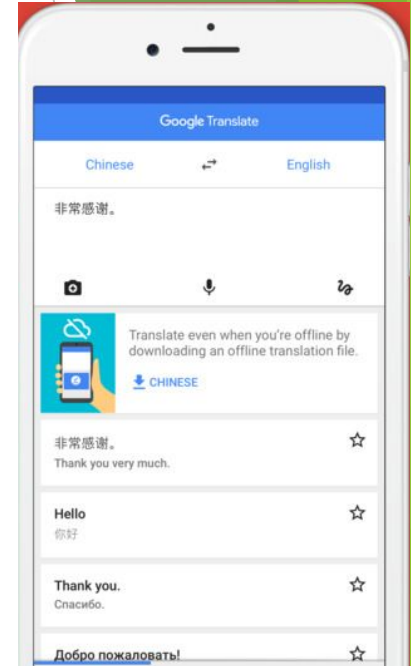
Markets

- ▶ Wassenaar weekly - Tuesday in a parking lot opposite Duinrell
- ▶ Wassenaar monthly - Last Saturday of the Month
- ▶ Voorschoten - Fridays from 9 a.m. to 4 p.m. in the Voorstraat
- ▶ Leiden - Wednesdays and Saturdays from 7 a.m. to 5 p.m. located behind the Stadhuis (City Hall) and surrounding streets.
- ▶ Den Haag - The Haagsche Markt on the Hobbemanplein Monday, Wednesday, Friday and Saturday.
- ▶ Rotterdam-- Markthal Rotterdam is an indoor market open Monday through Saturday 10 a.m. to 8 p.m. Sunday open 12:00 p.m to 6 p.m.
- ▶ Nellesteijn Dairy Farm ! Wednesday to Friday 11am to 5pm and Saturday 11am to 5pm

Cooking

- ▶ Reading cooking instructions
- ▶ Google Translate
- ▶ Measuring
- ▶ Kitchen supplies
- ▶

- ▶ aan toevoegen = add to
- ▶ al roerende = while stirring
- ▶ bestrooi = sprinkle
- ▶ druk = press
- ▶ giet = pour
- ▶ gaar = done
- ▶ gesneden = slice
- ▶ voorverwarmde = prewarm
- ▶ gesnippered = cut-up, diced
- ▶ hak fijn = cut fine
- ▶ meng = mix
- ▶ roer = stir
- ▶ smelt = melt
- ▶ snijd = slice
- ▶ vul = full
- ▶ laat afkoelen = let cool
- ▶ een voor een = one at a time
- ▶ brengen = boil
- ▶ laten doorkoken = cook through



Dutch Veg

- ▶ de wortel (Carrot)
- ▶ de broccoli (broccoli)
- ▶ de spruitjes (sprouts)
- ▶ de kool (cabbage)
- ▶ de komkommer (cucumber)
- ▶ de knoflook (garlic)
- ▶ de sla (lettuce)
- ▶ de ui (onion)
- ▶ de erwt (pea)
- ▶ de bloemkool (cauliflower)
- ▶ de spinazie (spinach)
- ▶ Bleekselderij (celery)



