

## Celery Rolls au Gratin



### Ingredients (serves 4)

- 2 heads of celery
- several drops of lemon juice
- 100 g grated Swiss cheese (gruyere)
- 25 g low-fat butter
- 4 slices shoulder ham

### *For the Mornay sauce:*

- 30 g low-fat butter
- 30 g flour
- 1/2 L semi-skimmed milk
- 2 egg yolks
- 50 ml 20% cream
- 70 g grated Swiss cheese (gruyère)
- pinch of nutmeg
- salt and pepper

### *Preparation:*

Wash celery.

Cut into 4 portions.

Fry vegetables in butter in a frying pan.

Add 100 ml of water and stir.

Add lemon juice and a pinch of salt, cook approximately 15 min on low heat

Drain celery.

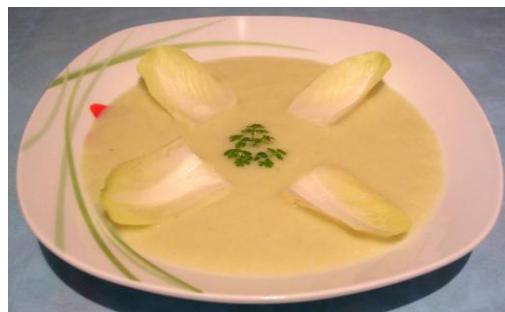
Coat 4 portions of celery with ham, place in a greased ovenproof dish

**For the Mornay sauce:**

Melt butter in a casserole and add the flour with a whisk.  
Pour in milk gradually and continue to stir until perfectly smooth.  
Add cheese, nutmeg, salt and pepper.  
Beat egg yolks and cream together and add gradually to sauce.  
Stir, but do not boil.  
Pour sauce over celery rolls and sprinkle 100 g grated cheese on top.  
Cook in the oven 30 min at 180 degrees until browned lightly.

Serve with mashed potatoes

## CREAM OF BELGIAN ENDIVE (CHICORY) SOUP



**Servings:** 4-5 people

**Cuisine:** traditional dish from Belgium

**Course:** starter

**Category:** vegetable soup

**Preparation period:** all year

**Preparation Time:** 10 minutes

**Cooking time:** 30 minutes

### Ingredients

25g unsalted butter

3 garlic cloves

8 Belgian endives (chicory) chopped

1 white onion chopped

2 potatoes (medium size) peeled and diced

1 litre meat or vegetable stock

500 ml light cream or milk

A pinch of nutmeg

Salt and pepper

Thin slices of the top endive leaves and herbs for garnish (fresh chives or dill sprigs)

### Preparation

- Melt the butter in a pan and sauté the chopped onion for 5 minutes until it's softened.
- Add garlic and chopped cored endives and sauté for 5 minutes.
- Add the potato dices and stock; bring to boil for a few minutes. Reduce the heat and simmer for about 30 minutes until the potatoes are softened.
- Pour in the cream and raise the heat a little. Then with a hand-held blender, blend until a creamy consistency is reached.
- Season with a pinch of nutmeg, salt and pepper.

**Note:** This dish can also be served chilled in ice-cold shot glasses as appetizer

## Flemish Beef Stew Cooked in Beer



### Ingredients (serves 4)

- 1 kg of stewing steak
- 2 onions.
- 1 garlic clove, chopped
- 50 cl of gueuze (or another beer)
- 1 Tbsp brown sugar
- Salt and pepper.
- Bay leaf, branch of thyme.
- A little mustard.
- 50 g butter
- 1 slice of white bread

### *Preparation:*

In a pan, melt the butter.

Put the pieces of meat in the pan and brown them.

Add onions and fry until slightly browned.

Add salt and pepper, bay leaf, thyme, brown sugar and chopped garlic.

Lower heat and pour beer over ingredients.

Cover the pan and simmer for a long time. (1:15 to 1: 45)

When 3/4 cooked, spread mustard on both sides of bread and place on meat.

Check seasoning.

