

Switzerland - Swiss Recipe Collection



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Recipes gathered from the Internet

Credit goes to the Recipe Authors and Photographers

Stollen

Categories: Breads, Holiday, German, Cunningham

Servings: 2

1/2 c Chopped candied citron
1/4 c Chopped candied angelica
1/2 c Golden raisins
 :Boiling water
8 tb Butter
2 pk Dry yeast
1 c Milk; warmed
1 ts Salt
2 Eggs; slightly beaten
2/3 c Granulated sugar
1/2 ts Mace
1/4 ts Ground cardamom
5 1/2 c All-purpose flour (about)
3/4 c Chopped blanched almonds
2 tb Confectioners' sugar

1. Preheat oven to 350F.
2. Combine the citron, angelica and raisins in a small bowl, pour boiling water over to cover, then stir and let stand.
3. Melt the butter and let cool to lukewarm.
4. Sprinkle the yeast over the milk in a large bowl, stir, and let stand a few minutes to dissolve.
5. Add the salt, eggs, butter, granulated sugar, mace and cardamom, and mix well.
6. Add 2 cups of the flour and beat vigorously until smooth.
7. Add 3 more cups flour, 1 cup at a time, beating well after each.
8. After adding the last cup, beat until the dough holds together in a shaggy ball.
9. Turn out onto a lightly floured surface and knead for a minute or 2, sprinkling on more flour if necessary to keep it from being too sticky.
10. Let rest for 10 minutes.
11. Drain the fruits and raisins in a strainer and press firmly to remove excess water.
12. Sprinkle the fruit and nuts over the dough, and resume kneading until the dough is smooth and elastic.
13. Add a little more flour as necessary to keep it from being too sticky.
14. Place in a greased bowl, and turn the dough about to coat all surfaces.
15. Cover and let rise until double in bulk.
16. (This dough is especially rich, and the first rise might take as long as 3 hours, depending on the temperature of your kitchen.)
17. Punch the dough down and divide in half.
18. Shape and pat each piece into an oval about 10 inches long and 4 1/2 inches at the widest part.
19. Fold almost in half the long way, bringing the upper edge only about 2/3 of the way over, so the bottom edge extends beyond the top.
20. Place the loaves on a greased baking sheet, leaving several inches between them.
21. Cover lightly and let rise for 45 minutes.
22. Bake in a preheated 350F oven for about 40-to-45 minutes, until nicely browned.
23. Remove from the oven and dust with the confectioners' sugar sprinkled through a sieve, then transfer to racks to cool.

Makes 2 Loaves

MARION CUNNINGHAM, PRODIGY GUEST CHEFS COOKBOOK

Fasnachtskiechli / Carnival Treats (Basel)

Categories: Swiss, Cookies

Servings: 10

10 Eggs
100 g Sugar
1 Grated lemon rind
1/2 dl Cream
50 g Butter (melted)
1 kg Flour

1. Mix well and roll out 1/2 cm thick.
2. Cut out rounds and fry in deep fat (200 C).
3. Dust with powdered sugar.

E Guete! (More or less, Schweizerdeutsch for "Bon appetit!".)

Salm nach Basler Art / Salmon Basel Style

Categories: Swiss, Fish, Main dish

Servings: 4

4 Pieces filleted salmon
1/2 Lemon
Salt
2 T Flour
Pepper
2 Onions (in thin-cut rings)
50 g Butter
3 T Oil
1 dl Fish stock

1. Season the fillets with salt and pepper, squeeze the lemon juice over them, and leave to marinate for a short time.
2. Dredge the onion rings in the flour. Shake off the excess.
3. Dredge the fish in the remaining flour, then brown quickly in the combined butter and oil for 5-6 minutes on each side.
4. Brown the onion rings as well (after the fish have been removed from the pan).
5. Arrange the fish on a warm plate and cover with the onion rings.
6. Deglaze the pan with the fish stock and serve as a sauce over the salmon.
7. Serve with boiled potatoes.

(From a recipe handout from the GLOBUS chain of department stores in Switzerland.

The Globus distributes about 50 recipes a month in punched "notebook" format, to make them easier to keep and refer to.)

Gluhwein (from Buhrer's SCHWEIZER SPEZIALITATEN)

Categories: Beverages, Swiss

Servings: 8

1 l Good red wine
1/4 l Water
1/2 Stick cinnamon
2 Cloves
200 g Sugar
Grated rind of 1 lemon

Combine the ingredients in a pan and heat (don't boil!): strain and serve.

Swiss "French" Salad Dressing

Categories: Swiss, Salads

Servings: 8

1 t Salt
Fresh-ground pepper
1 t Mustard
10 fl Olive oil
1 t Sugar
3 1/2 fl Vinegar
1 Egg, or
2 T Cream
Stock or water

1. Blend together all the ingredients except the stock or water in a blender or food processor until quite smooth.
2. Add enough stock or water to give a lightly coating consistency.
3. Put in a screwtop jar and keep in the refrigerator.
4. Use within 3-4 days.