leek: de prei



celeriac: de knolselderij

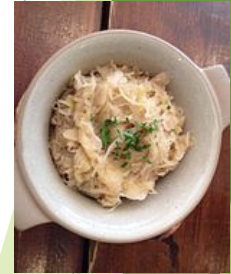
asparagus: de asperge



Romanesco



horse radish: de mierikswortel



sauerkraut: de zuurkool

Dutch Veg



Kale = Boerenkool



de schorseneer – black salsify



String beans
=
Snijbonen

Andijvie = Andive



Witlof - chicory



Aardappelen

kruimige = floury

iets kruimige = slightly floury

vastkokende = waxy, firm in cooking



Fruit



Rode bessen
=
red berries



De kers - cherries



De dadels
- dates



conference
peren
(stoof peren)
=
Cooking pears



<= handsinaasappelen



perssinaasappelen =>



de ananas



pitloze druiven –
seedless grapes

Roomboter = Dairy butter



gezouten
=
salted



ongezouten
=
unsalted



Smeerboter
= spreadable
butter

vloeibare boter
=
liquid butter



plantaardig voor bakken en braden
=
frying fats vegetable based



Melk



magere melk
=
0% milk



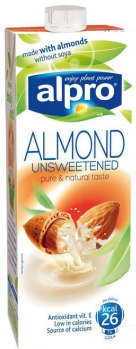
halfvolle melk
=
2% milk



volle melk
=
whole milk



Koffie melk



alternative
for milk



karnemelk
=
Buttermilk

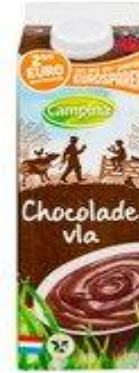


Milk based products



<= Yoghurt

klop-klop
=
cool whip substitute



Pudding in a box = vla



whip cream = slagroom



for cold dishes



for hot dishes

Cheese variations



kwark = quark
=
fresh cottage



Huttekase = Cottage cheese



cream cheese = roomkaas



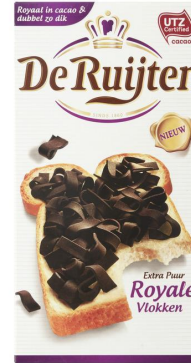
jonge kaas
jong belegen
belegen
oude kaas
zeer oude kaas



