

# Savory Snacks

Traditional recipes from Suriname

12 Tasty and Exotic Snacks to Serve at Your Next Party

*Debbie Fung-A-Wing*



*Savory Snacks from Suriname*

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# Savory Snacks

## from Suriname

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**savory** *adjective* [ \ 'sā-və-rē, 'sāv-rē \ ] : 1) having a pleasant taste or smell, 2) having a spicy or salty quality without being sweet, 3) morally good.

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This cookbook is part of a mini series of recipe books created to share international favorites. In this edition you will find the most popular & traditional hearty snacks from Suriname, a former Dutch colony located in South America. These snacks can serve as an appetizer or as part of your meal. Prepare various snacks and you'll have a complete hors 'd oeuvre meal worthy to be called dinner.

By *Debbie Fung-A-Wing*

*Savory Snacks from Suriname*

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# Bananen chips (plantain chips)

Country: Indonesia

Serves: 6

Prep Time: 30 min

Cook Time: 30 min



## Instructions

1:

Peel plantains by slicing the skin lengthwise and pulling the peel off. Using a mandolin or sharp knife, slice the plantains as thin as possible.

2:

Heat the oil. Crush garlic and mix with salt and water, stir until salt is dissolved.

3:

Drop plantain slices separately into the hot oil to keep them from sticking together. Turn over several times until plantain is golden crisp. Adjust heat if the oil gets too hot.

4:

Right before scooping chips out, sprinkle 1 tablespoon of garlic mixture over the chips and stir so chips can absorb garlic-salt flavor.

5:

Scoop chips out with a slotted spoon and drain on paper towels before serving, or storing in airtight container

## Ingredients

3

Green plantains

2 cloves

Garlic

1/2 tsp

Salt

1/4 cup

Water

2 cups

Frying oil

## Notes

Omit garlic if you don't like the flavor and use salted water only.

Best plantain chips ever!

Photo credit: Eric Allix Rogers (Flickr)

# Bitterballen (fried roux balls)

Country: The Netherlands      Prep Time: 60 min

## Instructions

- 1:**  
Slowly melt the butter in a pan, add onions and sauté for a few minutes. Add flour by the spoon and continue to stir into a smooth, thick paste (called roux).
- 2:**  
Gradually add stock, stirring slowly to incorporate completely into a smooth mixture (without clumps). Simmer for a few more minutes on low heat, continue to stir to prevent burning on the bottom.
- 3:**  
Add beef and parsley, folding into the mixture. Finish off with pepper and salt to taste, and a dash of nutmeg.
- 4:**  
Pour mixture in shallow dish to cool off, then refrigerate for at least an hour. This will make it easier to form the balls.
- 5:**  
Measuring with a spoon, roll the mixture into 2-inch balls. Roll lightly through flour, then in (whisked) eggs and finally through breadcrumbs. Egg and breadcrumbs should completely cover the bitter ball, otherwise roux will leak out during frying. Refrigerate or freeze until ready to fry.
- 6:**  
Heat oil and fry a couple of balls at the time, turning on all sides until golden brown. Drain on paper towel and serve with spicy mustard or piccalilly.

## Notes

Bitterballen were a way to use leftover meat and create a great snack at the same time. In the Netherlands they are customarily served with alcohol (bitters) which is where the name came from.

Make ahead and freeze. No need to defrost before frying.

Photo credit: Marijke Blazer (Flickr)



## Ingredients

- 1/2 cup**  
Butter (1 stick)
- 3 cups**  
Flour
- 3 cups**  
Beef stock
- 3 tbsp**  
Minced onion
- 1 tbsp**  
Fresh parsley, minced
- 2 cups**  
Shredded or ground beef, cooked (optional)
- To taste**  
Salt, pepper, nutmeg
- 2**  
Eggs
- 2 cups**  
Breadcrumbs
- 2 cups**  
Frying oil

# Garnalen beignets (fried shrimps)

Country: Indonesia

Serves: 4

Prep Time: 15 min

Cook Time: 15 min



## Instructions

- 1:**  
Rinse shrimps, drain and pat dry with paper towel.
- 2:**  
Mix flour, baking powder salt and garlic powder. Add egg and gradually mix in water or milk until the batter is smooth, but thick.
- 3:**  
Heat oil. Hold by the tail and dip each shrimp in batter, then drop in hot oil.
- 4:**  
Turn over and fry for just a few minutes. Scoop out with slotted spoon and drain on paper towel. Serve with [ketchup hot sauce](#) (recipe at the end of this book).