(from A TASTE OF SWITZERLAND, Sue Style)

Fruit Bread, Glarus Style (Glarner Fruchtebrot)

Categories: Swiss, Breads, Desserts

Servings: 8

1 Package yeast
3/4 c Milk
3/4 c Water
4 T Butter
3 c Flour
1 t Salt

-----FOR THE FILLING:-----

12 oz Dried pears
6 oz Dried prunes, pitted
2/3 c Raisins
3/4 c Walnuts, coarsely chopped
1 T Kirsch
2 1/2 T Sugar
1 pn Ground cloves
1 pn Nutmeg
1 Egg yolk

1. Dissolve yeast in lukewarm milk: add melted butter.
2. Sift flour with the salt.
3. Add milk to flour.
4. Knead until smooth, allow to rise in covered bowl in a warm place, about 1 hour.
5. Soak pears and prunes overnight in cold water.
6. Cook in the soaking water about 20 minutes, drain off water and put fruit through a meat grinder.
7. Add coarsely chopped nuts to the fruit mixture.
8. Soak raisins in kirsch: add to the mixture, along with sugar and spices.
9. Knead mixture into one-third of the dough, and shape into two narrow loaves.
10. Roll out remaining dough, cut into two rectangles, and wrap around the fruit loaves.
11. Fold the ends under and place on metal baking sheet with the seam on the bottom.
12. Prick several times with a fork.
13. Allow to rise in a warm place for one hour.
14. Brush with egg yolk and bake in a pre-heated 340F oven for about one hour.

(From CULINARY EXCURSIONS THROUGH SWITZERLAND, Sigloch Editions, D-7118 Kuenzelsau, Germany, 1985,1988. No ISBN. A translation of KULINARISCHE STREIFZUEGE IM SCHWEIZ, by the same publisher. These people specialize in German regional cookbooks: other titles (unfortunately not translated) include "culinary excursions through" Swabia, Bavaria, Hesse, the Rheinland, Friesland, Baden, Franconia, Pfalz, Westphalia and Niedersachsen.)

Weggelikeig (Button Rolls)

Categories: Swiss, Breads

Servings: 8

- 2 c Hot water (120-130F)
- 1 c Nonfat dry milk
- 2 T Sugar
- 2 t Salt
- 5 c All-purpose or bread flour
- 2 Pkg. dry yeast
- 2 T Each lard & veg. shortening
- 1 Egg, beaten, mixed with a
- pinch of salt

1. Grease a large baking sheet (or have ready a Teflon one).
2. In a large mixing or mixer bowl pour the hot water and add the milk, sugar, salt and 2 cups flour. Stir to blend.
3. Add the yeast: stir.
4. Measure in the shortening. (The recipe's creator, a Swiss baker, insists that half of the shortening should be lard if you're attempting to duplicate the original flavor.)
5. If working by hand, beat with a wooden spoon: if in a mixer, use the flat beater.
6. When the shortening has been blended into the heavy batter, add the balance of the flour, half a cup at a time, until the dough is a shaggy mass and can be worked with the hands or under the dough hook.
7. Knead for 8 minutes by hand or in the mixer, until the dough is soft and elastic.
8. Place the dough in a greased bowl, cover tightly with plastic wrap, and set aside until it has doubled in bulk, about 2 hours.
9. Turn dough from the bowl, and punch down.
10. Divide the dough into 24 pieces, and roll each into a ball until any seams disappear.
11. When each ball is round and cohesive, fashion it into a long roll - 4 to 5 inches -- by pushing it back and forth under your flattened palm with considerable pressure.
12. Place the rolls end to end on the baking sheet with a three-inch space between the parallel rows.
13. If there is dough for more rolls than the baking sheet will accommodate, reserve it and repeat this step when the sheet and oven are available.
14. Cover the rolls with wax paper and leave undisturbed for 40 minutes.
15. Then brush each roll with the egg/salt mixture. Leave uncovered for another 20 minutes.
16. At the end of the hour, brush again with the glaze.
17. Preheat the oven to 375F.
18. When the rolls have been brushed for the second time, face the long side of the rolls.
19. Hold scissors at a 45-degree angle, and snip 5 triangular cuts across each roll, about 1" long, down the center of each roll.
20. The points of the cuts will rise, forming "buttons".
21. Dip the scissors in water frequently so the points don't stick to the glaze.
22. When all the rolls have been cut, place the baking sheet on the center rack of the oven.
23. Halfway through baking, turn the sheet end for end to equalize the heat on the rolls.
24. They are done when glossy brown, 35 minutes.
25. Turn a roll over and tap the bottom crust to make sure the crust is firm.
26. Place on a rack to cool somewhat before serving.

(From BERNARD CLAYTON'S NEW COMPLETE BOOK OF BREADS, Simon & Schuster NY, 1987.)

Basler Mehlsuppe / Basel Flour Soup

Categories: Soups, Swiss

Yield: 4 servings

2 1/2 oz Butter
20 1/2 fl Beef stock*
3 3/4 oz Flour
2 oz Grated cheese**

(This is the famous soup which is served in Basel at Fasnacht, the pre-Lenten Carnival.)

*Made with stock cubes if necessary. **plus extra for handing around with the soup. –

1. Heat butter in a shallow iron pan and fry the flour until golden brown, stirring constantly.
2. Work in 2-3 fl oz. of stock.
3. Pour all into a saucepan and add rest of stock.
4. Allow to simmer on low heat for 30 minutes.
5. Pass through a sieve, and add grated cheese.
6. Serve with additional grated cheese so that everyone else can help themselves.

