

RECIPE BOOKLET

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AARGAU SOLOTHURN REGION



AARGAUER RÜEBLITORTE

Argovia carrot cake



4



Springform pan 24cm Ø



On the table in 1h 35min.



Preparation 45min.



Baking 50–55min. approx. 160°C
(top/bottom heat 180°C)

Dough

- 50g soft butter
- 5 egg yolks, warm
- 200g sugar
- ½ grated lemon zest
- 200g ground almonds
- 250g carrots, grated on a Bircher grate
- 100g flour
- ½ tsp. baking powder
- ½ tsp. cinnamon powder
- 1 tsp. clove powder
- 5 egg whites
- 1 pinch of salt
- 100g apricot jam

Glaze

- 250g icing sugar
- 2–4 tsp. lemon juice
- 12 marzipan carrots for garnishing

Preparation

- ① Mix the butter, egg yolks, sugar and lemon zest with the whisks of a hand mixer until the mixture is light and fluffy. Pre-heat the oven to **180°C** top/bottom heat (hot air approx. **160°C**).
- ② Add the almonds and carrots. Mix into the butter and egg cream. Mix the flour with the baking powder and spices, sift and stir it in.
- ③ Beat the egg whites with the salt until stiff, add and carefully fold in with the dough scraper. Pour the mixture into the tin. Bake on the second lowest rack of the preheated oven for **50–55 minutes**. Remove from the tin and leave to cool slightly.
- ④ Heat the jam and pass it through a sieve.
- ⑤ Brush the surface and edges of the cake with jam while it is still warm. Leave to cool completely.

Glaze

Mix the icing sugar with the lemon juice to make a thick glaze. Pour the glaze into the centre of the cake and let it spread evenly on all sides by holding it at a slight angle, let it dry. Garnish the cake with marzipan carrots.

If covered and stored in a cool place, shelf life: 4–5 days.



TICINO



MINISTRONE TICINESE

Ticino minestrone soup

Ingredients

- 150g** dried borlotti beans, soaked for approx. 12 hours, drained
- 2** bay leaves
- 1½L** water, boiling
- 150g** smoked bacon
- 1** onion, finely chopped
- 2 cloves** of garlic, sliced
- 8** sage leaves, finely chopped
- 200g** mint in approx. 1cm wide strips
- 200g** savoy cabbage
- 150g** carrots in approx. 1cm cubes
- 100g** leeks in rings about 5mm wide
- 100g** celery in pieces about 1cm long
- 2 tsp.** tomato purée
- 1¾L** vegetable stock
- 150g** floury potatoes, in approx. 1cm cubes
- 200g** tomatoes, diced
- 150g** rice or soup pasta
- 4 tsp.** grated parmesan
- 4** sprigs flat-leaf parsley, coarsely chopped

Salt, pepper



4



Preparation 30min.



Cooking 30min.



Beans

① Cook the beans with the bay leaves in boiling water for about **30 minutes** until just tender, drain the water and set the beans aside.

Soup

② Cut the rind off the bacon and set aside. Cut the bacon into sticks and fry briefly in a large pan. Reduce heat, add onion, garlic and sage and sauté for about **5 minutes**. Add the savoy cabbage, carrots, leek, celery and tomato purée and continue to steam for about **5 minutes**. Add the rind, pour in the stock and bring to the boil. Reduce heat. Simmer soup for approx. **5 minutes**.

Finish

③ Add beans, potatoes, tomatoes and rice or soup pasta, simmer minestrone for about **20 minutes**, season. Remove the rind, serve the minestrone, sprinkle with parmesan and parsley.

Good to know

Instead of dried beans, a can (approx. 400g) of beans can be used. Rinse and drain these and add to the soup with the tomatoes.

Tip

The vegetables can be added or substituted as desired.

The minestrone also tastes good with pumpkin, green beans or cabbage stems.



BASEL REGION

BASLER FASTENWÄHE

Basel lenten pastry



Ingredients for 12 pieces

500g	flour
1-1½ tsp.	salt
20g	fresh yeast, crumbled
2dl	milk
175g	butter, soft
1	egg yolk to coat

Caraway seeds, to sprinkle



 **Preparation 1h 10min.**

 **On the table in 2h**

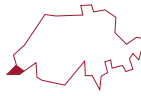
 **Baking 10-12min. / 210°C (top/bottom heat 230°C)**

Preparation

- ① Mix flour and salt in a bowl, form a well.
- ② Add the yeast, milk and butter to the well. Knead to a smooth dough.
- ③ Cover and leave to rise for **1-2 hours** at room temperature until doubled.
- ④ Divide into **12 pieces**, roll out each piece into an oval shape about 7mm thick. Cut 4 slits lengthwise, each about **4cm long**. Place on the baking trays lined with baking paper, pulling the slits slightly apart. Let rise again briefly.
- ⑤ Brush with egg yolk and sprinkle with caraway seeds.

