

BAISMAG

INTERNATIONAL
STUDIES



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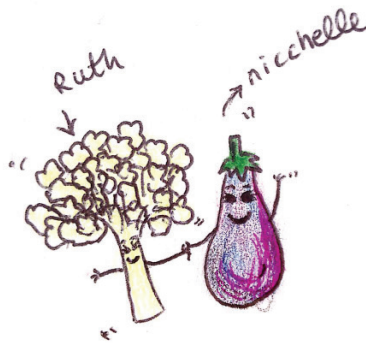


the food issue

hi kids,

We hope you've all been enjoying the first month of the second semester. Last issue, you've been reading all about music, but what's great music without great food? This is why we are bringing you the FOOD issue this month!

As some of you might know, we are both dedicated food lovers. Nicchelle has a special relationship with her beloved *frietjes*, and Ruth is a sucker for chocolate. You might be more of a *haute cuisine* type, in which case you should see Polina's article on food and art on page 7. If you are into trying something new, East African food might become your new craving. As we are writing this, we are enjoying some *Pilau Masala* and *Kachumbali* ourselves (page 6).



For this issue, we made it our personal mission to find you the best bargains in town. During our search, we've tasted some intriguing flavours, seen some *achenebbisj* (go ahead, google it) places and finally reached the Valhalla of tasty budget meals. It seems, however, not everyone enjoys Dutch cuisine as much as

we do. We, for instance, cannot grasp how some people do not care for a delightful bitterbal every once in a while (page 8). Now, enough about us. Mekebeb asked some of you about your eating habits, and came to some interesting conclusions (page 4-5). After all, you are what you eat..

Much Love,

ruth & nicchelle

INTRODUCING THE BASIS CULINARY COMMITTEE

Since this edition of BAISMAG is all about food, the culinary committee is the perfect committee to shine some light on. I think I would speak for a lot of students if I say food is one of the best things in life. We use food to celebrate, we use food to mourn. For a lot of people, cooking for someone, or providing food, is a symbol as well as a sign of love and warmth.

Fortunately, Ralf Ketelaars, the chair of this very committee, was willing to donate some of his time to tell me all I need to know. To quote Ralf: "We think food is quite the reflection of culture". Food exchange is important. Not just the exchange of ingredients and recipes, but also habits revolving around food. When do you eat what and with whom do you eat it? It's a totally different approach to the international environment us BAIS students live in. An approach that isn't taught in schools, but is taught by each other as friends and co-students. Plus, cooking is also just a lot of fun. Especially when you eat the meal afterwards.



Photos: Culinary Committee

The committee board consists of four nationalities, so there is already a lot to learn from them. However, everyone is welcome, and every nationality can contribute. Every "cooking date" has another theme. Once we had a Mexican night, where a Mexican chef and a lot of Latino and Latina cooks were around. This way, you will get an authentic taste and atmosphere. The cooking evenings are in "De Klok" in the LUC building. This place has recently been unavailable, which is why activities have been on hold for a while. However, the activities will be up and running soon and will hopefully take place every other week. So for all you cooking lovers and food lovers, check out this committee. It is great fun and you will get to know a lot of new recipes, ingredients, customs and practices.

Samira Charib

HOW DO I KNOW WHAT I CAN REALLY EAT?

On my way to healthy living - and how to treat my body like a temple.

Everyday of our lives revolves around food - usually around three times per day, and sometimes even more - (let's face it, studying can be a drag, and the vending machine is a friend that likes to invite itself into our hearts oh so often). Yet how many of us are not only eating, but are health aware when it comes to the choices of breakfast, lunch and dinner?

On my way to a more conscious lifestyle, I have struggled with many attempts to treat my body like a temple - and yet it took me many, many years to find a solution to all my problems. I remember when I was 13, my overly frugal parents took me to a nutritionist to help me become aware of the overlooked flaws of the food industry, of which my teenage self was oblivious to, and to become an enlightened young girl who would abstain from processed foods. To my surprise their plan succeeded - on top of it all I stopped eating dairy all together and became a vegan. My father, a devoted meat eater (local only, of course), struggled with the idea, that from now on he was the only sinner in the family - my mother, loyal as she is, decided to succumb to my diet, and so we were on our way to a healthier lifestyle. It didn't take long until I cracked - at age 15 I started eating meat again - it was just too good, and I like to blame our village's butcher for my subsequent failure.

When I moved away from home and became my very own person (let's say an almost-grown-up), I realized quickly that another attempt of lifestyle choice was needed - my apartment was a mess, I worked too much, the city was my friend, and wine and cigarettes were about to take their toll on my daily routine. I started doing yoga and bought vegetables at the market - wonderful, I thought,

I have it all figured out. And even though I cut down on meat, bought local vegetables, cooked healthy, low fat meals and stopped with the smoking, I still had the fatigue, the anxiety, the back pain. Student life is the epitome of sleep deprivation - no money, too much work - and even though I was eating all those veggies, something was still wrong..

Until one day I found out that I was suffering from several food intolerances (gluten and histamine amongst them). I had no idea - and was shocked. I was eating rye bread, oranges and avocados, thinking I was doing good to my body, when in fact they were poison. From then on I had to change my lifestyle completely. It was difficult at first - this meant no more bread, no more pasta, no more acidic foods. After a few weeks I got used to it, though, and started to see food from a complete different angle - I came up with recipes that I would have never thought of cooking before - and coconut oil became my very best friend. The fatigue has gone now and I feel more vital than ever... Now, whenever I have a glass of wine, I feel the difference right away. It is a bit scary, when you realize what your body is capable of. In the end, everyone must find out for themselves what's the best way to eat day in, day out. It took me half my life to find mine..

