

Foods and Meal Patterns of the Netherlands,  
and Applications to Dutch Communities  
in the U.S.A.

by

Mina Baker-Roelofs

FOODS AND MEAL PATTERNS OF THE NETHERLANDS  
AND APPLICATIONS TO DUTCH COMMUNITIES  
IN THE U. S. A. By Mina Baker-Roelofs

THESIS STATEMENT

Interest in our cultural heritage is revealed by the preparation of traditional Dutch dishes in our homes or their selection in Dutch restaurants, bakeries, meat markets and in planning authentic food experiences for festivals and special occasions. Travel to the Netherlands and participation in community activities has helped foster this interest.

FIVE POINT OUTLINE

- I. Introduction: Summary of agriculture and fisheries in the Netherlands resulting in foods produced and utilized.
- II. Menu patterns of the Netherlands and USA -- application today in the U.S.A.
- III. Traditional well-known dishes of the Netherlands and interest in these dishes in representative communities in the U.S.A. -- Report on questionnaires
- IV. Personal, "food-related" memories of Dutch descendants in the U.S.A.
- V. Dutch-theme restaurants, bakeries, sausage-makers. Use of Dutch food for festivals and special occasions, Summary.

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TO DUTCH COMMUNITIES IN THE U.S.A. -- Mina Baker-Roelofs

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"In Holland, the love of fine food and understanding of the art of cookery is deeply instilled within the hearts and minds of this hearty-eating people. Dutch Cookery is distinctive and the result of influences such as fishing, dairy industries, pork raising and the customs and traditions of Holland. Dutch appetites can do justice to rather heavy type of meal because of the stimulation of the cool, damp climate. Excellent foods of all types are available in homes and the many fine restaurants of The Netherlands."<sup>(1)</sup>

One of the leading industries of Holland is fishing. The North Sea is rich in herring, plaice, haddock and mussels, which are the favorite fish of the Dutch. Many herring are salted and cured for export. In winter, fishing boats go to the North for cod. Eels are caught in the IJSSELMEER. "EXPORTS of fish and fish products amounted to approximately one billion guilders in 1980. Some 4,000 people work in the fishing industry and an additional 15,000 in allied trades, including retailing."<sup>(2)</sup>

Holland has always been an important "Dairyland". There are 5 million cattle with 172,000 metric tons of butter and 371 metric tons of cheese produced annually. Great numbers of cheeses of Holland, especially EDAMMER KAAS or EDAM CHEESE & GOUDA CHEESE are made and sent to other countries. "In the prosperous 1970s Dutch farmers began to raise pigs. Even today, when an Italian or Frenchman sits down to a pork chop, chances are it comes from a little farm in Holland. As a result, the number of pigs has risen dramatically. Agriculture officials estimate Holland counted about 3 million pigs in 1960. Their estimate for today stands at 14 million."<sup>(3)</sup>

Market gardening is very important in Holland because the cities must be provided with fresh vegetables. The following vegetables are popular among the Dutch: cabbage, cauliflower, onions, asparagus, beans, peas (dried peas are very popular), cucumbers and potatoes. Oats, wheat and barley are the grains produced. They also raise sugar beets.

The people of the Netherlands have different meal or menu patterns than people in the United States. They may have only one hot meal a day, at six in the evening or at noon. For breakfast, juice or tomatoes, assorted breads, jam, cheese, ham and sometimes a boiled egg plus beverage are served. At lunch or supper they have another bread meal. (Sometimes rolls or croissants are served at that time.) A Dutch friend makes sandwiches for the second bread meal as the result of spending two years in the USA. Some American students on a study tour, after spending a week with Dutch families, said they felt like walking bread baskets. The dinner consists of a cold entree or soup, meat or fish, potatoes, natural gravy, hot vegetable, a simple salad, or sliced tomatoes or cucumbers and pudding, fruit or yogurt. Coffee may be served after the meal but is usually not taken at the table. The Dutch will ask, "Have you eaten 'warm' today?"