Under the name of "Guarn", a similar brown flour soup is made in the Graubunden; this soup, however, is prepared not with stock but with salted water. Two tablespoons red wine and 1 tsp sugar per plate are added to give the soup its special flavor.

from TANTE HEIDI'S SWISS KITCHEN, Eva Marie Borer / shared by Diane Duane

Erbsuppe Mit Gnagi / Pea Soup With Gnagi

Categories: Soups, Swiss

Yield: 4 servings

2 ea Pig trotters, cured in brine
40 fl Water
8 oz Dried peas
1 ea Onion
2 oz Butter
1 x Bread cubes

"Gnagi" are the coarses parts of the pig that lend themselves to "gnawing"; the forelegs, trotters, ears and tongue.

1. Wash the trotters, add cold water, and parboil for about an hour.
2. Add peas (which should have been soaked the night before) and cook until tender, about 1 1/2 hours.
3. Fry chopped onion and bread cubes in butter until light brown, add to the soup, and serve.

from TANTE HEIDI'S SWISS KITCHEN, Eva Marie Borer / shared by Diane Duane

Kuerbisuppe / Squash Soup

Categories: Soups, Swiss

Yield: 4 servings

- 1 ea Large squash
- 30 fl Meat or vegetable stock
- 2 1/2 fl Milk
- 1 oz Flour
- 1 oz Butter
- 1 x Grated cheese

1. Peel the squash and scoop out and discard seeds: dice and cook squash in salted water until soft.
2. Pour off water and push squash through a sieve.
3. Add stock.
4. Stir soup until it comes to the boil.
5. Stir milk into flour until smooth, add to soup, and allow to boil for another 25 minutes.
6. Finally add butter.
7. Serve with toast cubes and grated cheese.

Urner Kaesesuppe / Urner Cheese Soup

Categories: Swiss, Soups

Yield: 4 servings

- 1 1/2 oz Butter or fat
- 2 1/2 oz Flour
- 17 fl Water
- 1 tb Caraway seeds
- 2 1/2 fl Milk
- 4 oz Emmenthaler cheese
- 1 x Salt
- 1 x Pepper
- 1 x Nutmeg
- 1 x Garlic to taste

The dish which in Switzerland was known as "Cheese soup" was really a thick mixture of bread and cheese, in which a spoon would stand upright. Served with onions fried in butter, it probably contained more calories than a complete dinner of several courses. The following recipe is modified slightly to suit modern tastes.

1. Fry flour in butter or fat until golden brown, add water, spices and seasonings, and allow to cook on a low heat for 40-60 minutes. Pour grated cheese into soup tureen, and stir in hot milk.
2. Pour soup over cheese mixture and serve.

from TANTE HEIDI'S SWISS KITCHEN, Eva Marie Borer / shared by Diane Duane

Bundner Mehlsuppe / Flour Soup A La Grisons

Categories: Soups, Swiss, Buendner

Yield: 4 servings

50 g Fat (butter or lard)
150 g Flour
1 1/2 l Water
1/2 ts Salt
1/2 ts Bouillon
3 tb Milk or cream
30 g Grated parmesan

1. Heat the fat.
2. Add the flour and stir constantly over low heat for 15-20 minutes.
3. Add the water and stir until the bubbling stops, and lower the heat.
4. Then add the salt and bouillon and cook for 1 hour, stirring occasionally.
5. Finish by stirring in the milk or cream.
6. You can then stir the grated cheese into the soup, or, if you prefer, serve it alongside.

from BEWAEHRTE KOCHREZEPTE AUS GRAUBUENDEN / TESTED RECIPES FROM THE GRAUBUNDEN, published by the Chur Chapter of the Swiss Womens' Institutes: translated by Diane Duane

Panadensuppe / Churer Bread Soup

Categories: Soups, Swiss, Buendner

Yield: 4 servings

3 ea Small veal knucklebones
1 1/2 l Water
3/4 ea Loaf of schiltbrot*
30 g Butter
1 ts Salt
1 x Nutmeg
1 ea Egg yolk
3 tb Milk

*"Schiltbrot" is "shildbread"; a light brown, half-rye bread, usually baked in a flattened round like a shield -- hence the name. A good crusty sourdough will substitute nicely. You want a bread with a fairly dense, peasanty texture for this, not something light and airy that will fall apart in the soup.

1. Roast the veal knucklebones at a low temperature until well browned: then add the water, deglaze the roasting pan with it, and put the bones and water in a pot to continue simmering slowly.
2. After about an hour, remove the bones and strain the stock, then return to the pot.
3. Cube the bread, toss it quickly in the butter (melted), and then toast it under the broiler, or in the oven.
4. Add it to the stock, and simmer gently for about half an hour.
5. Season to taste with the salt and a grinding of nutmeg.
6. Finally, when ready to serve, beat the egg and milk together.
7. The recipe here says to put this mixture "over" the soup: I suspect they mean that it should be stirred in after removing the soup from the heat, and just before serving, to thicken the soup without "scrambling" the eggs in it.
8. I would grate a little more nutmeg over the top, and possibly some pepper.