## Notes

Shrimp gets tough when overcooked, so be sure the oil is really hot and fry the shrimp quickly.

Photo credit: Jason Lam (Flickr)

## Ingredients

- 12 oz**  
Raw peeled & deveined (large) shrimps
- 1/2 cup**  
Flour
- 1 tsp**  
Baking powder
- 1 tsp**  
Salt
- 1/2 tsp**  
Garlic powder
- 1**  
Egg
- 1/2 cup**  
Water or milk
- 2 cups**  
Frying oil

# Gugri (spicy chickpeas)

Country: India/Indonesia

Prep Time: 15 min

Serves: 6

Cook Time: 20 min



## Instructions

- 1:**  
Fry onion and garlic in hot oil until slightly brown.
- 2:**  
Add tomato (and galangal/ginger), stir and cook for a few minutes until tomato is soft.
- 3:**  
Add the curry, pepper, sugar, and bouillon. Stir and cook a few more minutes before adding the chickpeas.
- 4:**  
Turn over and cover chickpeas with sauce. Add water and simmer for about 10-15 minutes, until most of the liquid is gone.
- 5:**  
Turn off the heat, sprinkle with celery or parsley and turn over to mix evenly. Serve in small bowls.

## Notes

Even though the list of ingredients is a bit long, this is a fairly simple but tasty vegetarian snack.

If you like spicy, use a whole pepper and include seeds.

Use ginger or galangal for a touch of Indonesia.

Photo credit: Debbie Fung-A-Wing

## Ingredients

- 1 can**  
Chickpeas, drained
- 1/2**  
Onion, cubed
- 2 cloves**  
Garlic, crushed
- 1/2 cup**  
Tomato, chopped
- 1/2 tsp**  
Curry
- 2 slices**  
Galangal or ginger root (optional)
- 1/2 tsp**  
Sugar
- 1 tsp**  
Bouillon (or 1/2 tsp salt)
- 2 tbsp**  
Celery or parsley, chopped
- 1/2**  
Habanero pepper, sliced
- 1/4 cup**  
Water
- 1 tbsp**  
Oil

# Huzarensla (potato beet salad)

Country: The Netherlands

Prep Time: 60 min

Serves: 12

Cook Time: 30 min



## Instructions

- 1:** Mash the boiled potatoes in big chunks and add all ingredients except the beets, eggs & parsley.
- 2:** Add (seasoning) salt to taste, and more mayo for a smoother salad.
- 3:** Mix in diced beets with some juice and turn over until entire salad is pink.
- 4:** Chill the salad in the refrigerator for a few hours or overnight.
- 5:** Cut off bread crust and push each slice into a muffin pan, creating a bread cup. Bake at 275 degrees F in the oven for 15-20 minutes until the cups are dry as a cracker, but not browned.
- 6:** To serve, line each cup with some lettuce and add a scoop of salad. Top off with a slice of egg, a dot of ketchup and parsley leaf. Serve immediately while bread cup is crispy.

## Notes

If you don't like beets, you can leave them out. Just keep in mind that your salad will be slightly yellow and not pink.

Add crushed pineapple for variation, or substitute the bread cups with lettuce leaves.

If you are not serving the salad immediately, keep the cups and salad separate. Line a platter with lettuce and spoon the salad on top, cover with a layer of mayo, sliced eggs, tomatoes (optional) and parsley. Guests can fill their own bread cups.

Photo credit: Debbie Fung-A-Wing

## Ingredients

- 8 oz**  
Cooked beef or chicken, chopped
- 2**  
Tart apples (Granny Smith), diced
- 8**  
Boiled potatoes, cooled
- 4 tbsp**  
Bread & butter pickles, diced
- 1/2 can**  
Corn, drained
- 1/2 can**  
Red beets, drained and diced (save some juice)
- 1/2 cup**  
Mayonnaise
- 1 tbsp**  
Ketchup
- To taste**  
Salt & pepper
- For decoration**  
Parsley & lettuce leaves
- 2**  
Boiled eggs, sliced
- 1**  
Tomato, sliced
- Sliced bread for bread cups (optional)

# Kaasstengels (cheese straws)

Country: The Netherlands

Prep Time: 30 min

Serves: 10

Cook Time: 15 min



## Instructions

- 1:**  
Grate cheese or use finely shredded cheese.
- 2:**  
Soften the butter (in microwave).
- 3:**  
Fold flour into the butter. Add salt, pepper, nutmeg and stir.
- 4:**  
Incorporate the cheese until completely mixed. Preheat oven to 350 degrees F.
- 5:**  
Use a cookie shooter to make straws. Cut to desired length with flour dipped knife.
- 6:**  
Bake for 10-15 minutes until golden, but not brown.