"The Dutch "Coffee Table" is a tradition I'd like to recommend for U.S. entertaining. KOFFIE TAFEL in Dutch is a variation of the bread meal, a collection of assorted breads with currant bread which is "special", limited, and included as a simple dessert. Lovely hams, sausages and bologna, cheeses including Gouda and Edam, with their colorful wax rinds, may be assembled without too much trouble. Sliced tomatoes or Herring Salad could be added. Delicious coffee poured from a beautiful pewter pot and topped with real whipped cream for special occasions (like that important birthday) complete the KOFFIE TAFEL."(4)

A QUOTE ON DUTCH MEAL PATTERNS FROM TRAVEL HOLIDAY MAGAZINE  
March 1987 is:

"What Dutch cooking may lack in French finesse, it atones for in cornucopian abundance. The Dutch launch the day with cheeses, breads, eggs, hams and smoked sausage, which holds them until their 11 A.M. coffee, of eggs, cold meats, cheeses and breads. This holds them until the mid-afternoon BROODJES, the freshly baked rolls stuffed with shrimp, cheese and meat sold at snack bars called BROODJESWINKELS. BORRELTJE is a 5 o'clock national ritual observed with a tot of gin and an array of snacks. All that is overture to the supertime symphony. So closely wed to the sea, the Dutch do marvelous things with shrimp, mussels, crab, crayfish and herring. The RIJSTAFEL, or rice table, with as many as 20-30 spicy Indonesian dishes, is a legacy of Dutch dominion over the East Indies. Sama Sebo, near the Rijksmuseum is among Amsterdam's best rice table restaurants."

American breakfast and lunch (or supper) meal patterns vary greatly. For example, the simple breakfast pattern might be juice, cereal, toast or roll with perhaps an egg. It could go the fruit, pancake or waffle, sausage or bacon route. The American dinner pattern is more stable than breakfast or lunch; meat, potato or rice, hot vegetable and/or salad and possibly dessert. The "eating out" pattern for dinner usually doesn't include dessert. Coffee is served with the meal.

Many families still "cook Dutch" with the incorporation of the best of American cooking. Food traditions passed on are not easily replaced or forgotten. The popularity of travel to Holland has also increased interest in Dutch foods. Emphasis is on certain dishes rather than on the traditional meal patterns of The Netherlands.

In order to assess the popularity of Dutch dishes in the U.S., I sent out 35 questionnaires to women with Dutch ancestry, in the following places: Redlands & San Jacinto, California; Tacoma and Oak Harbor, Washington; Reno, Nevada; Tucson, Arizona; West Sayville, New York; Chicago, Illinois; Holland, Zeeland and Grand Rapids, Michigan; Appleton and Cedar Grove, Wisconsin; Edgerton and Greenleaf, Minnesota; Fairview, South Dakota, Orange City and Pella, Iowa. I requested the listing of ten dishes or less which they still prepared in their homes and asked whether or not Dutch menu patterns were used. I also requested the name of any Dutch restaurant in their community and a memory or anecdote relating to Dutch food. I conducted 10 interviews in

the Pella area for additional information on this assessment. Only two women followed Dutch menu patterns.

On Dutch dishes prepared:

CAROL VAN KLOMPENBURG, PELLA (quote) "I grew up with Dutch foods but I didn't know they were Dutch for many years. Some I didn't realize until I was adult and I thought the whole world ate these goodies. I didn't realize they were part of my cultural heritage."

JENNIE VANDER KOOI, ORANGE CITY (quote) "My father always talked of how delicious his mother's cooking was which he had experienced as a boy in Friesland. I boarded at Aunty Bosma during high school in Pella. I like to think her cooking was a lot like her mother's, my grandmother. She fixed meat by cooking it very slowly (and I add--probably in a heavy Dutch pot) and it tasted so good."

A MRS. VAN UTRECHT, NEW SHARON, IOWA (Interview)  
"We wanted to become American so I tried to cook that way too. We did retain the Dutch breakfast pattern, had boiled potatoes with natural gravy and pudding at least once a week."

The results of the poll to determine popular Dutch dishes focus on traditional favorites. I will list, describe these dishes and relate to history or memory quotes. I checked four sources for variations (a cookbook from The Netherlands, one from Holland, Michigan, Pella and another). It was necessary to check several books to find some recipes. People feel strongly about ingredients and how their recipe is prepared but variations do occur. DUTCH LETTUCE, WILTED LETTUCE, DUTCH MESS (even name varies) received 11 votes.