For me, the struggle with food intolerances has taught me to be more health conscious all together, and I try to tell most people I meet about what I have learned..

So, here is my collection of cool facts & recipes:

THE TOP 5 SMOOTHIE COMBINATIONS

1. Kale, Banana, Blueberries
Chia Seeds, Almond Milk
2. Spinach, Fresh Cilantro, Mango,
Pineapple, Avocado
3. Cucumber & Grapes (always works!)
4. Pomegranate, Apple, Carrot, Kale
5. Grapes, Celery, Pineapple, Banana

HEALTHY PASTA ALTERNATIVES

- * Buckwheat Pasta (*low calorie, energy boost!*)
- * Brown Rice Pasta (*protein!*)
- * Zucchini Fettuccini (*you can make it yourself!*)
- * Spaghetti Squash (*veggies = always the better pasta*)
- * Sweet Potato Noodles (*fiber! low sodium!*)
- * Shirataki Noodles (*high fiber, low carb!*)
- * Kelp Noodles (*seaweed!!*)
- * Corn Pasta (*my personal favorite!*)

COCONUT OIL

Always cook with
- it works wonders.
Not only in the kitchen -
it is amazing for your skin.
I also use it as eye
make-up remover
or chapstick!



EASY PANCAKES

1 Egg
1 Banana
Some Blueberries

APPLE CIDER VINEGAR

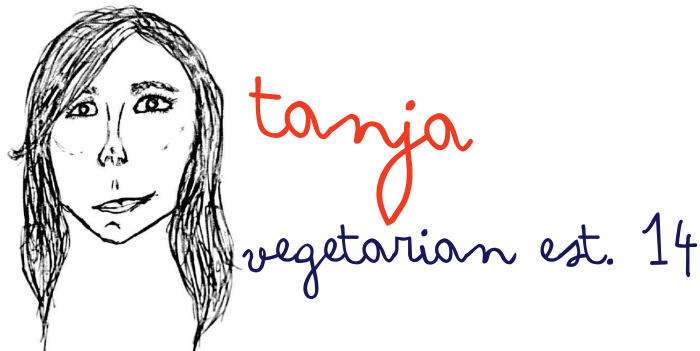
Need to boost your immune system?
is amazing for your skin,
rich in enzymes & potassium,
detoxifying,
promotes digestion & ph-balance,
soothes dry throat,
relieves muscle pain...
& much more!

Anna Conrad

WHAT DO THE BAIS KIDS EAT ?

Diet is becoming an increasingly heated debate. I met four of our students to see if it really is the fashionable, healthy and ultimately right choice for our generation.

The turn of the year often brings with it new resolutions, mainly in the form of 'better lifestyle choices'. If we smoke, the New Year brings with it the resolution to quit, and similarly countless others attempt to get rid of their 'vices' and proclaim the significance of January the first, which makes it the logical starting point. One of the most recurring pledges often revolves around diet; what we consume, when and how we consume it and perhaps most importantly how to improve it. Themes of our overfed society juxtaposed against a malnourished other half; the fear of a rapidly deteriorating environment, along with the moral questions surrounding our production of dietary goods justifies this significant discussion. Yet within society, as well as the academic and scientific sphere many seemingly rational and completely contrasting



Why did you become a vegetarian?

I have moral issues with eating meat. I decided to be a vegetarian when I was 14, I thought I could try and live without meat and I experienced that I could.

What's wrong with eating meat?

My biggest problem is with the inhumane way of producing meat for consumption. There is a lack of connection with the animal. I don't eat meat because of the way it's produced, and at some point I realized that I could live without it.

How has the attitude been from friends and family with being a vegetarian?

Both my parents were complaining in the beginning, but now my mom is vegetarian too. My dad still complains because he really likes meat and he makes jokes about it, but he accepts it.

Do you think there has been a growing shift towards vegetarianism?

I think there is. When I started I met a few vegetarians, but now it seems to be more popular.

What is the most common reason you know for people to be a vegetarian?

Mostly the moral issue, I have also met people who often say they tried to live with out meat and they saw they could.

If you could be any vegetable, what would you be?

Broccoli.

views occupy debates on the matter. I myself have for a long while been fascinated with the idea of vegetarian and vegan orientated diets. A brief flirtation with vegetarianism, for just over a year, made a valuable impression upon me. I had an opportunity to really interact with food to an extent I hadn't really experienced before, nor had I expected to. I had to become more experimental with my diet, forgoing the nutritional and ease of preparation values associated with meat, enabled me to develop what I considered to be a deeper connection with my food. And although I am no longer vegetarian, the lessons of my brief interaction with the lifestyle were significant enough for me to again reassess my diet. I spoke to some students to gain a better understanding and perspective on the issue, here is what they had to say.



So your diet...

I grew up loving animals, and as soon as my parents let me at fourteen, I became a vegetarian. And I stopped when I moved here at nineteen; because I guess I got upset things aren't changing [in the meat industry]. And at the same time I was really hungry! Although I am not proud of myself!

Did you feel guilty?

I felt bad for the first month. But it felt natural after that.