Bake in the preheated oven for **10-12 minutes**. If using top/bottom heat, change the trays halfway through the baking time.





GENEVA

SAUCISSE AUX CHOUX VAUDOISE ET PAPET VAUDOISE

Vaudois cabbage sausage and Papet vaudois

Ingredients

- 1kg** leek
- 2** small onions
- 1 tsp.** fat or frying butter
- 2-4** Vaudois cabbage sausages (depending on the size, 250g sausage per person)
- 200ml** white wine
- 2 tsp.** sweat flour
- 100ml** stock
- 600g** potatoes, cut into cubes
- 200ml** milk

Salt, pepper, nutmeg



4



Preparation 60-75 minutes



Cooking 40min. / 75°C

Preparation

- ① Wash the leeks and cut them into 4cm wide pieces. Chop the onions finely, fry in 1 tsp. fat or frying butter in a frying pan and add the leek.
- ② Season with salt and pepper, then deglaze with white wine and stock, put a lid on and simmer for **10 minutes**.
- ③ After half the cooking time, add the potato cubes.
- ④ Add the sausages and leave to simmer for **15 to 20 minutes**.
- ⑤ Meanwhile, sweat flour in the remaining butter in a small saucepan, deglaze with milk and **300ml** skimmed stew cooking water.
- ⑥ Season with salt, pepper and nutmeg. Simmer for **10 minutes** and add to the stew. Arrange the vegetables on a warmed plate.
- ⑦ Briefly wash the sausages and pierce the top to let the fat out. Serve the sausages sliced or in one piece on a vegetable plate.

The sausages can of course also be cooked separately (**35 to 40 minutes in water at 75°C**).



FRIBOURG REGION



FONDUE MOITIÉ-MOITIÉ

Fondue half & half



4



On the table in 40min.

Ingredients

- 400g** Gruyère AOP, grated
- 400g** de Vacherin Fribourgeois AOP, cut into cubes
- 1** clove of garlic
- 4 tsp.** corn flour
- 3½dl** white wine
- 1 pinch** of Cayenne pepper
- 1** small glass of kirsch (optional)
- 800g** white bread

Preparation

- ① Rub the fondue dish with the clove of garlic. Leave in pot if desired.
- ② Mix the Gruyère AOP, the Vacherin Fribourgeois AOP and the corn flour together in the fondue dish.
- ③ Add the white wine and bring to the boil while stirring continuously until the cheese has melted.
- ④ Add the Cayenne pepper and the kirsch.
- ⑤ Keep the fondue dish warm on the burner over a very low flame.





BÜNDNER CAPUNS

Capuns from Graubünden



4



On the table in 1h 5min.



Preparation 50min.



Baking 15min./200°C

Ingredients

- 350g** flour
- 150ml** mineral water
- 100g** low-fat curd cheese
- 2** eggs
- 1 pinch** of herb salt, curry, paprika and pepper
- 1** small roll
- 1** salsiz, bacon or ham cubes, parsley, chives, spearmint
- 1** onion
- 1** clove of garlic
- 20** chard leaves

Bouillon, cream, boiled butter cheese parmesan or sbrinz

Preparation

- ① Mix flour, mineral water, low-fat curd cheese and eggs in a bowl. The result should be a thick spaetzli dough.
- ② Chop roll, salsiz, bacon, parsley, chives, spearmint, onion and garlic into small pieces.
- ③ Place the chopped ingredients in a pan with some melted butter and sauté.
- ④ Add the steamed ingredients to the batter and mix. Blanch the chard leaves briefly and lay them out on a cloth.
- ⑤ Spoon the dough onto the chard leaves and roll them up.
- ⑥ Place the rolled capuns in the pan and brown them in melted butter.
- ⑦ Deglaze the capuns with bouillon and the cream, season to taste and simmer for about **5 minutes**.

Put the capuns in a gratin dish and sprinkle with the grated cheese. Finally, bake the capuns for **15 minutes** in the oven at **200 degrees**.