Cheese = kaas

Broodbeleg = bread toppings

fruihagel
= fruit
sprinkels



appelstroop
=
apple syrup



peanut butter



Dutch pancakes

pannekoeken mix
=
pancake mix



schenkstroop
=
syrup



poedersuiker
=
powder sugar



Suiker = sugar

lichte basterd suiker

witte basterd suiker



bruine basterd suiker



rietsuiker



kristal suiker



white caster sugar

light brown sugar

brown sugar

raw cane sugar

granulated sugar

Bakken = baking



bloem
=
flour



zelfrijzen
bakmeel
=
self rising
flour



gist
=
yeast

7gr for 500 gr flour

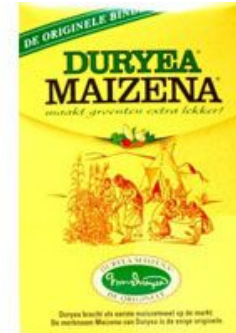


bakpoeder
=
baking
powder

16 gr for 500 gr flour



maagzout =natriumbicarbonaat
=
baking soda



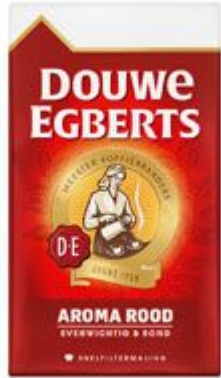
maizena
=
cornstarch

Ready made baking product



add butter and eggs

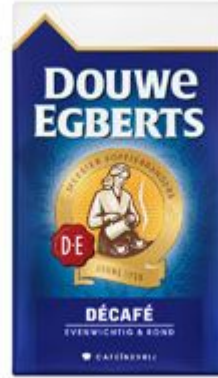
Koffie = coffee



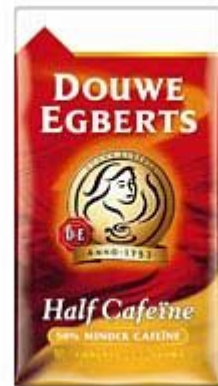
snelfiltermaling
=
fine grind



grove maling
=
coarse grind



decafe
=
decaf



half cafeïne
=
half decaf



koffie
bonen
=
coffee
beans

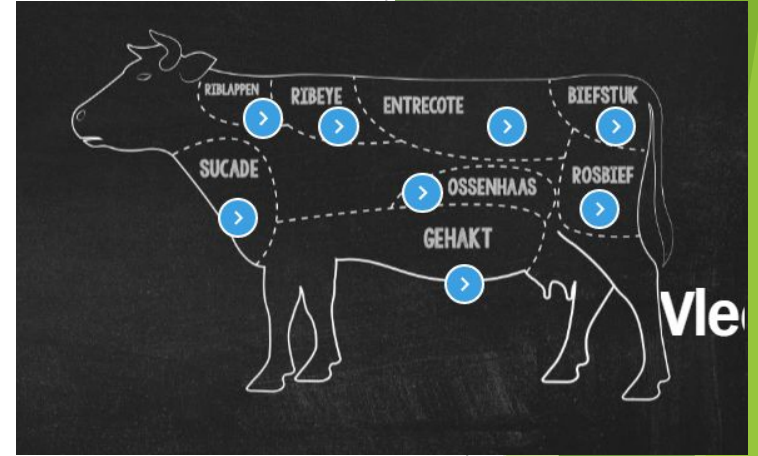
Meats = vlees



Kip = chicken



Rundergehakt = Ground beef



Worst = sausage



Varkenshaas = pork tenderloin



Kalkoen = Turkey

Vis = Fish



Salmon fillet



sliptong



Prawns = garnalen



Kibbeling = cod pieces



Tuna = Tonijn



Herring = Haring

Breads = Broodjes



Bruin - brown



Rozijnenbrood = raisin bread



Donker - dark



Wit - white



Wit bollen -
White rolls



spelt



Glutenvrij -
Gluten free

Ethnic shops

- ▶ American
- ▶ Uk
- ▶ Indian
- ▶ Chinese
- ▶ Japanese
- ▶ Indonesian
- ▶ Australian
- ▶ Greek/Turkish
- ▶ Kellys
- ▶ Jumbo
- ▶ Valksmarkt
- ▶ AH
- ▶ Greek/Turkish Grocers

Allergies

- ▶ Allergenen: Allergy
- ▶ Bevat: Contains
- ▶ Bevat tarwe: Contains Gluten
- ▶ Gluten Free: Glutenvrij
- ▶ Peanuts: Pindas
- ▶ Soy: soya, soja,
- ▶ Nuts: Noten
- ▶ Melk: Milk



Example of an allergy warning: This product can contain traces of hazelnut and almond = Kan sporen van hazelnoot en amandel bevatten.

- ▶ Ekoplaza, Jumbo

Cleaning and Laundry

- ▶ Hard water
 - ▶ Dishwasher salt
 - ▶ Ontkalker - descaler
 - ▶ Washing machine maintenance
 - ▶ Drains
 - ▶ Sensitive products
 - ▶ Mr. Timesaver
- ▶ Bleek middle (Bleach for clothes)
 - ▶ Wittewas (detergent for whites)
 - ▶ Bonte was (dark detergent)
 - ▶ Zwart (detergent for black)
 - ▶ Schoonmaakazyn (cleaning vinegar)
 - ▶ Ged water (demineralized water for irons)
 - ▶ Onthardings zout (softening salt)
 - ▶ Glans spoedmiddel (rinsing agent for dishwashers)