Noticed any difference in health?

No, not really.

Meat...

Meat is definitely not healthy. I just think it's wrong. And I do feel bad for the animals. If I think about what I am doing I get upset.

Do you think your 16-year-old self would be offended at you now?

Well, definitely! I would have definitely judged me, but I was a bit extreme then.

Cows...

They're very good! Very easy to cook. Made my life a lot easier! I will definitely stop eating them when I will have the time and money to have a healthier and more ethical diet.

Will all the animals you have eaten so far forgive you?

Well I don't know [distressed], probably not. I definitely would not forgive someone if they ate my dog!

TALKING ABOUT FOOD



linford



avid meat eater



sebastien

recent convert to
vegetarianism

Tell me about your diet.

The situation with me is that I am not a vegetarian, neither vegan! I am a real meat eater, an avid meat eater.

Why do you love meat so much?

As a Ghanaian child my cuisine has always revolved around meat, growing up during festivals meat always occupied the center of meal.

And in terms of health, how do you view meat?

As a young guy, trying to look good, trying to build my body I feel meat is the right source of protein.

Tell me something...

What I find amazing [are] those who claim they are vegetarian but then go buy vegetarian ham, or a vegetarian burger. I find that astonishing.

Christians, animals and science

We [Christians] don't eat all animals, but the ones we can eat, we do enjoy [chuckles]. And animals eat animals in nature and doesn't science say we humans are animals? So if a lion can eat a buffalo, I can have my cow too then if I want [more chuckling].

We are detached from our food production...

I do agree, but do you expect me in the 21st century 2014 to go and get my own chicken and cut off its head and do everything before I eat it? No! This is why we have factories to make it quick for us.

Which chicken goes to heaven, the one that fed the family or the chicken that died naturally?

Well this is a philosophical question and I am not a philosopher, but I am a rational human being, so I think the chicken that fed the family.

You are what you eat, so what are you?

A pig.

Why did you become a vegetarian?

I only made a conscious effort to be a vegetarian maybe around two months ago; because when I was at university I never ever bought meat. And it was cheaper too! I don't really have any moral issues with eating meat, it's more the financial and health aspect.

Financially?

Yeah financially it makes more sense to me, rather than buying two burgers for €3 it makes more sense to buy some mushrooms and leek for €1.

What is your view on the production of meat?

I do agree that the way the meat industry works now is inhumane and immoral, at the same time for me that was not the reason to stop making me eat meat.

What do you think is the biggest reasons for people being vegetarian?

Well I don't really know, but I find that girls do it more for moral reasons, and guys more for the health and financial benefits.

And what do you miss?

I do miss waking up on a Sunday morning hangover and having a kapsalon.

How has the attitude been from friends and family with being a vegetarian?

My mother endorses it, she is really happy. But I mean I do still get the odd mockery from my brothers and my dad. And the same here in The Hague, my roommates take the p**s out of me every now and again, but its fine.

The debate is one that will continue to grow with varying opinions fueling the divide. What is obvious, however, is that the impetus on a healthier, more 'natural' diet will expand the size of an already flourishing health conscious community. Equally to questions regarding the environment and the moral processes that allow for the continuing abuse animals suffer at the hands of the meat industry will further highlight the need for change. It does seem, though, as some of this generation has found a cause to fight for, with time this trend will wither or it will perhaps permanently redraw our ethical boundaries.

Interview conducted by Mekebeb Berhanu

EAST AFRICAN FOOD

On a cold (for the East Africans!) and grey afternoon in The Hague, while sharing chocolate and thinking about what to write, in our minds we are sitting under a mango tree, dipping our mandazi¹ in our chai². By we, we mean a Ugandan and a Tanzanian.

The East African kitchen, though with variations from country to country, contains many of the same ingredients. The main dish is a combination of maize flour and water. Known as *ugali* in Kenya and Tanzania, Ugandans call it *posho*, West Africans *fufu* and the Shona term it as *sadza*. It can be combined with many side dishes, but it is primarily a Kenyan custom to eat *ugali* with *kachumbari*³.

Life would be rather bland if we only ate *ugali* throughout the week, so for variation's sake, in most Christian households, we have meat and *pilau*⁴ on Sundays and special occasions. Another alternative to *ugali* on dinner tables in Rwanda, Burundi, Uganda and Tanzania is *matoke*⁵. Don't worry if you get hungry during the day; you can easily find a *Mama Ntilie*⁶ and pick up either *chapati*⁷ *mandazi*, *samosas*⁸ *mishikaki*⁹ or *chips mayai*¹⁰. Don't be afraid if somebody you have just met invites you for dinner – the culture of sharing and hospitality is very pronounced in East Africa. When guests come over, it is customary to offer them soda or chai *maziwa*¹¹ (often both!), and *nyama*¹² as a main dish. However, never offer an East African fish! It is seen as an insult by the guest and reflects badly on you as a host. In rural areas of Pemba (an island off the coast Tanzania), at sunset during Ramadan, most people will invite you – even if you are a mere passer-by – over for dinner.

During the 2006 food crisis in Kenya, members of the Akamba tribe would rather go hungry than deprive their guests of food. In a continent where food is a luxury, Western ideals of beauty – lean and slim – are puzzling to many Africans. Curves are a symbol of wealth – to many it seems that if you are plumper, you are also wealthier, whereas if you are skinny, it is deemed that you either have HIV or Tuberculosis. At the same time, plumpness is a form of beauty – being told that you are fat is a compliment, unlike in the Western world. You can imagine how many Western women were insulted by being told delightedly that they had gained weight!