From BEWAEHRTE KOCHREZEPTE AUS GRAUBUNDEN / TESTED RECIPES FROM THE GRAUBUNDEN, by the Chur Chapter of the Swiss Women's Institutes: translated by Diane Duane

Brotauflauf / Swiss Bread Pudding

Categories: Desserts, Swiss, Buendner

Yield: 4 servings

200 g Fresh bread rolls
2 dl White wine or milk
50 g Melted butter
200 g Sugar
1/2 ts Cinnamon
1 ea Juice and zest of 1 lemon
2 tb Rum
4 ea Egg yolks
4 ea Egg whites, beaten stiff

1. Cut the bread rolls into thin slices.
2. Put them in a saucepan, pour over the wine or milk, and heat them gently, breaking them up a little as they soften.
3. Combine the melted butter, sugar, cinnamon, lemon juice and zest, rum, and egg yolks, beat well, and add them to the bread and wine/milk mixture.
4. Mix well.
5. Carefully fold in the egg whites, and put the mixture into a buttered soufflé dish.
6. Bake at about 375 F for an hour.
7. Serve with a vanilla sauce, or one based on white wine.

From BEWAEHRTE KOCHREZEPTE AUS GRAUBUENDEN / TESTED RECIPES FROM THE GRAUBUNDEN, by the Chur Chapter of the Swiss Women's Institutes: translated by Diane Duane

Bircher Muesli / Dr. Bircher's "porridge"

Categories: Appetizers, Fruits, Swiss

Yield: 1 servings

3 tb Uncooked oatmeal*
3 tb Cold water
1 tb Lemon juice
1 tb Sweetened condensed milk**
1 ea Large unpeeled apple
2 tb Chopped nuts

*Best for this are not instant, but "slow" oats: or "steel-cut" oats of the kind imported from Ireland, such as McCann's: or (best of all, if you can get them) "pinhead oats". **Or honey.

1. Soak the oatmeal in the cold water until it is soft -- preferably overnight.
2. If using instant or quick oats, simply mix with water.
3. At serving time, stir in the lemon juice and the condensed milk.
4. Grate the apple directly into the muesli.
5. Sprinkle with the nuts.
6. Let it stand for a few minutes before eating.

Optional variations: used mashed strawberries or other berries, or thinly sliced apricots, plums or peaches, in place of apples. Combine several kinds of fruit, for instance apples and bananas, apples and oranges, raspberries and red currants, blackberries and apples. Substitute 3 t yogurt and 1 T honey for the canned milk: or use wheat, millet, mixed cereal grains or soya in place of oats.

"Muesli is not a dessert and should be eaten at the beginning of a meal. Its full value is not felt unless the appetite is keen and the stomach empty. It is particularly good for breakfast, or as an hors d'oeuvre before an evening meal, with wholemeal bread and butter."

(TANTE HEIDI'S SWISS KITCHEN) This is indeed the way it was eaten in rural Switzerland, as a supper dish, with large amounts of milky coffee on the side. The porridge was often wheat rather than oats, and the fruit was often dried pears, or fresh ones when in season.

Appenzell Style Oat Soup

Categories: Swiss, Soups, Dairy

Yield: 4 servings

120 g Appenzeller cheese
30 g Butter
1 ea Small onion, chopped
6 tb Oatmeal
1 x Sprig parsley
8 dl Hot meat stock
2 dl Cream
1 ea Bunch chives, chopped

1. Fry onion in butter until golden, add oatmeal, and simmer for 2-3 minutes, stirring the while.
2. Add parsley and leek and allow to cook briefly.
3. Add stock and simmer for a further 15-20 minutes.
4. Lastly, enrich with cream and pour into soup plates or bowls.
5. Sprinkle thickly with the grated Appenzeller cheese and diced chives; serve immediately.

Appenzeller 'rabbit'

Categories: Swiss, Dairy, Appetizers

Yield: 4 servings

250 g Sliced Appenzeller cheese
4 ea Thin slices bread
200 g Sausage meat
2 ea Eggs
1 x Pepper and nutmeg
1 x Breadcrumbs
1 x Frying oil

1. Spread both sides of the slices of bread thinly with the sausage meat, sandwich between two slices of the cheese, and press well so they adhere.
2. Dip in flour, then in egg, and finally coat well with breadcrumbs.
3. Fry till golden brown in the oil.

Basler Brunсли

Categories: Cookies, Desserts, Swiss, Malgieri

Yield: 8 servings

- 1 3/4 c Sugar
- 3 1/2 c Whole unblanched almonds
 - 7 oz Semisweet chocolate
 - 2 ts Cinnamon
 - 1/2 ts Ground clove
- 4 lg Egg whites
- 1 tb Kirsch (optional)

1. COMBINE THE SUGAR and almonds in the food processor and pulse to grind finely.
2. Be careful that the mixture does not become warm.
3. Cut the chocolate finely and add to the processor.
4. Pulse to grind the chocolate finely and mix with the almonds and sugar.
5. Add the remaining ingredients and pulse to mix rapidly.
6. Strew the surface with sugar and press the paste out about 3/8-inch thick.
7. Roll over with a grooved rolling pin.
8. Cut the Brunсли in hearts, stars and clover leaf shapes and place on paper-lined pans.
9. Allow to dry several hours, uncovered, at room temperature. Preheat oven to 300F.
10. Bake about 10 minutes. Do not overbake or they will be very hard.

