



# HAPPY POTTER

COOKBOOK



OLIVIER  
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BRUGGE — LONDON — AMSTERDAM — SARASOTA



## *Introduction*

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There was a sweet smell of nostalgia in the house. I watched my mother conjure up a white powder yellow, when she added milk to it. She saw my interest and enlisted my help. Now and then, something gushed past the bowl and the stuff tasted potentially good. The flames of natural gas heated up the rest of the sweetened milk and a few minutes later bowls were brought out to fill with vanilla pudding. The package said it should have brown sugar and a cherry on it, but we thought it was sweet enough.

Mama had learned about cooking from one of the thousands of books in her store, but the recipes were complicated or took too long. You'd better do something useful with your time, like read a Russian spy novel, she thought.

On my father's side, Burgundian Flemish food was put on the table: rabbit, eel or fried fish with French sauces simmering in cast iron pots. On my mother's side I got Dutch dishes usually seasoned with salt and pepper and sometimes some gravy, prepared in less than half an hour. The fact that my grandmother had lived in Indonesia for twelve years had not broadened her spice palette. She could show me all the herbs and plants in the garden or on pictures in one of the many books in her book shed. She knew for which condition or disease of which plant you could prepare a tea or compress. An arsenal of medicinal plants grew in her vegetable and herb garden. What was weeded like weeds at my Flemish grandmother sometimes ended up on the table here; dandelion salad or nettle soup.

This book is all about food from the magical world of witches and wizards. Herbs, vegetables, grains, fruits and plants play a central role. If you provide variety, they can be used preventively to prevent diseases.

Over the years, people from different backgrounds have taught me how to cook and bake. Some recipes are therefore a tribute to the dishes they served me. During my teenage years I cooked for youth camps, associations and witch covens. For Esbats, full moon celebrations, and Sabbaths we used flowers, herbs and vegetables that were found in nature at that time.

In 2012 I opened a wizarding shop named Olleke. This is a trusted place for many witches and wizards of all ages with official replicas from magical movies and books. Many of the recipes therefore have an affinity with this wonderful world.

My mother was diagnosed with cancer about seven years ago. Little effort was put into the preventive properties of a healthy diet, because the situation had already progressed too far. I started to read up on the origin of food. This cookbook is the very first result of my shared discoveries. It does not aim to lose body weight. You can consider the high-calorie recipes as luxury; enjoy in moderation. This book consists mainly of plant-based Mediterranean and Eastern food that keeps your body healthy and is peppered with herbs, which the most common Western diseases hate. The dishes can be supplemented with meat or fish, but this is only a psychological deficiency. Most recipes are easily adaptable to low-salt, sugar-free, gluten-free and vegan. Depending on the cooking environment and source of ingredients, they become kosher or halal.

Time and especially the lack of time is usually the reason why we are not behind the stove ourselves nowadays. So, let's rethink. Almost all ready-made products from the supermarket mainly consist of water, fat, sugar and salt. We all take too much of that every day and the excess makes our body sick in the long term. Think of cooking and baking as a free therapy session. The place where you can become happy (again). The recipe is your guide and you forget whatever was on your mind. That gives peace and happiness. The effort can get you a delicious meal or fail miserably. Cooking is a learning process and will give satisfaction in the long run. The result in this book can always be better, more beautiful, bigger, but it's okay as long as it's this and that. Don't make it a competition for yourself.

I dedicate this book to the people who taught me cooking and anyone who likes to eat super delicious healthy food.

**Cauldrons ready? Start cooking!**



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 Borrowers finding this book pencil-marked,  
 written upon, mutilated or unwarrantably defaced,  
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# AUNT PETUNIA'S ETON MESS

**SERVES 8 MUGGLES OR 1 DUDLEY DURSLEY | PREP TIME 60 MIN.  
COOK TIME 90 MIN. | REQUIRES OVEN, CAULDRON, WHISK, PIPING BAG**

*An iconic but high-calorie dish, ideal for when you are expecting dinner guests.*

## INGREDIENTS

VEGGIE

### *Meringue*

Meringue  
1 tbsp starch  
250 g egg white  
250 g icing sugar  
250 g caster sugar  
Baking paper

### *Filling*

250 g strawberries  
700 ml (oat/soy) whipping cream  
1 tsp chlorella or spirulina  
1 tsp ube  
3 tbsp fine sugar

### *Decoration*

1 jar cherries  
16 decorative sugar flowers

## METHOD

1. Put the egg whites in a mixing bowl and accurately weigh out the amount. Add in the granulated sugar. Keep mixing until you can see the stripes of the beaters. At the end, spoon in the icing sugar and the spoonful of starch. Pour it in a piping bag.
2. Heat the oven to 120°C degrees\*. Place baking paper on an oven tray and draw three circles of 8, 7 and 6 inches (24, 18 and 14 cm). From the centre, spirally pipe the egg white about an half an inch (1.5 cm) high. Make sure there is enough space on the baking paper for the different meringues. Bake for an hour and a half at 120°C degrees with the oven ajar to allow the moisture to escape.

(\*See page 184 conversion chart).

3. Briefly wash the crowned strawberries under running water and pat dry. Remove the crowns and cut the strawberries into small pieces and place them on kitchen paper.
4. Whip the cream until stiff with the three tablespoons of sugar. Divide the whipped cream into three bowls, adding ube to one for a purple colour and chlorella to the other for a green colour. To the third, add the strawberries. Gently stir the natural colouring into the whipped cream until it is evenly coloured. Place in the fridge.
5. When the meringue has cooled down and dried out enough so that they come off the baking paper easily, you can start building this cake.
6. Place the largest meringue disk on the bottom, pipe the purple whipped cream on the outside and fill the inside with the strawberry whipped cream. Place the next layer of meringue and repeat. Cover the top layer with whipped cream and smooth evenly.
7. Apply tufts of green whipped cream and alternately place cherry and sugar decorations until the whole cake is decorated.

Now just hope the cake doesn't start floating by itself when muggles visit!



## POST CARD

### WHAT IS UBE?

*Dioscorea alata* or Ube is a purple-coloured Southeast Asian root tuber. This yam or *napi* contains *anthocyanins*; the natural colour that is also found in aubergine, blood orange, blackberries, (wine) grapes, red cabbage, black beans.... Unlike orange hues (carotenoids as in carrots), anthocyanins are not present throughout the growing season, but are actively produced towards the end of summer as in autumn leaves. Ube tastes like vanilla, but nutty. To colour dishes, you can also use the neutral-tasting purple sweet potato, although it does not colour as intensely. Purple is a mystical colour created by mixing red with blue. The colour is said to help in reducing headaches and sleep problems.



*Drink*

# SHERBET LEMON LEMONADE

**SERVES 1 WITCH OR WIZARD | PREP TIME 2 MIN.**

*Sherbet Lemon are hard lemon candies. They are the personal favourite of Albus Dumbledore.  
Yellow food stimulates digestion. This drink is perfect for sunny days.*



## INGREDIENTS

VEGAN

- 1 Sherbet Lemon
- ¼ lemon, thinly sliced
- 3 tbsp elderflower syrup
- Sparkling water
- 1 tbsp sodium bicarbonate

## METHOD

1. Place the lemon in lukewarm water with sodium bicarbonate for 2 minutes. Rinse. Cut the lemon and decorate it against the side of the glass.
2. Break the candy with a hard object so it dissolves faster.
3. Mix the syrup with the water and fill the glass.

*Turn to page 151  
for more  
mocktails!*