LEONA WITZENBURG BRAFHART, ORANGE CITY, formerly of Pella (quote)  
"There was just one dish that I remembered somewhat from my mother and it was boiled potatoes, lettuce, butter, small bunch of green onions, boiled eggs, bacon "lard" and vinegar. Mix all this and eat with bacon. I was told this was Dutch but I never had it in The Netherlands when I visited there." Leaf lettuce was generally used; it could be a sweet-sour sauce & lettuce and/or potatoes or just mixed ingredients."

CAROL VAN KLOMPENBURG (quote) "Each of us could make our own glorious and messy concoction and we each did it differently. It was quite an exercise in culinary creativity."

From MICHAEL STERN, "Real American Food", (1986) about COFFEE CUP RESTAURANT, Sully, Iowa: "Out came a bowl of iceberg lettuce blanketed with a heavy yellow dressing laced with bacon and hard-cooked eggs and it was warm, fairly smothering the lettuce below." COFFEE CUP owner, Linda Zylstra, told us, "People come from towns all around here just to have Dutch lettuce."

PEA SOUP, ERWTENSOEP OR SNERT was second. Split, whole, or mixture of split and whole frankfurters, bacon or ham hock and potatoes, onions (no carrots or celery in older recipes) were the ingredients cited.

HARRIET HEUSINKVELD, Pella (quote) "As a grade school child in Hull, Iowa, I was invited to Grandma De Boer for her pea soup once a week."

HUTSPOT, HOTCH POTCH or HUTSPOT MET KLOPSTUK recalls the terrible siege of Leiden in 1574 when this dish was the first square meal enjoyed by the half-starved Hollanders. It is still a tradition to eat this dish on October 3rd. It is a beef stew with boiling beef, short ribs or flank plus potatoes mashed with carrots and onions. PETE KUYPER of Pella Rolscreen used to use ground round.

ALICE LAMMERS, Pella (quote) "Hutspot was a laundry day dinner, always on Monday."

Closely related to Hutspot is STAMP-POT -- potatoes with cabbage or kale, spinach or sour kraut. Smoked sausage or franks or pork chops or bacon, all mashed together to a smooth consistency. (HELEEN HALVERHOUT, Dutch cookbook author says, "Never eat kale before the frost has got at it.") ARTIE RIETVELD, Pella (quote) "My mother called mashed potatoes with greens Christmas potatoes (green and white) made 'good' with country cream and home churned butter." GERTRUDE NETTINGA, Edgerton, Minnesota (quote) "Delicious, especially on a cold stormy day." This dish is related to POT EITEN, which may have the addition of apples or pears. BALKEN BRIJ (similar to Pennsylvania Dutch Scrapple) has varied pork parts cooked with water and buckwheat or graham flour or corn meal allowed to solidify -- then fried and served with molasses or syrup. HENRIETTA VAN MAANEN, Orange City and now Reno (quote) "We made Balken Brij when we were on the farm and had cracklings." MARLYS KORVER DE WILD, Pella (quote) "A breakfast dish I never got up for but which was a favorite of the rest of my childhood family." PIGS IN THE BLANKET or SAUCIJSE BROODJES have a dough which is a cross between biscuits and pastry. Using all ground pork which makes the "pigs" richer is being replaced by a ground beef-sausage-crumbs filling. Nutmeg as well as salt and pepper can be used as seasoning. CAROL VAN KLOMPENBERG (quote) "I remember going to my aunt's farm (which had belonged to my grandparents) when I was about eight for pigs in the blanket. I didn't know what they were until she served them but I loved them instantly. I remember she had a huge cookie sheet, with neatly arranged rows on brown paper. We could have as many as we wanted. Oh Bliss!" RED CABBAGE or RODE KOOL is cooked with apples and flavored with white or brown sugar, made red by the acid of the vinegar, perhaps seasoned with cinnamon or cloves and butter. "My Uncle Kees once said to my mother, 'Please teach my wife (who was Norwegian and an excellent cook) how to fix red cabbage!'" We all know BANKET, BANKET STAVEN or DUTCH LETTERS. The pastry can be a puff pastry or a rich pie crust with butter, margarine or lard as the fat. The almond paste filling has sugar, egg, vanilla or lemon added. We use letters for special occasions and have almost forgotten that the Dutch give away the letter of the family on St. Nicholas Eve. (Bakeries here in Pella make them as S's or straight strips because there is less breakage.) The Netherlands turn the letter into a decorated wreath for Christmas.