NICK MALGIERI - PRODIGY GUEST CHEFS COOKBOOK

Mulled Wine (Wiwoerm): Hazelton's SWISS COOKBOOK

Categories: Beverages, Swiss

Yield: 8 servings

- 2 c Water
- 2/3 c Sugar
 - 2 Cinnamon sticks
 - 3 Cloves
- 1/2 ts Nutmeg
- 3 c Wine

1. Combine the water, sugar, cinnamon sticks, cloves and nutmeg.
2. Bring to a boil and simmer 10 minutes.
3. Remove whole spices. Add the wine.
4. Reheat slightly and serve hot. Makes about 5 cups.

Diced Veal in Cream Sauce (Zuri-Geschnetzeltes)

Categories: Swiss, Meats, Main dish, Dairy

Yield: 4 servings

18 oz Veal fillets
1/2 oz Flour
1 Small onion
2 oz Butter
2 1/2 oz White wine
Salt
Pepper
3 tb Cream

Ask your butcher for thin pieces of veal (about thumbnail thickness): or liver, beef or pork can equally well be prepared in this way. (But veal makes it the original Zurich specialty.) If you have to cut the meat yourself, it must first be freed of any skin, fat or sinew, then cut in thin slices.

1. Cut these in strips, and again into smaller pieces.
2. (In Switzerland the meat is prepared by the butcher, using a *geschnetzeltes* machine.)
3. Sprinkle the veal with flour.
4. Chop the onion finely, fry in very hot butter until golden-yellow, and add the meat.
5. Fry over strong heat, turning the veal constantly.
6. After about a minute, it should be almost white.
7. Pour in white wine (or half wine, half stock), season with salt and pepper, leave to cook for about 2 minutes, and serve.
8. If desired, cream should be added at the last minute.
9. Today it is usually served with fried potatoes, though many people prefer plain rice.

(From TANTE HEIDI'S SWISS KITCHEN, Eva Marie Borer, Nicholas Kaye Ltd, London, 1965. ISBN 0-7182-0894-3.)

Potato Pancakes (Swiss)

Categories: Swiss, Vegetarian

Yield: 4 servings

POTATO PANCAKE

Not for people with weight problems.

INGREDIENTS (serves 4)

2 1/2 lb potatoes, peeled
2 onions, chopped fine
1 egg, beaten
1/4 cup flour
1 tsp salt
1 cup oil (or lard)

PROCEDURE

- (1) Grate the peeled raw potatoes with a fine grater.
Squeeze dry in a towel.
- (2) Mix the potatoes with all other ingredients (except the oil). Leave it for a while.
- (3) Heat the oil or lard in a frying pan.
Form pan-cakes from 2 Tbsp of batter, press flat, and fry until both sides are golden brown.

NOTES

Serve the hot pancakes with any kind of stewed fruit.

Be sure you make enough pancakes. They have the same effect as salted peanuts: you can't stop eating!

CONTRIBUTOR

Heinz Kindlimann
Swiss Federal Institute of Technology, Electronics Dept., Zurich, Switzerland

UUCP: kindlima@ethz

X400: kindlimann@ife.ethz.CHUNET

BITNET: kindlimann@czheth5a

Schoppa da giotta (Buendner barley soup)

Categories: Soups, Meats, Swiss, Buendner

Yield: 8 servings

60 g Barley, large or med. grain
2 1/2 l Water
1 tb Salt
300 g Smoked pork
200 g Beef
150 g Speck or other hard smoked
-bacon
1 Head garlic
2 Celery leaves
1/2 Cabbage
1/2 Stick celery
2 Or three potatoes
Bouillon
2 1/2 tb Milk

1. Soak the barley overnight in the 2.5 liters of water.
2. Season this water with the salt and simmer the barley and the pork and beef in it for 2-3 hours over low heat.
3. Add the speck about halfway through the cooking period.
4. Wash, rinse and chop finely the vegetables, and add them to the soup about 3/4 hour before its estimated time of completion.
5. Add the bouillon to taste when cooking is complete: add the milk to finish the soup, just before serving.

(from BEWAERHRTE KOCHREZEPTE AUS GRAUBUNDEN, Chur Women's Institute: tr. Duane)

Davoser Kartoffelsuppe (Potato soup a la Davos)

Categories: Soups, Vegetables, Vegetarian, Swiss, Buendner

Yield: 8 servings

100 g Speck
1 Onion
50 g Rice (Originario, Camolino)
1 1/2 l Water with salt or bouillon
200 g Raw potatoes
Soup greens

1. Chop the speck in small pieces and saute'.
2. Finely slice and chop the onion and saute' it with the speck.
3. Cook the rice along with the onions.
4. Add the water, and simmer: chop the potatoes into small pieces and cook them in the soup for half an hour.
5. Add soup greens to finish, and serve.