On the flip side of the coin, weight loss and exercise is seen as incomprehensible to many East Africans, which gives rise to health-related problems. Little wonder then, that the rate of heart disease is very high in East Africa and is one of the main causes of death, after HIV/AIDS. Furthermore, in the Zanzibar archipelago, it is not customary to eat salad; instead cassava leaves are boiled, leaving them with no nutrients, and thus a major source of vitamins is lost. This is one of the main causes of an increased rate of diabetes and hypertension on the islands.

From culture, through beauty to health – food is one of the most important aspects of an African's life. Even though Africa is the most diverse continent, food has crossed the boundaries – just look at the magic of the maize flour and water! Now that the afternoon has turned to night, we're thinking about our dinner plans. If only there was someone to organise an East African banquet!



Photo: Nicchelle Naomi Buayne

¹Fried bread

²Tea

³A dish originally from the East African coast consisting of onions, tomatoes and lemon, among other ingredients, depending on one's preferences

⁴Rice with meat and spices

⁵Plantain

⁶Ladies selling street food

⁷Basically naan with layers

⁸Triangular fried dough filled with either meat or vegetables

⁹Meat on a skewer

¹⁰Omelette fried with chips

¹¹Tea with milk

¹²Meat

Anna Adima and Mariam de Haan

to see the right combination

I have a passion for food. I have a passion for tasty food. I have a passion for food that has been cooked in an extraordinary way. I do not like just filling my stomach, but unfortunately, as a student this is exactly what happens almost everyday. So, when I travel to a new place, apart from the museums, beautiful buildings and other glorious sights, I search for a place where my culinary dreams will come true. Very often, especially being a tourist, you fail in doing so. But sometimes, you get lucky.

Now, I want to explain few things and I want to be as straight as possible. Food is not only a necessity of life; it is far more than that. FOOD IS ART. A tasty, well-prepared dish in combination with the right atmosphere may become a discovery to the same extent as a piece of art in a museum: confusing names, intricate forms, attractive smells, and a captivating aftertaste – this creates the art. Chefs combine products you never would and shape them into unbelievable figures. They search for materials the way artists do, and experiment with colours and forms as architects do. Even the sound of a product is important for a chef, as it is vital for a composer.

Another parallel – think of an imaginary trip to any place. I am walking down the street, I am trying to find a nice place that attracts me visually and mentally (step #1). It is a big deal to make your café appear attractive to a person. Finally, after an hour of hungry wanderings, it seems I found it - not too fanciful or poor. Choose a table: not too far from the middle of the room, so you will be able to observe the whole process of the restaurant's life. Here is where the adventure starts.

If it were a restaurant in France you could probably find something like Beef à la mode. Well, that is confusing. You have to be a real professional to know that beef à la mode [beef “in style”], is a French version of American pot roast. But, step #2 is done – you ordered it. When your edible art finally arrives at your table, it either impresses you by its appearance/smell/taste or embarrasses you. It is a miracle if all three work together. Then it is a real piece of art. The chef has to be able to find a perfect, interesting or intriguing combination of products that not only suit each other, but also would provoke critical thoughts about it. You should be wondering how such a simple vegetable as beetroot may become an absolutely different thing by adding a handful of cinnamon.



The main course is done. Next are desserts - no less phantasmagorical and appealing at the same time as the main course. I never could imagine that simple hay, that horses love so much, may be converted into a wonderful sorbet ball. It is impressive, tasty, and enormously creative! At the end of your visit it is up to you whether something magical happened with viands you ate or it became a usual visit to another filling station.

Once you looked through all the halls of the museum, you saw Rublev's icons, El Greco's portraits, Monet's landscapes and Warhol's designs – you may form a complete impression from the museum. The same happens with food. It is all different, it has its own time periods, culture, biology, famous people and places. Numerous variations of food are created from traditional cuisine to high-level molecular gastronomy. If you are still not sure whether food is something more than a chance to fill you stomach, pressure your cooking imagination. Imagination unites all people of art to create something out of products that are spread all over the world. It does not matter whether it is a stone for a building or a mushroom for a soup. The most important point is the ability to see the right combination. Give yourself a chance – go to the kitchen, who knows what will come out of your oven..

*(expressing my gratitude for inspiration to
Yoann Conte, Annecy)*

Polina Liubomirova

PHOTOS: Res. Gastronomie en Haute-Savoie



Opening the menu is like falling down into the rabbit hole and finding numerous dishes that say “EAT ME”. Imagine you have a Rijksmuseum plan and you start following stairs, halls and other signs. This is what is going on with the menu. So, you read: Veal sweetbread smoked with pine tree bark – all words are familiar, but you would not combine a tree bark with a sweetbread in your kitchen as it sounds ridiculous, right?

EXPLORING THE WORLD: THE MIDDLE EAST

When saying "Middle East" in this course, what is actually meant is Middle East and North Africa. It's an area where some of the biggest world religions come together, where diversity is not always a celebrated good - one of the areas studied intensively by the students of International Studies.

The **LANGUAGE** course most popular for this area is Arabic. It is by far the most important language of the MENA-area. Arabic is not just a language of religion, but for a number of countries it is also the language of academia.