Dutch dumplings (with yeast), OILIE KOEKEN (with baking powder or soda) are also loosely called OILIE BOLLEN, VET BOLLEN or FRIED CAKES. Currants, raisins, apples or citron are added. Friends in Fairview, South Dakota make Oilie Bollen for Old Year's evening. On that night also in Holland, Dutch children have a delightful time eating "dumplings" 'till 12 o'clock. Children having fallen asleep are awakened at 12 to eat more of the Dutch treat.

RICE COOKED WITH MILK in a double boiler perhaps with raisins or currants added and served with butter, white or brown sugar and cinnamon is a familiar dish. My minister-father's favorite food on Sunday noon, between Dutch and English services was rice. Dried beef completed the meal. BERNICE JAARSMA JOHNSON, Pella (quote) "When I was in junior high school my mother worked in the bakery on Saturdays. It was my job to cook lunch -- I cooked rice in a double boiler and heated weiners for our meal." And then there's BUTTERMILK or KARNEMELK PAP. This was buttermilk thickened with barley flour or oatmeal and served with sugar or molasses.

GERTRUDE VAN HOUWELING VANDER WAL, Pella (quote) "Thickening agents should be cooked in water before adding to the buttermilk. We ate this cold with brown sugar. We found it very refreshing in the summer."

A bread porridge or bread pap (dry bread slices plus hot milk) was served by Dutch house wives on house cleaning day. My mother made PRUIM or PRUNE BOLLEN -- bread soaked in milk added to cooked prunes and cooked together. It was sweetened with brown sugar.

DUTCH SPICE ROLL is generally made with a rib or rump roast seasoned with cloves, nutmeg, salt and pepper. A mustard or Sherry Sauce was suggested as were thyme and rosemary spices. These are generally made by butchers so most cookbooks give only roasting instructions. WILMA VAN DOORNINCK REMPE's (Pella) father from ZUTPHEN area, Holland, enjoyed hunting rabbits and squirrels and fishing in the Pella area but missed the variety of fish experienced in The Netherlands. Wilma's mother always fried the fish -- never baked it. Snipped beans or SNIBOONEN are traditionally made by alternating cut beans and salt in a crock and pressing down with a weight. In cooking, beans needed to be boiled and drained and then cooked again. A 1904 Pella cookbook recommended adding ham drippings and "You will have a dish for a hungry man even if he be a king". ALICE LAMMERS (quote) "I remember the big jar of sniboonen more than the taste of the beans but we had them quite often." My mother had a bean mill which was borrowed by a Dutch lady in the Ringle, Wisconsin congregation. My mother requested its return. The answer was, "But I have so many nice beans yet."

DUTCH PANNEKOEKEN are the size of a dinner plate; smoked sausage, bologna, bacon cracklings or apple slices are put in the bottom of the pan and batter is poured on top. "DRIE IN DE PAN" is a unit of three cakes with raisins added.



GERTRUDE NETTINGA (quote) "Mother used to add cracklings to her pancakes. While browning the large pancakes, she would sprinkle with cracklings and serve with syrup.

VET EN STROOP is like peanut butter sandwiches in the USA, hard to find in cookbooks. I remember slices of bread with spooned-over bacon or salt pork grease and syrup or sorghum.

JENNIE VANDER KOOI (quote) "Fry sliced pork slabs with lots of meat in the slabs. Fry till nice and brown. Put on plate with a little of the hot fat. Pour on hot sorghum or syrup. Break up morsels of homemade bread and dip into sorghum and fat mixture and eat with a fork.

LEONA ROELOFS NELSON, GREENLEAFTON, MINNESOTA (quote) "We made RUSKS from a sweet bread recipe. Dough was shaped into buns, baked, then sliced in half and toasted in the oven."