Dishwasher



machinereiniger
=
machine cleaner



onhardings zout
=
softening



spoelglans
=
rinsing aid

Cleaning



allesreiniger
=
all purpose
cleaner



spiritus
cleaning windows
no stripes
antifreeze



bleach =
bleekmiddel
(chlor)
not for washing
clothes



schoonmaak azijn
=
cleaning vinegar
decalcification



Gedemineraliseerd
=
demineralized



zachte zeep
=
soft soap



ammoniac
degreasing



spray bottle
cleaning

Witte was = white wash



built in bleach agent

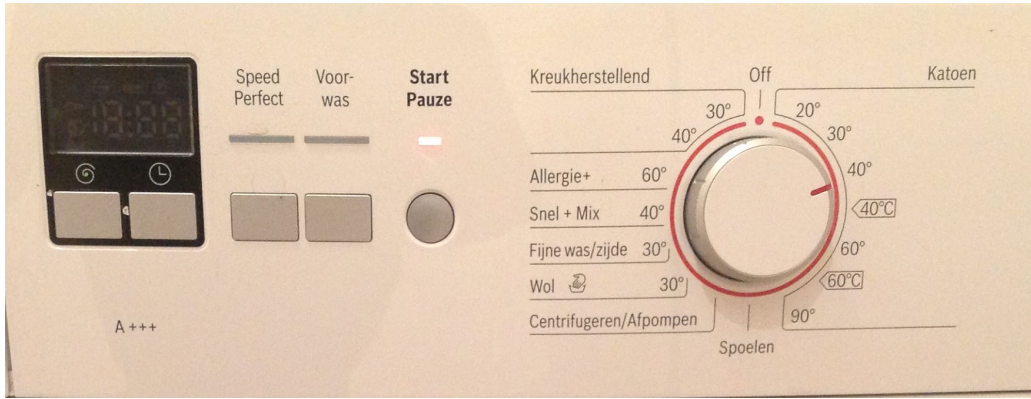


Zwarte was = black wash

Bonte was = colour wash



Washing machines



Katoen = cotton

Snel/mix = quick/mix

Wol = wool

Fijne was/zijde = fine wash/side

Afpompen = draining

Spoelen = flush

Kreukherstellend = wrinkle repair



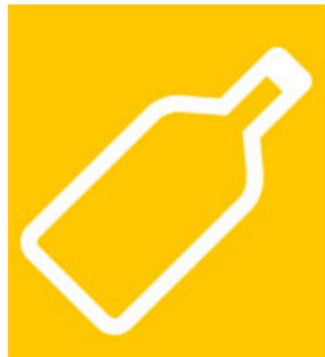
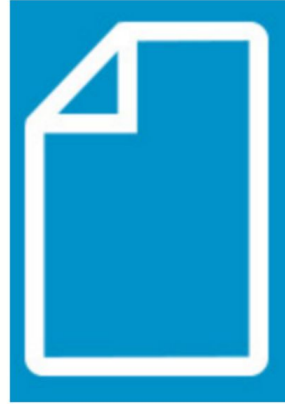
Clothes and other

- ▶ Clothes - boutiques, Bijenkorf, Esprit, H&M, Hema, Primark, C&A, M&S
- ▶ Household - Blokker, Ikea, Gamma
- ▶ Garden - de Bosrand
- ▶ Kids - Bart Smit, Intertoys
- ▶ Bikes - Marco's
- ▶ Toiletries - Etos, Kruidvat
- ▶ Cleaning Products - Jumbo, Sligro, AH
- ▶ School supplies - Hema, Bruna
- ▶ Sports wear - Perrys, Sport 2000
- ▶ Electrical - Mediamarkt, Cool Blue

Outside of Wassenaar

- ▶ Shopping malls
- ▶ Amazon.nl
- ▶ Carpool/bus/bike
- ▶ Outlet centres

What goes in what bin?



What goes in what bin?

Organic



- Fruit and vegetable leftovers
- Coffee and tea grounds
- Meat and fish residues
- (small) garden waste (grass, leaves, flowers etc.)
- Not: diapers, ashes, cat litter, paper, hair

What goes in what bin?

Paper and cardboard



- Clean paper (without plastic coatings)
- Cardboard
- **Not:** greasy pizza boxes, drink cartons

What goes in what bin?

Glass



- Glass bottles (including lid)
- **Not:** (broken) vases, windows, glassful

What goes in what bin?

Textiles



- Old clothes and shoes (whether damaged or not)
- Curtains, linen, home textiles
- **Not:** heavily stained, wet, or paint stained textile

What goes in what bin?

Residual waste



- Crisp bags
- Diapers
- Cat litter (non organic)
- Vacuum cleaner bags
- **Not:** recyclable resources!

What goes in what bin?

PMD



- Food and non-food packaging plastics and plastic foils
- Metal cans (soda, food, etc.) and aluminum foils
- Drink cartons: milk cartons, juice cartons, etc.
- **Not:** crisp bags, hard plastics (plastic toys, cups, garden furniture etc.)