Tips

For a vegetarian version, replace meat with finely chopped carrots, celery and leeks.



JURA & THREE-LAKES

BOÎTE CHAUDE DE VACHERIN MONT D'OR

The Vacherin Mont d'Or "hot box"

Ingredients

about 12 potatoes
2 Mont d'Or (250g each)
50ml white wine Savagnin
from the Jura region

Sausages

Morteau sausage, raw ham,
brési (salted dried beef from
Franche-Comté), dried sausage,
etc.

Pickles, garlic (optional)



4



On the table in 40min.



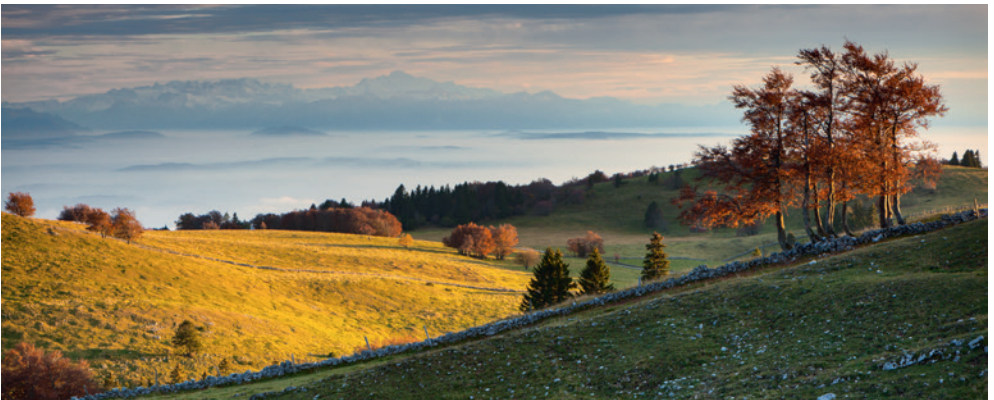
Preheat oven to 220°C, bake for 25min.

Preparation

- ① Wash potatoes thoroughly and boil in water with the skin.
- ② Peel and chop the garlic.
- ③ Put the lid of the Mont d'Or under the box.
- ④ Press a hole in the middle of the Vacherin with a spoon and pour in the **50ml** of white wine (put the garlic in if desired).
- ⑤ Put the sausages in cold water and bring water to the boil. Expect a cooking time of **25 minutes** once the water starts to simmer.
- ⑥ Bake potatoes in the oven for a few minutes to crisp the skins.
- ⑦ Wrap cheese box in tin foil and bake the Mont d'Or for **25 minutes** (or longer, depending on how brown you want the crust).

Caution

Be aware that this cheese tends to ooze out of its box during baking.





LUCERNE-LAKE LUCERNE REGION



LUZERNER CHRISISUPPE

Lucerne cherry soup



4



On the table in 4h 25min.



Preparation 25min.



Let infuse 4h

Ingredients

- 1kg cherries
- 200g flour
- 500ml milk
- 5 tsp. sugar



Preparation

- ① Remove stems from washed cherries but do not pit them.
- ② Place cherries in a bowl and sprinkle with sugar.
- ③ Put flour in a non-stick pan, stir and fry until light brown. Then remove from heat and let cool.
- ④ Put flour in a larger bowl, stir in cold milk and mix to a thin paste. Add cherries with the juice, put in the refrigerator for about **2 hours** and let it infuse.

The soup is served cold.





BERN



BERNER RÖSTI MIT SPECK UND SCHINKEN

Bernese Rösti with bacon and ham



4



On the table in 25min.



Preparation 25min.

Ingredients

- 50g** breakfast bacon strips
- 100g** cooked ham, cut into cubes
- 20g** frying butter
- 800g** Gschwelkti (steamed potatoes) from the day before, peeled, salted
- 50g** frying butter or frying cream
- ½ bunch** chives, finely chopped

Preparation

- ① Fry bacon and ham in a frying pan until translucent.
- ② Grate the potatoes on the Rösti grater, season, add to the bacon and ham mixture, add frying butter and fry for **8 minutes**, turn over.
- ③ Press together to form a flat cake and fry the underside until golden brown.
- ④ Using a lid or flat plate, flip and fry the other side until golden brown.
- ⑤ Slide onto a preheated flat plate and sprinkle with chives.