In this course, the Modern Standard Arabic is being taught, but of course there are many variations and dialects to be found in this area. This class is taught by the ever enthusiastic Assad Jaber, and Ronald Kon. Other languages are offered as well, such as Farsi and Turkish. However, because of a small amount of student's desiring to study the latter, they were not offered this semester.

When thinking about the Middle East, one used to think about the Ottoman Empire, Atatürk and his formation of current Turkey, one thought about oil and the British. But nowadays, we think about the Middle East and North Africa more in terms of "Arab Spring" and youth rebellion.

The former is being discussed in **HISTORY** of the Middle East. An overview is given about the development of the area throughout the decades. The knowledge you acquire in this course will help you understand why the Arab Spring has started in the first place.

Does the Middle East suffer under the resource curse? Is the general image we have of "oil sheiks" true? Does the West actually have so much influence on the economics here? What effect does the growing population have on the economics of the area and what are their economic capacities in general? These questions are being answered in the **ECONOMICS** component of the course. The stories behind those questions might surprise you.

The **CULTURE** course focuses on kinship relations, family and women's position in the countries of the area. These are subjects important in every state, but this time you will get the "Middle Eastern" view on all of them.

The Middle East plays an important role on the global stage. It does not only have a broad diversity in religion, but also in economic position of its citizens. Choosing the Middle East will definitely broaden your horizons.

Samira Charrib

DUTCH FOOD: WORTHY OF APPRAISAL?

In the Summer of 2012 I had the privilege to come to The Netherlands, a country well renowned for its culture and hospitality. Before my arrival I was unaware of what typical Dutch cuisine was, although I knew Dutch beer was a treat. Having now lived here for over a year, I have determined that the Dutch are not particularly good when it comes to food, and would go as far as calling it disappointing. It should be noted that on continental Europe the competition is very high indeed. I apply my assessment to both where the food is bought, and to what is considered standard Dutch cuisine. With regard to the former, I find Albert Heijn a hell on earth: it is poorly stocked, poorly laid out and poorly staffed. Despite this, statistics show that it is the main Dutch supermarket and has a virtual monopoly in the marketplace, with smaller chains struggling to compete. Following some research in to the history of the company, I feel that Albert Heijn himself must be turning in his grave given the monstrosity that his brainchild has become. Enough ranting for now...

As for Dutch food itself, I admit that I have not experienced the entire length and breadth of a Dutch menu but I can say that it really lacks imagination. Much of what can be found on the menu of your average Dutch restaurant can likely be found in an establishment of similar standing in the UK, for instance. The whole obsession surrounding chips is also something I find baffling, with entire street corners devoted to this one product in many cases. Having said that, Dutch fries do mark themselves out as being Dutch in one way: mayonnaise. Some people literally use so much that the snack changes and becomes mayonnaise with chips.



I follow that Dutch food is not just about chips and that there are a few examples of where the Dutch can call themselves different. This includes hagelslag (or chocolate sprinkles) which I know the Dutch are very fond of, although it is not what one could call a "meal". Similarly, there are some place-specific examples such as herring, which can be enjoyed at the beach in Den Haag if it is the right time of year. Credit is also due to the Dutch beer industry which boasts a number of global names, but then compared to neighbouring Belgium it is not a lot to marvel at.

One observable benefit that mass multiculturalism has brought to The Netherlands is that there is now a wealth of restaurants, particularly in The Hague, from all over the world offering international cuisine. This is not least the case in Chinatown, a part of the city with so much to offer in such a small space. If one can't find Dutch food they like, then go there. It might not be Dutch, but it sure as hell does the job! Therefore, in a sense, food in The Netherlands is worthy of appraisal, but unfortunately Dutch cuisine itself isn't anything special. Any Dutchies care to prove me wrong?

Finlay Young

DINING FINE AT UMAMI

If you've ever eaten out at Vapiano on Buitenhof, you might have noticed a fancy looking, pinkish purple restaurant right next to it with big white letters displaying its name: Umami. The stylish, modern decor of the restaurant might have been what scared you off, as it gives the place an illusion of expensiveness. However, next time you find yourself in the area, you might want to try it out after all. I myself have dined there multiple times, and for the purpose of this review, I brought an army of prospective BAIS students to judge.

Umami describes its cuisine as “fusion Asian with a French twist”. The restaurant offers three different dinner menus, varying in price from €13.50 to €24.95 per person. The €13.50 Dinner Plateau offers the diner two dishes, along with a bowl of rice and an interesting seaweed salad, while the other two menus offer three course meals with two different dishes per course. The dishes, while small, are rather filling, and quite good. Therefore, if the diner's appetite would not permit a large quantity of food, it is also possible to order a la carte, where the dishes have an average price of €5-€6.

When in Umami, one should definitely try the Honey Pork, Lemon Fish, and especially the Beijing Duck, which was rated by our prospective students with an average of 8.5. However, steer clear of the Spicy Wraps and the various sushi rolls, as these were (generously) rated with an average of 6.5. If the diner is feeling more adventurous, the restaurant also serves a duck salad with raw jellyfish, various types of crab, as well

as several “luxury dishes”, including sea bass and scallops. The desserts offered in Umami are as few as they are interesting, and they are all recommended.



