

## Swiss Recipes

*There are many regional dishes in Switzerland. One example is Zürcher Geschnetzeltes, thin strips of veal with mushrooms in a cream sauce served with Rösti. Italian cuisine is popular in contemporary Switzerland, particularly pasta and pizza. Foods often associated with Switzerland include particular types of cheese and milk chocolate. Swiss cheeses, in particular Emmental cheese, Gruyère, Vacherin, and Appenzeller, are famous Swiss products. The most popular cheese dishes are fondue and raclette.*

### **Steamed Fish with Ratatouille**

*This ratatouille is a good accompaniment for many dishes, including poached or grilled white fish, chicken, and other white meats. Served with crusty bread it can be eaten as a light meal on its own.*

Serves 4

1 red onion  
½ aubergine  
1 yellow pepper  
1 courgette  
2 garlic cloves  
4 tomatoes  
2tbsp tomato purée  
Oil  
Salt and pepper  
450g trout fillets

Dice the onion, aubergine, pepper and courgette into equal size pieces. Crush the garlic. Quarter the tomatoes, and remove the seeds, then dice the flesh. Warm a little oil in a pan and cook the diced vegetables and garlic for, 4-5 mins, not letting them colour.

Add the chopped tomatoes and purée, and cook for 5 minutes. Place the fish fillets on top of the vegetables. Put a lid on top and cook for a further 10 minutes until the fish is cooked. Season and serve.

### **Swiss Cheese Fondue – [V]**

Serves 4

250g of Emmenthal cheese.

125g of Gruyere cheese.

1 cup of dry white wine (*in schools version use white grape juice*)

1½ tbsp of corn-starch.

1 garlic clove.

French bread, cut into one-inch cubes.

Grate both the cheeses and mix with the corn-starch.

Put the grape juice in the fondue pot and warm. Finely slice the garlic and add to the pot along with the cheese and corn-starch mixture, and gently stir in.

The fondue is now ready to serve.

*French or crusty bread is the traditional accompaniment for dipping. Diced vegetables can also be served as a delicious (and healthy) alternative to dip into the fondue.*

### **Bread recipe - the Zopf – [V]**

*This is a typical Swiss Sunday treat. Some people think it owes its origins to a custom whereby widows cut off a braid of their hair and buried it with their husbands. As time went on, they buried a loaf in the same shape instead of their hair. The Zopf - or Zöpfe as it is called in Bern - has been known in Switzerland since at least the middle of the 15th century.*

*Ingredients for 2 loaves:*

1kg white flour

200g butter

1 egg

½ l milk

50g fresh yeast or 15 gm dried

½ tsp sugar

3-4 tsp salt

First make the dough. Mix together the flour and salt in a bowl. Add yeast butter and milk (warmed) and knead for 10 minutes by hand.

Cover the dough and allow to grow for one hour until size has doubled.

Cut dough into pieces and roll into sausage shapes, then plait together. Place

on a baking sheet with parchment on it, and allow to rise for 30 – 60 minutes.

Brush with egg yolk mixed with water. Bake in a preheated oven at 200C, gas 6 for 30 minutes.

### **Potato Gnocchi with butternut squash and basil – [V]**

1kg potatoes (Maris Piper or King Edward)

300g plain flour

3 eggs, beaten

Pinch of salt

1 butternut squash

1tbsp sunflower oil

Serves 4

Steam the potatoes, then mash using a ricer if possible.

Mix the potatoes with the flour egg yolks and salt, being careful not to over mix. Next, divide the dough up and roll out into 2cm round cylinders. Cut into 2cm lengths.

Boil in plenty of salted water until they rise to the surface. Drain.

For the butternut squash, peel and dice into small pieces. Gently fry in a little oil.

Mix the Gnocchi with the squash and add some torn basil.

*The Gnocchi can also be served with a white bean and vegetable sauce.*