EASTERN SWITZERLAND



THURGAUER SÜSSMOSTCRÈME

Thurgau sweet cider cream



4



On the table in 1h 45min.



Refrigerate for about 1h

Ingredients

- 5dl apple juice (non-carbonated)
- 1 tsp. cornstarch
- 4 eggs
- 50g sugar
- 1dl full cream (whipped cream)

Garnish

- ① 1dl full cream (whipped cream)

Preparation

- ② Mix the apple juice, cornstarch, eggs and sugar in a pan, whisking well, and heat (on medium heat) while stirring constantly until the mixture binds.
- ③ Remove from heat and continue stirring for a few minutes.
- ④ Strain the cream through a sieve into a bowl and refrigerate for about **1 hour**.
- ⑤ Whip the full cream until stiff and fold into the cooled cream. Set aside some of the whipped cream for decoration.
- ⑥ Pour the sweet cider cream into glasses and decorate with a dab of whipped cream.





VALAIS



GOMMER CHOLERA

Choléra pie from Goms



4



Preparation 45min.



Preheat oven to 170°C and bake for 60min.



Let cool down for 30min.

Ingredients

- 500g puff pastry
- 40g butter
- 200g raclette potatoes
- 200g apples
- 200g leek
- 200g onions
- 250g Valais Raclette cheese or Goms cheese

a little salt and pepper

Preparation

- ① **Onions.** Cut the onions into thin slices and sauté in a frying pan with butter.
- ② **Leek.** Cut the leek in half lengthways and wash under cold water. Then cut the halves into strips of 2–3cm and blanch them in lightly boiling salted water for a maximum of 3–5 minutes. Drain and rinse under cold running water to stop the cooking process.
- ③ **Apples.** Cut the apples into small cubes and sauté in a frying pan with butter. Mix the onions, leeks and apples together and season.
- ④ **Potatoes.** Cook the potatoes in boiling water for 25 minutes. Then peel the potatoes and cut into small cubes of approx. 2 cm. Add these to the apple, leek and onion mixture.
- ⑤ **Raclette cheese.** Grate the raclette cheese and add to the mixture.
- ⑥ **Bake.** Line a deep dish with puff pastry and spread the mixture on top. Cover with puff pastry. Bake in the oven at 170°C for one hour.



VAUD REGION



GÂTEAU DU VULLY

Vully cake



4



On the table in 3h



Preparation 20min.



Let it rise for 2h 15min.



Preheat the oven to 180°C

(top/bottom heat 200°C) bake for 20–25min.

Dough

- 350g** flour for braids
¼ tsp. salt
15g fresh yeast, crumbled
2dl milk
1 small egg, beaten
40g butter, melted and cooled

Filling

- 100g** heavy cream or whole cream
1 egg yolk
50g icing sugar

Preparation

- ① Mix flour and salt, form a well. Dilute yeast in a little milk, pour into the well with the remaining milk, egg and butter.
- ② Knead until a homogeneous paste is formed. Cover and let rise at room temperature until doubled.
- ③ Roll out the dough into a circle on a lightly floured surface.
- ④ Place on a baking sheet lined with parchment paper. Cover and let rise again for **15–20 minutes**. Prick generously with a fork.
- ⑤ Preheat the oven to **180°C**.

Filling

Mix cream and egg yolk, spread on the dough. Garnish with icing sugar.

Bake for **20–25 minutes** in the lower part of the preheated oven. The Vully cake tastes best fresh.



ZÜRICH REGION



ZÜRI GESCHNÄTZLETS

Zurich-style sliced meat



4

On the table in 25min.



Preparation 25min.

Ingredients

- 600g** veal, cut into thin strips
1 tsp. frying butter or frying cream
1 onion or shallot, chopped
250g mushrooms, cut into thin slices
1 tsp. flour
2dl white wine
2dl cream
1 tsp. chopped parsley

**Some grated lemon peel
salt, pepper**

Preparation

- ① Sear meat briefly in butter over high heat. Before the meat releases juices, remove from pan and keep warm.
- ② Reduce heat of stove top slightly. Add onion or shallot to pan, sauté lightly.
- ③ Add mushrooms, sauté briefly, dust with flour, mix well. Deglaze with wine. Let it boil down to half.
- ④ Add cream, reduce slightly. Stir in grated lemon peel season.
- ⑤ Add meat to sauce (no longer boiling), heat briefly, sprinkle with parsley and serve immediately.

Traditionally served with Röstli.