As stated, the interior of the restaurant is stylish and modern, if a little too pink. The style of ordering is also modern and created to avoid confusion. The customer is presented with a menu and, besides the menu, with a list of dishes, whereon the customer can fill in exactly what quantity of what dish they would like. This way, the waiters only have to take orders for drinks and bring the food to the tables. As for the service, one could view it as perfectly adequate. The waiters all speak English as well as Dutch, are polite, and are knowledgeable of the different foods offered at Umami. Diners can expect to have their food within ten to twenty minutes after having placed the order.

All in all, Umami is a pleasant place to eat out, with some very good dishes, adequate service, and a good relation between price and quality. A prospective student described the taste of the dinner as “an angel pissing on [his] tongue”, and if you are not certain what that would taste like, I encourage you to take a trip through Asia in Umami.

Lilit Zeltsburg

watch about food

- Ratatouille (2007)
- Food, INC. (2008)
- Supersize Me (2004)
- Waitress (2007)
- Eat Drink Man Woman (1994)
- Soylent Green (1973)
- Sideways (2004)
- Jiro Dreams of Sushi (2011)
- Delicatessen (1991)
- Mystic Pizza (1988)
- Chocolat (2000)

read about food

- The Man Who Ate Everything** (Jeffrey Steingarten)
- How to be a Domestic Goddess** (Nigella Lawson)
- Greenhorns** (Manalo, Fleming, Bradbury)
- Kitchen Confidential** (Anthony Bourdain)
- Mastering the Art of French Cooking** (Julia Child)
- Vegetarian Cooking for Everyone** (Deborah Madison)

EGG ROLLS

The only thing that you can change about this recipe, are the veggies. Just use whatever vegetables you like and make sure you cut them very small. You can buy the lumpia wrappers at any Toko. To make vegetarian egg rolls, simply leave out the pork and add more vegetables. Also, don't put too much stuffing on the wrappers when you're folding them, because they will break.

INGREDIENTS:

450g shredded pork
1 cup of minced carrots
1 cup of minced water chestnuts
1/4 cup of red onion
6 cloves of garlic (sliced up in tiny pieces)
2 tablespoons of chicken powder
1 tea spoon of black pepper
1/2 cup of chopped up green onion
1 egg
Lumpia wrappers or egg roll wrappers



PREPARATION:

Put the vegetables and meat in a bowl, and mix it all up. Cover your mixture, and put it in the fridge for about an hour. While your mixture is in the fridge, you can separate the lumpia wrappers. Make sure you do it very slowly and carefully. Cut them in half; they should now be triangular.

Take your mixture out of the fridge, and put a tiny amount of it on every triangular wrapper. If you need some assistance, watch the youtube video*. They explain the wrapping technique very clearly. Use a tiny bit of beaten egg to close your lumpia. Repeat this process until you have a lot of lumpias. You don't have to fry them all right away. If you think you made too much, you can just put some in the fridge.

If you want to fry them in a pan, pour a lot of oil into the pan, and set the heat medium to high. Fry them for approximately five minutes (don't forget to turn them), and cut one open to see if it's nicely done. If it is, you can eat your homemade lumpia. If not, try adjusting the heat. Good luck!

*(<http://youtu.be/imZkibE3n0>)

MILLIONAIRE SHORTBREAD

This is such an easy treat to make, and it almost can't go wrong. I like to add some melted white chocolate or M&M's on top because I'm horribly addicted to chocolate, but you can add anything you like (or just leave them as they are – they're already delicious).

INGREDIENTS:

For the shortbread
225g plain flour
100g unsalted butter, (cold, cut into cubes)
60g caster sugar
A pinch of salt



For the caramel
150g butter
1 can condensed milk
3 tablespoons of golden syrup



For the chocolate topping
350g dark chocolate, or a mixture of dark, milk and white, chopped into small pieces

PREPARATION:

1. Preheat the oven to 150C. Line a 23cm square cake tin with baking parchment.
2. Put the flour and butter cubes in a bowl, and rub them together (alternatively, you could use a food processor and simply pulse) until the mix looks like fine breadcrumbs.
3. Add in the sugar and salt, and either mold it through, or pulse again until combined.
4. Put the mixture into the cake tin and spread it out evenly with the back of a spoon. Now, press the shortbread down firmly with your knuckles so that it fits better into the tin.
5. Bake the shortbread for approximately 25 minutes or until very light golden brown. Set aside, as it needs to cool.
6. For the topping, heat the butter,

condensed milk and golden syrup in a saucepan, stirring occasionally until the butter is melted and the mixture is smooth.

7. Increase the heat and bring the mixture to the boil, stirring frequently. This is the stage where you need to pay constant attention, because making caramel can be quite tricky. Finally, the caramel will thicken and turn golden-brown. Set aside to cool for a bit, then pour the caramel over the cooled shortbread. Allow this to cool completely.

8. Melt the chocolate au bain marie, stir occasionally.

9. Pour the melted chocolate over the caramel – if you want to add anything else, this is the right time - and set aside until the chocolate has cooled completely.