## Notes

Instead of straight lines, you could zigzag the straws. If you don't have a cookie shooter, you can create small, flat cookies. Form a small ball with the dough and flatten with a fork. Don't forget to flour your hands to prevent dough from sticking to your hands.

Photo credit: Mevamarie (Blogspot)

## Ingredients

- 1 cup**  
Flour
- 1 cup**  
Butter
- 1 cup**  
Aged (Dutch, Parmesan or Cheddar) cheese
- 1 pinch**  
Salt
- 1 pinch**  
White pepper
- 1 pinch**  
Nutmeg

# Kippenpastei (chicken potpie)

Country: Suriname

Serves: 6

Prep Time: 60 min

Cook Time: 45 min



## Instructions

1:

Rinse and pat chicken breast dry. Sprinkle with salt and black pepper before pan frying in butter.

2:

When the chicken turns golden brown, add sliced onion, stir a few minutes then add tomato and bay leaf. Add a little bit of water and simmer, stirring once or twice, until the chicken breast is fully cooked, but not dry/tough. Take chicken out to cool off. Add carrots & peas, and celery to the pan. Season with salt or bouillon.

3:

While chicken is cooling off, prepare your crust by mixing butter with egg, gradually adding water. Slowly mix in flour and salt, until you have a pliable, soft dough.

4:

Roll out 2/3 of dough on floured surface, big enough to cover the bottom and sides of a greased pie pan or dish. The rest of the dough will be used to cover the pie.

5:

Shred the chicken breast or chop finely, then return to vegetable mixture, add capers and stir.

6:

Fill the dough lined pan with pie filling, top with pickles and sliced egg. Cover with sheet of dough, pinching the edges so they don't come apart during baking. Use a fork to puncture some holes on top to allow steam to escape during baking.

7:

Bake in preheated oven (350 degrees F) for 30-45 minutes until golden. Allow to cool off and cut squares for easy serving.

## Notes

Kippepastei is similar to chicken pot pie, with less sauce. This drier version could also be made into mini pies in a muffin tin.

To save time, you could use refrigerated pie crust.

If using unsalted butter, add 1 pinch of salt to the dough.

Photo credit: Debbie Fung-A-Wing

## Ingredients

### For filling

1/4 cup

Butter

1 lb

Chicken breast, cut up

8 oz

Carrots & peas

1

Onion, sliced

1 tbsp

Celery, chopped

1

Tomato, diced

1

Bay leaf

1 tbsp

Bouillon

1/2 tsp

Salt & pepper

1 tbsp

Capers

4

Boiled eggs, sliced

1/4 cup

Bread & butter pickles, sliced

### For crust

1-1/2 cup

Salted butter, softened

1 cup

Flour

1/2 cup

Water or milk

1

Egg

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# Loempia (egg roll)

Country: Indonesia

Serves: 4

Prep Time: 45 min

Cook Time: 15 min



## Instructions

1:

Mix flour with eggs and water, whisk into a smooth batter. Heat a few drops of oil in a small or medium pan and turn heat to medium. Pour a spoon of batter in the pan and roll around in the pan to get very thin pancakes or crepes. Thick crepes will crack when filling the loempias. Bake crepes first and let cool off.

2:

In another pan, heat oil, add onion and garlic, and stir for a few minutes. Add cabbage and chicken, sprinkle salt and pepper (or bouillon), cook for a few minutes, then add beansprouts. Turn off the heat and scoop mixture out to drain as much liquid as possible.

3:

Add a spoon of mixture on each crepe, about 1/3 off the edge. Flap the edge over the mixture, (carefully) roll tight once, then fold the sides in and continue rolling. Use a paste of flour and water to 'glue' loempia edges. Use all wrappers for the loempias.

4:

Whisk one egg in a bowl (add more as needed).

5:

Heat oil to fry loempias. Dip loempia in whisked eggs and cover all sides. Using tongs, take out and carefully drop in hot oil. Quickly fry on all sides until golden brown. Turn heat down if loempias brown too quickly. Serve with [hot ketchup sauce](#).

## Notes

You could use store bought wrappers, but homemade wrappers make your loempias so much better, because they'll be tender and tastier.

