

Switzerland Recipes

Äplermagronen

Ingredients:

1 large potato
1 ½ cups penne pasta
1 cup Gruyere cheese
½ cup milk
½ cup cream
Salt and pepper to taste
½ onion
1 tablespoon butter
1 teaspoon olive oil

**Directions:**

Slice the onions and caramelize with the butter and olive oil in a pan on medium heat. When tender and brown, turn off heat and keep aside.

Shred the cheese and preheat oven to 400° F. To prepare the potato, put it in a pan of salted water and bring the water to a boil. Let it simmer until the potato is almost cooked but not completely tender. Drain the water. Peel the potato and dice into cubes. Bring another pot of water to a boil. Add the pasta and diced potatoes. Cook until pasta is done. Drain the water.

Add half the potatoes and pasta to a casserole dish. Sprinkle half the cheese over it and then add the remaining potatoes and pasta. Sprinkle the remaining cheese over the top. Finally, top with the onion topping. Put it in the oven until the cheese melts.

Meanwhile heat the milk and cream, do not boil. Remove the casserole from the oven and pour the heated milk mixture over the top. Return to the oven for 5-10 minutes until the pasta is heated through. Serve with applesauce (optional).

Swiss Chocolate Roll Cake

Ingredients:

4 large eggs, separated, at room temperature

$\frac{3}{4}$ cup sugar

1 teaspoon vanilla extract

$\frac{1}{4}$ cup Greek style yogurt

1 cup flour

1 teaspoon baking powder

$\frac{1}{4}$ cup cocoa powder

$\frac{1}{4}$ teaspoon salt

1 cup heavy cream

$\frac{1}{2}$ cup powdered sugar

1 teaspoon vanilla extract



Directions:

Preheat the oven to 350° F. Grease a 10" x 15" cake roll pan and line the base with parchment paper. Using a handheld or stand mixer, beat the egg yolks on high speed until thick. Gradually beat in the sugar, vanilla, and yogurt. Add the flour, baking powder, and cocoa powder, and mix well.

In a separate bowl, beat the egg whites and salt until stiff peaks form. Gently fold into the batter. Pour the batter into the prepared pan and spread out evenly. Bake for 10-15 minutes or until a toothpick inserted in the center comes out clean. Allow to cool in the pan for 5 minutes. Invert the cake onto a tea towel dusted with powdered sugar.

Gently peel off the parchment paper and roll up the cake with the tea towel, starting at a short end. Allow to cool completely on a wire rack. Using a handheld or stand mixer, whip the heavy cream until it starts to thicken. Add the powdered sugar and vanilla and whip to stiff peaks. Unroll the cake and spread the whipped cream evenly over the cake. Reroll without the tea towel. Cover and chill for at least 1 hour. Dust with powdered sugar and serve.

Swiss Rosti

Ingredients:

4 medium russet potatoes

5 tablespoons butter

Directions:

Peel potatoes and grate into a bowl.



Melt 4 tablespoons butter in an 8” non-stick skillet. Add the grated potatoes and salt to taste. Cook over medium heat for 3-4 minutes. Stirring occasionally to coat potatoes with butter. Pat the potatoes into the pan with a spatula and let cook for 10 minutes, uncovered. Cover and cook for another 5-10 minutes.

When the bottom of the potato cake is golden brown, place a plate inverted over the potatoes. Hold the plate and invert the pan onto the plate. Remove the pan and set it back on the stove.

Add another tablespoon of butter and let it melt. Slide the rosti back into the pan, golden side up, and cook about 15 minutes longer, pressing down once or twice to make the pancake stick together. Slide the rosti onto a plate and serve by cutting into wedges. Salt and pepper to taste.

Fondue

Ingredients:

⅓ pound firm alpine-style cheese, such as Gruyere

⅓ pound Fontina cheese

⅓ pound Gouda cheese

2 tablespoons cornstarch

1 cup dry white wine

1 garlic clove, minced

1 tablespoon fresh lemon juice

1 tablespoon brandy

1 teaspoon Dijon mustard

⅛ teaspoon nutmeg

Cubed sourdough or French bread for dipping



Directions:

Grate all the cheeses. In a medium bowl, combine the cheeses with the cornstarch, tossing thoroughly to coat all pieces. In a fondue pot or large heavy saucepan, bring the wine, garlic, and lemon juice to a simmer over medium-low heat.

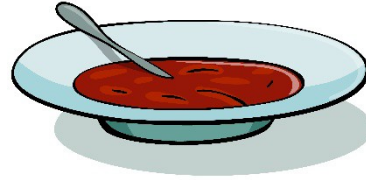
Add the cheeses into the simmering liquid a little at a time, stirring well between each addition to ensure a small fondue.

Once smooth, stir in the brandy, mustard, and nutmeg. Arrange the cubed bread for dipping on a platter. Serve with fondue forks or wooden skewers.

Basler Mehlsuppe

Ingredients:

4 tablespoons flour
1 cup sliced onions
½ cup red wine
1 quart beef stock
2 tablespoons butter
1 thickly cut slice of bread
½ cup shredded Gruyere cheese
Salt and pepper



Directions:

Heat the flour gently in a heavy saucepan over medium heat until it begins to turn pale golden brown, stirring constantly. Remove from heat.

In another pan, lightly fry onions in butter. When transparent, blend them into the flour and then gradually add the beef stock, wine, and salt and pepper to taste. Cook gently, stirring frequently for about 30 minutes.

Put a slice of bread in each person's bowl with a sprinkling of cheese on top. Pour soup into each bowl and serve.

Bircher Muesli

Ingredients:

5 cups rolled oats
2 cups unsweetened shredded coconut
2 cups sliced almonds
½ cup flax seed
1 cup date pellets
½ cup chia seeds
1 cup raisins
½ cup milk
½ grated apple
¼ cup plain yogurt
Fresh fruit (optional)



Directions:

Mix first 7 ingredients together for the muesli mix. Stir the remaining ingredients together with the muesli mix. Let sit for 15 minutes before serving. Top with fresh fruit.