Buendner Milchsuppe (Milk Soup a la Grisons)

Categories: Swiss, Soups, Buendner

Yield: 8 servings

-----SOUP:-----

9 dl Milk
30 g Peeled, grated almonds
1/3 ts Cinnamon & vanilla sugar

-----THICKENER:-----

20 g Flour
1 dl Milk
2 pn Salt
20 g Sugar
2 Egg yolks
3 tb Cold milk

-----"ISLANDS":-----

2 Egg whites
2 pn Salt

-----GARNISH:-----

2 ts Sugar
1/4 ts Cinnamon

1. Heat the 9 dl of milk and the almonds, cinnamon and vanilla sugar together.
2. Mix the 20 g of flour well with 1 dl of milk: add to the heated mixture and simmer for 10 minutes.
3. Season to taste with sugar and salt.
4. Whisk the egg yolks carefully with a small amount of the hot soup, then add slowly to the pot, stirring carefully until everything is blended, to keep the eggs from "scrambling".
5. Meanwhile, beat the two egg whites until stiff, seasoning with the salt.
6. Add by spoonfuls to the thickened soup, so that they cook until firm and look like floating snowballs.
7. Sprinkle the remaining sugar and cinnamon over the soup and serve.

(from BEWAEHRTE KOCHREZEPTE AUS GRAUBUENDEN, Women's Institute of Chur: tr. Duane)

Spinatpudding (Buendner Spinach Souffle)

Categories: Swiss, Vegetarian, Buendner

Yield: 4 servings

- 500 g Spinach
- 100 g Melted butter
- 20 g Flour
- 3 tb Breadcrumbs
- 50 g Grated parmesan
- Salt to taste
- Nutmeg to taste
- "Aromat" (if desired)
- 3 1/2 dl Milk
- 4 Egg yolks
- 4 Egg whites

1. Wash the spinach and pour boiling water over it to blanch it: drain and chop up fine.
2. Mix the butter, flour, breadcrumbs, parmesan, and seasonings with the spinach.
3. When cool, add the milk, then the egg yolks and the (beaten?) egg whites: pour into a greased, bread crumbed pudding basin or ovenproof dish.
4. Steam in or over a double boiler for about 1 1/2 hours: serve with a tomato or butter sauce.

A variant on this theme: steam in individual ramekins and serve as an appetizer.

From BEWAEHRTE KOCHREZEPTE AUS GRAUBUENDEN / TESTED RECIPES FROM THE GRAUBUNDEN, by the Chur chapter of the Swiss Women's Institutes / translated by Diane Duane

Buendner Spinach with Smoked Bacon

Categories: Swiss, Buendner, Vegetables

Yield: 4 servings

- 100 g Smoked bacon (Speck)
- 1 Clove garlic
- 1 kg Spinach, either new young
 - spinach or frozen
- Salt, pepper, and nutmeg
 - to taste

1. Cook the thinly sliced bacon until transparent: chop the garlic and saute it in the bacon fat.
2. Saute the spinach with the bacon and garlic until just cooked: usually about ten minutes.
3. Season to taste with salt, pepper and nutmeg.

From BEWAEHRTE KOCHREZEPTE AUS GRAUBUENDEN / TESTED RECIPES FROM THE GRAUBUNDEN, by the Chur chapter of the Swiss Women's Institutes / translated by Diane Duane

"Gilded" Zucchini

Categories: Swiss, Buendner, Vegetarian

Yield: 4 servings

- 1 kg Small tender zucchini
- Salt, pepper, Aromat to taste
- 2 Eggs, well beaten
- 3 tb Milk
- 2 pn Salt
- Breadcrumbs (coarse)
- Oil or butter

1. Wash and peel the zucchini and cut into long strips.
2. Season with salt and pepper.
3. Mix the eggs, milk and salt, dip the zucchini strips into the mixture and then roll in the breadcrumbs.
4. Saute until crisp on the outside but not overcooked, about 2-3 minutes.
5. Serve.

From BEWAEHRTE KOCHREZEPTE AUS GRAUBUENDEN / TESTED RECIPES FROM THE GRAUBUNDEN, by the Chur chapter of the Swiss Women's Institutes / translated by Diane Duane

Zibelewaie (Basler Onion Tart: for Fasnacht)

Categories: Swiss, Vegetables, Pies, Pastry

Yield: 6 servings

- 1 kg Onions
- 2 tb Butter
- Salt and pepper to taste
- 300 g Shortcrust pastry
- 3 Eggs
- 200 ml Cream
- 200 ml Milk
- Optional: 50g / 2 oz
- streaky bacon cubes

1. Slice the onions finely.
2. Stew them gently in a covered pan with the butter, salt and plenty of black pepper for about 30 minutes until golden and tender.
3. Heat the oven to 200C / 400F / Gas mark 6.
4. Roll out the pastry to fit a 30cm / 12 inch quiche pan.
5. Whisk together the eggs, cream, milk, and salt and pepper to taste.
6. Spread the cooked, cooled onions in the pastry case, pour over the egg mixture and scatter the bacon on top (if you're using it).
7. Bake the tart for about 35 minutes or until set and golden brown.