Photo credit: Receptenvandaag.nl

## Ingredients

### For wrappers

1 cup

Flour & pinch of salt

3

Eggs

1/2 cup

Water

1/2 cup

Oil

### For filling

4 oz

Cooked chicken, chopped

2 oz

Cabbage, shredded finely

2 oz

Beansprouts, rinsed

1 clove

Garlic, crushed

1/2

Onion, diced

1/2 tsp

Salt & pepper (or bouillon powder)

1-2

Eggs (for frying)

2 cups

Frying oil

# Rempejek (Peje, fried crackers)

Country: Indonesia

Serves: 12

Prep Time: 15 min

Cook Time: 20 min



## Instructions

1:

Mix rice flour, cornstarch and coconut milk, add peanuts and stir.

2:

Add salt, coriander, crushed garlic, water and stir. Batter should be smooth and not too thick to make thin crackers. Add more water as needed.

3:

Heat the oil and add margarine.

4:

Drop spoons of batter with some peanuts in hot oil and fry on both sides.

5:

Fry until light brown and crispy, scoop out and drain on paper towel.

## Notes

Rempejek or Peje is a delicious, tasty snack served like chips.

Pronunciation: Rim-pi-yik or Pi-yik

Photo credit: Midori (Wikipedia)

## Ingredients

1 cup

Rice flour

1 cup

Cornstarch

1 tsp

Salt

1 tsp

Coriander, ground

2 cups

Peanut halves (optional)

1-1/2 cup

Coconut milk

1 cup

Water

1 clove

Garlic, crushed

1 tbsp

Margarine

Oil

# Telo (fried cassava)

Country: Indonesia

Serves: 6

Prep Time: 10 min

Cook Time: 45 min



## Instructions

1:

Peel fresh yucca or defrost frozen yucca and cut in 2-3 inch wedges.

2:

Boil water first and precook yucca for about 10 minutes (frozen) or 15 minutes (fresh). This will cut frying time and make crispier telo.

3:

Mix garlic with salt and  $\frac{1}{2}$  cup water

4:

Heat oil and fry the yucca until slightly brown.

5:

Sprinkle a spoon of garlic-salt water over yucca, right before scooping out of oil. Drain on paper towels and serve with [ketchup hot sauce](#).

## Notes

Depending on the yucca (fresh/frozen), telo may have a slightly different texture. It is a nice variation on traditional fries.

Pronunciation: tih-loh

Photo credit: Larry MuyYm (Flickr)

## Ingredients

1 lb

Yucca or cassava (fresh or frozen)

2 cloves

Garlic, crushed

2 cups

Oil

1 tsp

Salt

Water to boil yucca

# Saté (Skewered chicken)

Country: Indonesia

Serves: 8

Prep Time: 60 min

Cook Time: 30 min



## Instructions

1:

Rinse chicken with water and lemon juice and drain. Cut in 1-2 inch pieces. Soak bamboo skewers in water to keep them from burning when satés are on the grill.

2:

Mix all other ingredients into a marinade. Optional: fry marinade for 5 minutes in one tablespoon of oil and cool off. This gives a more intense flavor to the meat.

3:

Add marinade to chicken and mix well.

4:

Skewer 2-4 pieces of meat on the sticks (depending on the size), and marinate for at least 2 hours.

5:

Grill a few minutes on each side, until chicken is no longer pink inside. Serve with spicy peanut or soy sauce (optional).

## Notes

Saté (or satay) can be served as an appetizer or as part of a meal.

Use a chopper or mini food processor to make the marinade quickly.

For variation you can also use this marinade for shrimp, pork or beef.

Prepare and freeze sates up to four weeks in advance. Defrost in the refrigerator for 1-2 days and take out 1 hour before grilling.

Grilling on charcoal gives the best flavor.