TEA MILK (Milk, black tea mixed and served with sugar) or Sali Melk (hot milk with sage and sugar) were served before retiring.

GERTRUDE NETTINGA (quote) "My mother often cooked Tea Milk, a custom from the Nettinga side of the family."

Three people mentioned BOEREN JONGENS (raisins, sugar and brandy) and BOEREN MEISJES (apricots, sugar and brandy). The ADVOKAAT or Dutch ladies' drink (beaten egg or egg yolk with brandy and sugar) is one of my specialties.

Other foods mentioned once on the questionnaires were Vegetable or Groente Soep (Dutch like to use small meatballs); creamed dishes; Pickled Herring; Liver and Onions with Gravy; Croquettes, Bitterballen (small appetizer croquettes); Wentel-teefjes (French toast classified as a dessert in Holland); Sour Kraut Casserole (though the Dutch don't have a lot of casseroles) (suggested by Mrs. Elisabeth Kroes); Boiled Potatoes, shaken to make mealy; Dutch yellow cake (Mrs. Nellie Branderhorst suggested adding golden raisins); molasses cake; Jan Hagel Cookies or (Johnny Buckshot cookies) with sliced or shredded almonds on top; Sugar Cookies; Tye Tye (Tough cakes or cookies with molasses, honey and anise) Sinter Klaas cookies, and finally Babelaars or Dutch Taffy.

TONI VANDER STROET, Fairview, S. Dakota spoke of food during the second World War in Holland. (quote) "After dark, one of us would go and borrow a grain grinder, about 18 inches square and place it on the back of a bike. Then we would set it on a table and one would turn the handle and another sit on it. It was hard work. We'd grind enough grain for a week or so and bring it back the same night. It was against the law of the Germans. The butchering was done at night. Every crack and window was covered so the Germans would not come and check. Mostly it was a pig or a sheep. I was always glad when that was done and the meat put away. We raised our own tobacco for my Dad's pipe."

Another war-related memory from WILHILMINA PRINS KOELLER, Chicago, During World War II and before that time, when fuel was scarce, there was the HOOI KIST or hay box. Food such as rice in the process of being

cooked was placed in a wooden box and was then covered with hay or a blanket, to retain the heat and finish the cooking process. Sometimes the HOOI KIST was placed in a warm bed and was covered with blankets.

In most Dutch communities you will find some Dutch connection to restaurants there. For example, Holland, Michigan has its Queen's Inn, Orange City its Pantry Cafe, Edgerton, Paul's Leader Cafe. Several years ago Pella had a Holland House and, until recently, a Dutch Oven Pizza. Now, Pella has the Strawtown Inn, Dutch Buffet, Central Park Cafe, Dutchman's Cove and Dutch decor appears in several more. As an example of a fine Dutch restaurant, I'd like to discuss Pella's Strawtown Inn based on information from an in-depth interview with Eunice Kuyper, its current owner. Strawtown is thirteen years old; opening day was July 23, 1974. Pella, as an ethnic and well-established community was a "given". Visitors and townspeople found its history unique and interesting. The time was right. Stu and Eunice Kuyper had observed two small restaurant-hotel enterprises in The Netherlands. A building with a Dutch architectural look including a dormer and the typical steep and crooked stairs, so common in the 19th century Dutch homes needed to be saved. The decorative wood lent itself to the making of a charming interior enhanced by Dutch tile wallpaper, Hindeloopen painted shutters, Van Gogh, Rembrandt and Scholte art, and exquisite Dutch lace curtains. "Dutchness", quaintness and the magic name "Strawtown Inn" resulted. Early settlers in the first years had created houses of straw and branches; that area of Pella was known as Strawtown or STROO STAD. Later the Inn part of the name became authentic with an extra house and seven delightful bedrooms with Dutch decor and names such as Hindeloopen Kamer, Princess Juliana Kamer and Bed Stee Kamer. More rooms are currently being constructed. The Kuypers and the Bob Kleins (both original owners) next met the Dutch food and menu challenge. Artistic menu folders with Dutch scenes and foods with Dutch names weren't a great problem but serving of typical Dutch recipes acceptable to American tastes needed experimentation. Most gourmet restaurants of Holland have a French kitchen. Preservation of old classics resulted in Spice Roll, or VLEESCH MET KRUIDEN and as Friday's "Soup of the Day", ERWTEN SOEP or Pea Soup. Then there's UITSMIJTER, the beef or ham open-faced sandwich with fried eggs, and lots of Fish Entrees. ADVOKAAT is served as a drink or a Sundae. The Dutch apple bread, Dutch baked chicken and Dutch fries are somewhat less authentic. The menu, written in Dutch with English translation is appreciated by the Sophisticated, enjoyed by the Yankee-Dutch and tolerated by Americans intimidated by foreign languages. Even "Damen" and "Heeren" on restroom doors frustrates some. The Menu at Strawtown doesn't change a lot but "Specials" like the Double-Dutch Sandwich (raisin bun with dried beef and Gouda cheese) pleases Strawtown "regulars". Gouda cheese from Wisconsin is used for all sandwiches; importing became impractical because of expense and lack of uniformity.