(from A TASTE OF SWITZERLAND, Sue Style, Pavilion Books [UK], 1992: shared by Diane Duane)

Plain in Pigna (Kartoffelpitta) a la duonna Carla

Categories: Romansch, Swiss

Yield: 4 servings

200 g Flour
2 Eggs
2 dl Milk+water
1 ts Salt
4 Raw potatoes, grated
100 g Salami, sliced
100 g Speck or smoked bacon
1 ts Baking powder
Nutmeg
Oil
2 Slices bacon, to garnish

1. Combine the eggs, flour, milk-water and salt to make a batter.
2. Add the potatoes.
3. Combine the sliced meats and beat in the baking powder: pour the batter into a baking pan, garnish with the bacon slices (or crumble them up and garnish), and bake immediately for 1 hour at 180C/375F.

(The Romansch name means "Flour-and-potato pudding": this is a relative of the British "Toad-in-a-Hole".)

From LA PADELLA: RECEPTS ENGIADINAIS, Cilgia Pedrun: translated by Diane Duane)

Venison Stew with Spaetzle

Categories: German, Swiss, Meats, Game

Yield: 4 servings

-----STEW-----

- 3 tb Butter
- 2 Carrots, peeled and chopped
- 2 Stalks celery, peeled/choppd
- 1 Lg onion, chopped
- 2 Cloves garlic, finely choppd
- 4 Whole cloves
- 1 ts Ground black pepper
- 1 c Spaetburgunder or other
-light red wine (pinot noir)
- 1 1/2 lb Venison, cut into 1-inch
-cubes
- 1/4 c All-purpose flour
- 14 fl Beef broth
- 1 16-oz can whole tomatoes
- 1 tb Fresh thyme leaves, or
- 1 ts Dried thyme leaves
- 10 oz Wild mushrooms, coarsely
-chopped (recipe used a
-combination of porcini,
-cremini and chanterelles)

-----SPAETZLE-----

- 1 5/16 c Sifted all-purpose flour
- 1/4 ts Salt
- 1/4 ts Ground black pepper
- 1/8 ts Nutmeg (ground)
- 2 Large eggs
- 1/4 c Water

-----GARNISH-----

- 4 Sprigs fresh thyme

- (1) Several hours or day before serving, prepare venison marinade.
In large skillet, melt 1 T butter over medium heat.
Add the carrots, celery, onion and garlic: saute until vegetables soften slightly and onions become translucent.
Stir in cloves and pepper.
Add 1 cup water and 1/2 cup Spaetburgunder to vegetable mixture: heat to boiling over high heat.
Reduce heat and simmer 10 minutes.
Remove from heat and cool 10 minutes.
- (2) Place venison in large shallow dish: pour vegetable mixture over venison.
Cover and refrigerate, several hours or overnight, to marinate.
- (3) Heat oven to 350 degrees F.
In 5-quart Dutch oven, over medium-high heat, melt remaining 2 T butter.
Drain venison from marinade: reserve marinade.
In Dutch oven, brown venison on all sides.
Sprinkle flour over venison and stir to blend.

Add remaining 1 cup water and 1/2 cup Spaetburgunder, the beef broth, canned tomatoes with their liquid, and thyme leaves to venison.

Strain liquid from marinade into pan: discard vegetables.

Bake venison, covered, one hour.

Uncover, add mushrooms, and bake 30-40 minutes more, or until meat is very tender.

Meanwhile, make Spaetzle.

(4) To serve, divide Spaetzle among plates: spoon stew on top and garnish with fresh thyme sprigs if desired.

Spaetzle: In medium-sized bowl, combine flour, salt, pepper, and nutmeg.

Stir in eggs, lightly beaten, and water until firm batter forms.

In large pot of boiling water, drop batter through a spaezlhobli, or rub through a colander to create little drops of batter.

Cook 3 minutes, then drain in colander.

If desired, spaetzle can be sauteed in a little butter until lightly browned, or simply served boiled.

(from COUNTRY LIVING Magazine, January 1991)

Appenzeller Macaroni & Cheese

Categories: Swiss, Pasta, Cheese, Vegetarian

Yield: 4 Servings

200 g "high-fat" Appenzeller
-cheese

200 g Mature Appenzeller cheese

500 g Macaroni

250 g Potatoes

1 Large onion

100 g Butter

1. Peel potatoes and cut into thin chip-like strips.
2. Parboil in salted water.
3. Only then do you add the macaroni to the same salted, boiling water and cook it until *al dente*.
4. Turn potatoes and macaroni into a sieve and drain them well.
5. Grate the Appenzeller cheese finely and intersperse layers of macaroni/potato with layers of cheese in a hot pan.
6. Chop the onion coarsely and fry golden-brown in butter.
7. Pour the fried onion over the macaroni.
8. Cover and leave over a low heat until the cheese has thoroughly melted.
9. This dish should be served hot.

Goes best with sausages or just a salad.

(Note: This recipe calls for the two milder versions of the three Appenzeller cheeses. Only those used to strong flavors should try adding the famous "Raess", the oldest, lowest-fat and fiercest of the Appenzellers.)