## Ingredients

2 lb

Skinless chicken breast, cubed

1/4 cup

Onion, finely chopped

2 cloves

Garlic, finely chopped

1/2 tsp

Sugar

1/4 tsp

Salt

1/4 tsp

Coriander (ground)

1/4 tsp

Cumin (ground)

1/4 tsp

Galangal (fresh or ground)

1/2 tbsp

Soy sauce

2 tbsp

Oil

Black pepper

Bamboo skewers, soaked in water for 30 min

# Viskroket (fish croquette)

Country: The Netherlands

Prep Time: 30 min

Serves: 10

Cook Time: 30 min



## Instructions

- 1:**  
Cook fish in water with bouillon, allspice, bay leaves and black pepper.
- 2:**  
Scoop fish out to drain and set bouillon aside.
- 3:**  
Melt butter in a deep pan and sauté onion for a few minutes. Add flour and continue to stir over low heat, until flour is incorporated in butter (making a smooth, thick roux).
- 4:**  
Gradually add fish bouillon (1/2 cup at the time), mix well and then add minced fish. Keep stirring to get a smooth texture. Add lemon juice, parsley, and salt to taste. Turn off heat and allow mixture to cool off. Refrigerate for 1-2 hours.
- 5:**  
Whisk eggs and prepare a plate with breadcrumbs. Form 3-4" croquettes (or fish balls), roll in bread crumbs, then eggs and again in breadcrumbs, making sure the croquettes are covered on all sides. Any gap will cause the roux to run out during frying.
- 6:**  
Heat oil and carefully drop croquettes in the pan. Fry light brown on all sides. Drain on paper towel and serve with mustard sauce or piccalilly.

## Notes

For variation, substitute fish with chopped chicken or beef.

Make ahead and freeze. No need to defrost before frying.

Photo credit: Debbie Fung-A-Wing

## Ingredients

- 1 cup**  
Flour
- 1 lb**  
Fish (white)
- 1 cup**  
Butter
- 1**  
Onion, chopped fine
- 1/4 tsp**  
Black pepper
- 2**  
Bay leaves
- 6 pieces**  
Whole allspice
- 1/4 cup**  
Lemon juice
- 1 tbsp**  
Bouillon
- 1 tbsp**  
Parsley, finely chopped
- 2**  
Eggs
- 2 cups**  
Breadcrumbs
- Salt to taste

# Ketchup Sambal (ketchup hot sauce)

Country: Indonesia

Serves: 6

Prep Time: 10 min

Cook Time: 00 min



## Instructions

- 1: Crush garlic & pepper fine using a chopper or mortar & pestle.
- 2: Mix with sugar and ketchup into a smooth sauce. Add a pinch of salt for balance.

## Notes

Add more peppers and include seeds if you like a spicier hot sauce. Habanero or Scotch Bonnet are fine as substitutes for red hot peppers.

Ketchup hot sauce can be served with anything fried in this book. From loempia to telo, shrimp beignets to viskroket.

Enjoy!

## Ingredients

- 2 cups Ketchup
- 2 cloves Garlic
- 1 Fresh red (hot) pepper
- 1 tbsp Sugar
- Salt to taste

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## About the author

Debbie Fung-A-Wing is the owner of Multiculti Gourmet. Born in Suriname (South America), she grew up in a multicultural family with grandparents of Indonesian (Java), Lebanese, Portuguese, Chinese & Creole origin. Over the years she was mostly exposed to Asian food, however, in Suriname food is shared across cultures and everyone is familiar with the snacks in this book.

While she is not a professional chef or nutritionist, Debbie loves to cook and has been experimenting with baking and cooking since she was 16. In her experience, good and healthy food is best, when shared with family and friends. Food is so much more than nourishment; it is a language of love, respect, culture... Debbie is a certified translator (Spanish & Dutch) and blogger who lives near Atlanta (Georgia) with her husband.

What's next? Look for other recipe books in the series of Suriname, as she plans to share more popular recipes for soups, sweets and entrees.

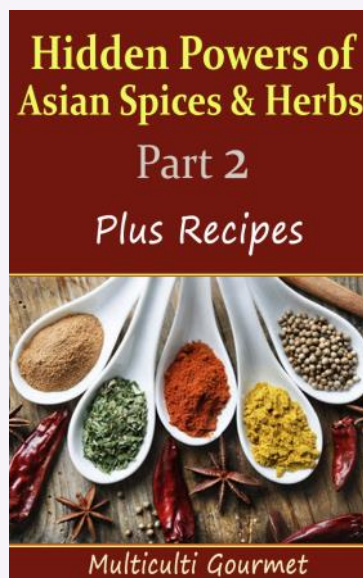
Thanks again for purchasing ***Savory Snacks from Suriname***. I hope you enjoyed experimenting with the recipes and agree with me that these snacks are delicious.

I would love to hear from you! Please send your comments or suggestions to [debbie@multicultigourmet.com](mailto:debbie@multicultigourmet.com).

If you really liked this book, please tell your friends and family how to get their own copy at [www.multicultigourmet.com](http://www.multicultigourmet.com).

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