Strawtown tried Dutch PANNEKOEKEN with apples or bacon but that didn't go over in Pella. There is little call for Genever. Mrs. Kuyper would like to serve more seafood, lamb and veal. For the Inn's "Bed and Breakfast" repast, sliced ham and beef, cheese, assorted breads, a brown (very Dutch) boiled egg in an egg cup and some sweets to delight the guest, (not so typical) and tea or coffee are served.

The Dutch decor plus adapted MARKEN costume for Strawtown Staff adds atmosphere. Volendam dress may be used in the future since it is more recognizable by non-Dutch clientele. The use of beautiful fresh flowers on tables and large bouquets in key places is a touch of Holland.

Mrs. Kuyper goes to Holland annually to get fresh ideas. The Dutch are "trendy". Not only are there Indonesian Chinese restaurants but now there are Turkish and Moroccan with their meat on spikes and garlic-y sauces.

Pizza isn't so great in Holland but Italian restaurants are favorites in Amsterdam. The Dutch like to visit Yugoslavia so there are Balkan restaurants. Every snack shop has NASI (now in rice-meat seasoned balls) and BAHMI (meat-seasoned noodle balls, deep fried) which all taste alike. It's "in" to eat junk food on the street including French fries with mayonnaise or "frites met".

The Dutch Buffet, Pella, has artistic Dutch theme murals on its walls. The Buffet Menu always includes Red Cabbage. Before you go through its smorgasboard a sign says "Take All You Want But Please Eat All You Take." (Good Dutch Thrift.) The Central Park Cafe has spiced beef, bologna-Gouda cheese sandwiches and Dutch lettuce on its regular menu.

The Queen's Inn, at the Dutch village in Holland Michigan, has Delft fireplaces, a beamed ceiling, Dutch sayings, Dutch lace curtains, costumed staff and Dutch high chairs for children. It is cited as having the best of Dutch and American food. The Blue Heron, a gourmet restaurant at Osage Beach, Missouri, has Dutch Veal, Dutch Ham and Endive Au Gratin, Pork Chops served with red cabbage and boiled potatoes, Smoked Eel and Holland Herring in Cream Sauce. Its dessert menu boasts Dutch Cheeses, Snow Cream Puffs, and Dutch After Dinner Chocolates.

The Windmill Restaurant, Dexter, Minnesota on I-90 has a lovely Dutch interior but an American menu. Its burgers were called "The Dutch Boy and The Dutch Boy Deluxe". A chain of Sytjes Pannekoeken Restaurants in the Twin City area and Rochester, Minnesota, have beautiful decors including Hindelopen Chintzes. The menu, in addition to pancakes, has hearty Dutch soups and stews, an Amsterdam fruit salad and Eggs Benedict called Eggs Hollandaise.

At the Chicago Art Institute Reception for Queen Beatrix, I distinctly remember the Goat Leg Cookies or BOKKEPOOTJES being served. These are a finger-shaped meringue type sandwich cookie with fruit filling and the ends dipped in chocolate---and very special.