(from a booklet on Appenzeller cheese from Cheese Switzerland)

Chaeshoernli mit Apfelmus (Elbow Mac&Cheese with Applesauce)

Categories: Swiss, Pasta, Cheese, Vegetarian

Yield: 4 Servings

-----FOR THE CHAESHOERNLI-----

300 g Elbow macaroni
2 Onions
50 g Butter
150 g Appenzeller cheese (or Urner
-Bergkaese if available)
1 dl Cream
80 g Butter

-----FOR THE APPLESAUCE-----

6 Apples
1 dl Apple juice
1/2 Cinnamon stick
1 Whole nutmeg
100 g Sugar
2 dl Cream

***For the macaroni:

1. Cook the pasta in salted water and drain.
2. Peel the onions, chop them in thin slices and saute them in butter: then mix them with the pasta.
3. Stir the cream into this mixture, and season with salt and pepper.
4. Grate the Appenzeller cheese or Bergkaese and strew it over the macaroni.
5. Sizzle the butter until light brown and pour it over the dish.

***For the apple sauce:

1. Peel and core the apples.
2. Cook slowly with the apple juice, cinnamon, whole nutmeg and sugar: add a squeeze or so of lemon juice toward the end of the process.
3. Remove the whole spices, sieve the puree, and sweeten to taste if necessary: then whip the remaining cream, top the applesauce with it, and serve alongside the macaroni/cheese.

(translated from SCHWEIZER SPEZIALITAETEN: ALTE ORIGINAL-KOCHREZEPTE, Peter Buehrer, Editions M, Zuerich, 1991)

Berner Haselnussleckerli (Bernese Christmas Cookies)

Categories: Swiss, Cookies, Baking

Yield: 4 Servings

- 12 oz Hazelnuts, roasted, skins
-removed, and finely ground
- 12 oz Blanched almonds, finely
-ground
- 1 lb Sugar
- 3 1/2 oz Mixed peel, finely minced
- 1 ts Cinnamon
- Grated rind of one lemon
- 2 tb Apricot jam
- 4 Egg whites, lightly beaten

Recommended equipment: carved wooden molds, or, if unavailable, decorative cookie cutters

1. Combine the ground hazelnuts and almonds with the other ingredients in a mixing bowl.
2. Mix together well.
3. The dough will be very moist and soft but should hold together.
4. Wrap in plastic cling film / Saran wrap and leave at room temperature overnight.

5. The next day, roll out the dough 3/8 inch thick on a board sprinkled lightly with granulated sugar.
6. Dust a decorative wooden mold and the dough lightly with icing sugar / confectioner's sugar.
7. Press the mold repeatedly into the dough.
8. Brush off the excess sugar.
9. Separate the cookies with a sharp knife.
10. If using cookie cutters, cut out decorative shapes as desired.
11. Place on a buttered and floured baking sheet.
12. Allow to dry at room temperature for several hours.

13. Preheat the oven to 300 F / 160 C.
14. Bake, one sheet at a time, in the middle of the oven for 20-30 minutes or until golden and relatively dry.
15. Loosen the cookies from the baking sheet with a metal spatula as soon as you have taken them out of the oven.
16. Allow to cool on the baking sheet for several minutes before removing them to a wire rack.
17. When cool, store in airtight tins.

(from FESTIVE BAKING IN AUSTRIA, GERMANY AND SWITZERLAND, Sarah Kelly: Penguin paperback, ISBN 0-14-046567-7)

Shared by Diane Duane (<http://www.owlsprings.com/edibilia.html>)

Zouftschriibertopf (Zurich Guildhouse "Clerk's Casserole")

Categories: Swiss, Meats, Main dish

Yield: 4 Servings

200 g Potatoes
100 g Carrots
50 g Smoked bacon
100 g Mushrooms, finely chopped
100 g Baby peas or petit pois
 -(canned if necessary)
80 g Filet of beef
80 g Filet of veal
80 g Filet of pork
80 g Calves' liver
80 g Veal kidney(s)
2 "chipolata" or other mildly
 -spicy sausage

A colorful composition of golden-brown chipped potatoes, with finely-cut carrots, mushrooms, bacon and tender baby peas, topped (as a recent variation) with a tender mixed grill. This is a specialty of "Zunfthaus der Waag", one of the the old riverside and lakeside Guildhouses of the city of Zurich, many of which have now become (or feature) restaurants. ("Zouft-" is the Zurich-dialect pronunciation of "Zunft".)

1. Dice the potatoes, carrots, and bacon, and chop the mushrooms finely.
2. Cut the meat into "medallions" or slices about 1/2-3/4 inch thick.
3. If you are using fresh peas for this dish, parboil for 5-7 minutes, until just beginning to be tender.
4. Saute the potatoes in butter until golden brown: when they're ready, add the (cooked) peas and combine well: keep warm.
5. Separately, saute the carrots, mushrooms and bacon until the carrots are just tender and the bacon is done.
6. Grill the meats to your liking: when they're done, arrange the cooked vegetables on a warm plate, and then garnish with the components of the mixed grill.

(Recipe courtesy of the "Wunschrezept" recipe-finding service of the "Brueckenbauer" online magazine, affiliated with the Swiss grocery chain Migros.)

(Brueckenbauer: <http://www.migros.ch/BB/kochen.htm>. Please note that if you have recipe requests for them, you will need to have at least some understanding of German.)