10. Cut your homemade shortbread into squares and serve.

PILAU MASALA

INGREDIENTS:

For the Pilau:

500g rice
250g beef
400g onions
200g garlic
200g carrots
2 litres water
200g Pilau Masala



For the Kachumbari:

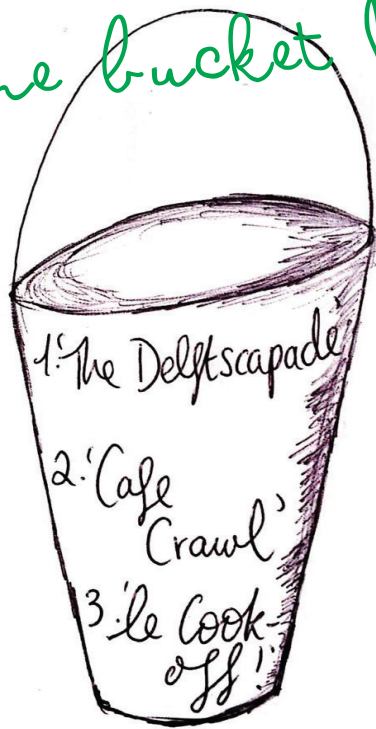
1 onion
3 - 4 tomatoes
1 green pepper
Juice of one small lime
2 tsp olive oil
1 tsp sea salt
1 tsp ground pepper



1. Cut the onions and carrots into small pieces, then crush the garlic.
2. Fry the onions until golden brown, add garlic and stir. Add the beef, stir, and cook on high heat until browned. Reduce the heat, add some water and let it simmer.
3. Now, add the carrots and the Pilau Masala, and keep stirring until the dish becomes a little dry. Add in a little water and let it simmer some more.
4. Now, drain and add rice. The rice will be cooked with the rest of the ingredients, so add two litres of water, put the lid on the pan and let it boil for about 20 minutes. Stir occasionally.
5. While boiling the rice, you can prepare the Kachumbari: chop up your onion, tomatoes and green pepper and mix them together with the olive oil, salt and pepper.
6. By now, all water in your Pilau must have been absorbed. Taste your rice. When it's done, serve it hot with your Kachumbari.

*Recipes by Nicchelle Naomi Buyne,
Anna Adima & Elvira Audrey Coenraad*

the bucket list



2. "cafe crawl"



3. "le cook-off"

Inspired by the theme of food we attempted to create some culinary French delights, namely Y: *Gratin D'Auphinois* and G: *Crêpes* for dessert, competing for the recognition of "best chef" by no other than Isabella Vogel. With our usual chill behavior we began at 18.30 with Isabella to arrive at 19:00, the tension began to arise. Y began by preparing potatoes, meticulously placing them in the dish, as though it was a piece of art... Unfortunately we had the realisation that the potatoes should have been pre cooked when they were already in the oven. Y, a creature of adaption, switched tactics to deliver a "mouthwatering" dish. Meanwhile G whipped up the crêpe mixture, ladling it, cooking it and adding extra nutrients (Blueberries, strawberries and chocolate; lemon and sugar). After eating to our hearts content G&Y awaited the verdict. Discovering it was tight, the accolade was given to G, WOOOO! Admittedly, G had made crêpes on several previous occasions, so next time the plan is to both attempt untested recipes. You should defo give the cook off a go, whether you try a theme, or stick to known recipes, it provides both entertainment and fuel for the never ending studying...

1. "the delftscapade"

'February 14th, the day of lurrrrve'; the reason of our Delftscapade. Most of you head off to the city of Delft all in the name of conquering the aisles of Ikea, but kid you not, there are other things besides cheap furniture shopping there. One train stop away, one will discover the interwoven streets of Delft with alluring street art (including Monet), quirky restaurants and underground art galleries, providing you with a sensational day trip. Chasseing across the square, we discovered several boutiques selling knockout kimonos and lopsided logo pins. Entering an independent gallery we found solace in ceramic pendants and woodcut prints; with enquiring questions our curiosity sparked a lengthy sit-down discussion with the gallerists over a great spectrum of fine art and its techniques. In the greater vicinity one can find concaved record shops, with arrays of enticing album covers, the search BEGAN! Two hours later, the challenge was completed. Admiring our beloved albums, we sat in Frito Misto, a homemade fast food restaurant chomping on frites and tomato salsa.

"Deliciously filling sandwiches with a HUGE variety of fillings; handily located between the station and campus - plus you get a Student discount"

Kruimels
Herengracht 40
2511 EJ Den Haag
€ € ★★★★★

"This café is quirky with an array of pictures, paintings and postcards on the wall; it is near the palace gardens and the owners are super friendly! Good for a relaxed coffee and a croissant."

Van Prinse & Co
Prince Street 134
2513CH Den Haag
€ ★★★★★

"Described as 'fresh, deli food', this place really does live up to its name. Decorated with small wooden tables and low charming lanterns, there is an infinite choice of food to cherry-pick from. You'll never leave hungry."

Green Bowl
Fluwelenburgwal 14
2511CJ, Den Haag
€ ★★★★★



For a chill mood groove, go to: <https://soundcloud.com/thump/built-for-the-chill-vol-1?in=MiddleEasterners> && checkout: <http://ummahspeaks.com>



Grainne Charlton & Yonca Zaim

HOT SPOTS

T' ACHTEROMMETJE.

There's no better escape from the busy shopping streets and lethal bike- traffic situations than t' Achterommetje. In a narrow creepy-looking ally, 't Achterommetje serves tasty big sandwiches, several hot dishes, recommendable salads and delicious home-made apple cake in their living- room style coffeehouse. If you're looking for a place to relax, catch up with a friend or read the newest BAISmag, this is where you want to be.