ON DUTCH BAKERIES (A QUOTE FROM ELAINE JAARSMA, PELLA) "At the bakery we follow many old traditional Dutch recipes, some of which have been modified over the years to have more appeal to American tastes. For example, the Dutch letters have a lighter amount of almond filling (same recipe) and are sprinkled with sugar--not washed with egg. "Pigs-in-the-blanket contain more beef and less sausage so they are less

greasy. Almond macaroon (Bitter Cookies) use all almond paste and not a combination with apricot pie filling. Dutch Rusks are not made in the rusk tin locally because of lack of rusk tins and inconvenience.

"We have recently returned to the Butter Puff Paste for Krakelingen Cookies & old style Banket Stavern (Dutch Letters). We are trying to bring back old successful products not made for many years but more in demand today by the customer such as Banket Sticks and Almond Butter Cakes."

Jaarsmas make some goodies less sweet. Someone had asked 'Why do the Dutch like things so sweet?' In the summer of 1981, The World's Largest Dutch Letter was baked by the Jaarsmas' to raise money for the bakery building at the Historical Village.

A bakery-related interview with SUE SPAANS BRANDL, Pella, revealed another three-generation involvement with Dutch bakeries (Jaarsma's also). Sue's father, WILLIAM SPAANS, worked with brothers in Michigan but in the 40's moved to Modesto, California and established his own bakery there. He made bread, sweet rolls, etc. but focused mostly on cookies with old Dutch recipes and the use of almond paste. He didn't make Dutch letters. His bakery goods were always prepackaged. Eventually he established a cookie factory in Galt, California. Sue remembers "The Taste of the Bakery" as she kissed her father. Mr. Spaans was always innovative and clever in selecting, developing and fixing equipment, always desirous of making the money go farther. Sue remembers her parents as hard-working and frugal, with few meals "eaten out". Mr. Spaans seemed to prefer his wife's cooking and there was always the cost factor.

A paper such as this would not be complete without mention of meat markets. An interview with Leona Schilder Zylstra related to her father who was involved in Ulrich's Meat Market in Pella for many years. Arie Schilder was sixteen when he came to the United States. He had gone to Butcher School in Kampen and was a meat delivery boy in Appeldoorn. In fact, in biking past the Palace of Het Lo he knocked down little Princess Juliana as she dashed in front of him. No one was hurt. Ulrich's and the butcher shops in Dutch communities provided the Dutch-type bolognas with their variety of seasonings, spice rolls and head cheese. Head cheese was made from cleaned heads, tongue and heart of pork, or pork meat, cooked and removed from the bones with seasonings such as salt, pepper, allspice, cloves and possibly vinegar. It was placed in a mold and sliced when it was firm.

"IN PELLA everything becomes "Dutch" during the Tulip Festival. At this time, we are more "Dutch than the Dutch". Hundreds of Dutch letters (Banket) and rings of bologna are sold during the Festival. Imported candies, Dutch cocoa and chocolate are also available. Restaurants feature special Dutch menus. Churches include certain special foods on their menu lists such as split pea soup (erwtensoup or snert) or cut beans (snijboontjes) or ice cream with Dutch letters (Boter-letter or Banket)."(5) The Central College Auxiliary's Dutch Market sells homemade Dutch letters along with donated goodies. A POFFERTJES stand, manned by Kiwanians, is a very popular Tulip Time addition.

The HISTORICAL SOCIETY serves hot chocolate with Dutch cookies (possibly Jan Hagel or Boter Koekjes) or almond cakes and molded candies for the celebration of Sinter Klaas Day, December sixth. At the end of the newly featured "Christmas Walk" through the decorated Historical Village, cocoa and Santa Claus cookies (St. Nicholas koekjes) are a nice reward for those participating. This "Dutch treat" is found in the old fashioned bakery with the display of Christmas Goodies.

IN SUMMARY, a quote from "Of Dutch Ways" by Helen Colijn. "Whether you dine in the homes or restaurants or help yourself to the offerings of outdoor food vendors (and I add -- in the Netherlands or U.S.A.) you will find Dutch food to be fresh and tasty.

To alleviate the effects of caloric intake, perhaps you can do what a friend of mine does when he visits The Netherlands. He locates the nearest exercise course."

Yes, Dutch food is unique the world over.

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## FOOTNOTES

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