Serve with chips and a good beer. (If possible the same as for the cooking)

# STEAK TARTARE (STEAK TARTARE OR FILET AMÉRICAIN)



**Servings:** 4-5 people

**Cuisine:** traditional dish from Belgium

**Course:** main dish

**Category:** raw meat

**Preparation period:** all year

**Preparation Time:** 15 min

**Cooking time:** /

## Ingredients

600gr top quality sirloin or filet mignon

2 egg yolks

2 tbsp Dijon mustard (recommended)

2 tbsp onions, finely chopped

2 tbsp capers, drained

A few drops of Tabasco sauce

2 tbsp Worcestershire sauce

2 tbsp olive oil

2 tsp parley, minced

Salt and pepper

(Pickles in vinegar for decoration)

## Preparation

- Trim and grind the meat twice. Chop the onions finely.
- In a bowl, mix the egg yolks, onions, capers, mustard, Worcestershire sauce, Tabasco sauce, salt and pepper.
- Add olive oil and beat lightly for a few seconds.
- Add meat and parsley. Season with salt and pepper. Beat lightly for a few seconds.
- Refrigerate or serve immediately.

**Note:** Steak Tartare cannot be preserved more than 4 hours, even in a fridge. Serve with French fries, some fresh lettuce leaves and pickles in vinegar.

## **Sugar pie:**



**Serves four**

### **Pastry Base**

250 g of flour  
75 g of butter  
20 g of yeast  
100 ml water  
2 Tbsp of sugar  
1 egg  
1 tsp salt

### **Preparation:**

- Put the flour in a bowl and make a hollow in the middle.
- Pour the water into the hollow.
- Dilute the yeast in the water.
- Break the egg and dilute it in the water.
- Fold mixture together slowly.
- When the mixture is the consistency of dough, add sugar.
- Add softened (not melted) butter.
- Add salt and mix to a soft dough ball.
- Leave under plastic wrap for +/- 20 minutes.
- Weigh a dough roll of 200g and leave again for 10 minutes.
- Grease a 23cm pie dish, using only softened butter. (no oil or fat)
- Using a rolling pin, roll out dough into shape of pie dish.
- Place dough into base of pie dish, press edges firmly with fingers.
- Leave +/- 20 minutes and prick the bottom with a fork.

### **Filling**

¾ cup sugar  
30 g of butter  
1 egg  
500 ml of cream

### **Preparation**

- Break the egg into a bowl and beat it a few moments with a fork.
- Pour the beaten egg over the surface of the dough.
- Sprinkle the sugar over in the same way.
- Cut and add some small knobs of butter.
- Finally pour the cream over the surface of the tart.
- Bake in oven for about 12 minutes at 220 ° C
- Cut and enjoy!

# TOMATOES STUFFED WITH GREY SHRIMPS



**Servings:** 4 people

**Cuisine:** traditional dish from the Belgian coast

**Course:** starter

**Category:** sea food

**Preparation period:** all year

**Preparation Time:** 30 minutes

**Cooking time:** /

## Ingredients

4 large red tomatoes

350g peeled grey shrimps

4 tablespoons mayonnaise

¼ lemon juice

Some twists of lemon

4 sprigs of parsley

Lettuce leaves for decoration

Salt and pepper

## Preparation

- Slice off the top of each tomato and set aside as lids
- Scoop out the inside of the tomatoes by removing a maximum of flesh (Keep some tomato juice for the filling)
- Season the inside of each tomato with salt. Turn the tomatoes upside-down on paper towels to drain.

### Prepare the filling:

- Pour the lemon juice and mayonnaise in a bowl. Add the chopped parsley and a tablespoon of tomato juice. Mix. Add shrimps and mix. Adjust the seasoning with salt and pepper.
- Fill generously the inside of the hollowed tomatoes with the filling.
- Add the little lids.
- Line a platter or individual plates with lettuce. Arrange the stuffed tomatoes on top and garnish each one with a twist of lemon and a sprig of parsley.
- Serve chilled