BIJ HEM

During a study break, we decided to take a look at Bij HeM. It's a nice restaurant in the centre of the Hague, hidden in one of the smaller alleys. We had a great time there, there's a big variety of choice, they serve quite big portions and it tastes great! It's nice to go there if you want to get away from the study stress every once in a while. The atmosphere is lovely.

HEMA BREAKFAST

You will only believe this when seeing it with your own eyes: HEMA serves breakfast for 1 euro! Every morning from 9h till 10h, HEMA will give you coffee, a croissant and an egg for 1 euro, and if you give another 50 cents, you get fresh orange juice too! What's not to love?

LA CUBANITA

La Cubanita is one of our favorite dinner places in The Hague. Yes, it is a chain, but their tapas are amazing! For about 17,50, you have a night of unlimited tapas deliciousness - this is only from Monday to Thursday, however. If you're not into tapas, but do want to have a nice evening with cocktails and friends, you should go there on Saturday: all cocktails for 4,50. That's a bargain.



BUBBLE TEA

Bubble Tea is something we'd heard of before, but never really trusted. Nicchelle's roommate finally dragged her there one day, and ever since she cannot get over the greatness of Bubble Tea! The Hague is one of the very few places where you can get it, and their nice little "shop" is located at Noordeinde, just a 2 minute walk away from the Diligentia Theatre. It's the perfect place to take a break in-between classes.

APPELTJE EITJE, CRUNCH AND QUIRKY

As Nicchelle lives closeby the Zeeheldenkwartier, she often goes out for lunch with friends there. These three restaurants are specialized in brunch/lunch, and they all have great food! All three are gezellige restaurants, all in their own style. Nicchelle's personal favourite is Appeltje Eitje, if you're there, try their Club Sandwich – it's great!



Photos: Ruth & Nicchelle

VIP

Very Italian Pizza is a nice pizza place in the centre of The Hague. It's not too expensive, and they have great pizzas and pastas.

HOMETOWN COFFEE

Everybody's probably been there or seen it already, but Hometown Coffee is still worth mentioning. Their slogan says it all: Home is where the coffee is. And, they have great wines too!



HAAGSE BLUF

The 'Haagse Bluf' is one of those beautiful pearls of The Hague, hidden in the chaotic oyster of the Venestraat. The little passage next to Mango reveals an oasis of peace, beauty and good coffee. Nicchelle and Ruth had a little disagreement here on which coffeehouse was nicest but in the end we decided they're both wonderful. On the one side of the square you'll find Nicchelle's favourite which is called Kaldi and has the most delicious teas and coffees of The Hague in the tiny but beautiful café. On the other side of the square, Swags deceives by-passers with its non-suiting name. The little room has a coffee-machine, 5 tiny tables and an oven out of which delicious cakes appear. (Euro 2 for coffee or tea, 3 for cake) And girls, one of The Hague's biggest beauty-secrets for those who live the champagne life on a lemonade budget is the Aveda Studio in the Haagse Bluf. As they train their employees here, they need legs to wax FOR FREE every Wednesday evening. Just walk in and they'll set you a date!

Ruth-Marie Henckes & Nicchelle Naomi Buyne

UPCOMING EVENTS: *the Hague*

Sunday, March 9th
"City Pier City Race"
Running Event
at Malieveld

Until May 11th
Mondrian and Cubism
Art Exhibition
Gemeentemuseum

Thursday, April 3rd
Iraq war 11 years on - What's the real story?
Lecture and debate
Institute of Social Studies (ISS)
Kortenaerkade 12

March 20th - 26th
Movies That Matter Festival 2014
Film Festival
Various times, various locations
www.moviesthatmatter.nl

March 27th, 8.00 PM
New Horizons - Sharing Adventures
Bruno van den Elshout
Photography Exhibition
Lola Bikes & Coffee
Noordeinde 91

Dear fellow students,

We are proud to invite you to participate in the first university Model United Nations Conference held in the city of The Hague. MUNOTH will be held on the 18th and 19th of April 2014 at Leiden University - Campus The Hague.

For decades, the world's college students have benefited from the unique education in politics, diplomacy, and foreign affairs Model United Nations offers. The Model United Nations experience brings to life the problems that the real world faces and allows participants to represent their assigned country's position and work towards resolving issues of global importance.

MUNOTH is a non-profit student organized conference with approximately 300 students from Leiden University and other Dutch as well as numerous foreign universities from diverse academic programs. Participation at MUNOTH does not require prior experience at a Model UN conference or membership in a MUN team! We welcome all students to participate – be it as a delegate, journalist, advocate, or judge. The conference provides students with a comprehensive debating experience to engage in discussion about pressing international issues and develop solutions while applying various global perspectives. Over the course of a weekend delegates will participate in committee debate sessions. They will have the opportunity to hear from acclaimed guest speakers, most notably the president of The Hague Institute for Global Justice, Dr. Abiodun Williams, who offer a tangible connection between the debate simulated during the conference and current world issues.

This offers delegates the occasion to foster skills in research, critical analysis, and writing. All conference proceedings, from debates to drafting and passing Nations procedures. Please feel free to browse our website for more information about the conference and to contact us with any questions:

<http://munoth.org>

We hope to see you at the conference.

Sincerely,

The MUNOTH Team

MODEL UNITED NATIONS OF THE HAGUE



'Good Governance'
18th - 19th APRIL 2014

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let's get naked and draw



18 hour live model portrait study
oil paint on canvas
Yemaya Amadora

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