

# Food of Switzerland

March 9, 6:30 pm, Krane's home, assignments as follows

Menu: White wine is recommended. Please bring your own alcoholic beverages

Appetizer: Cheese fondue (Judy Lauper)

Condiments for the fondue (Don and Nancy Murray -  
please bring the items designated by Judy)

Salad: Fresh Greens (Rodney and Roberta Carter-Smith)

Entree: Veal Zürich style (Joan Reynolds)

Pasta (Reynolds and Walt and Roseann Krane)

Green Vegetable (Peas) (Bill and Barbara Nexsen)

Dessert: Chocolate Cake (Jarilyn & Marco Jennison)

Coffee (Walt and Roseann Krane)

**Switzerland is also known as "Confoederatio Helvetica", therefore the abbreviation "CH". "Confoederatio" stands for "confederation", "Helvetica" derives from the Latin word "Helvetier", the name of the people who lived in the area which became later Switzerland.**

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**The white cross on the red back (see top left on each page) has a religious background. The cross represents the cross, Jesus was put on, the red color represents his blood. Each arm of the cross has to be of the same size and must be 1/6 longer than wide.**

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**There are no such things as a national motto, a national flower or a national animal. However, some cantons do have a motto or an animal.**

**The "Edelweiss" (*Leontopodium alpinum*) has the status of an inofficial national flower.**

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**The capital of Switzerland is Bern City, also the capital of the canton [Bern](#).**



**Switzerland is a small but well known country in the heart of Europe. Often**

**the Switzerland food is similar to the country that borders Switzerland. It is bordered by France, Italy, and Austria and Germany.**

**Create the right ambience:**



Swiss people do not only love good food, they also appreciate a beautiful decorated table, like the table shown on the left.

Menu: White wine is recommended. Please bring your own alcoholic beverages

Appetizer: Cheese fondue

Salad: Fresh Greens

Entree: Veal Zürich style and Pasta

Dessert: Chocolate Cake and Coffee

This is probably the most famous swiss menu. Fondue is made out of molten cheese. We eat it by dipping small pieces of bread in the molten cheese. The secret lies in the right mixture of different flavors of cheese. Typically, fondue is served on cold winter days, but many restaurants serve it all your round.

## **Appetizer: Recipe for Fondue**





### Ingredients for 4 persons:

- approx. 600 g (1.3 pounds) of white bread (sour dough)
- 1 piece of garlic
- 400 g (0.9 pounds) grind Greyerzer cheese
- 200 g (0.44 pounds) grind Emmentaler cheese
- 3 dl (10 fl. ounces) white wine
- 5 cl (1.7 fl. ounces) kirsch
- 2 tea spoons of maizena
- grind pepper
- a small amount of nutmeg

### Preparation:

1. Cut the bread into small pieces. Some people like the bread a little bit crispy, so you may want to cut it a few hours before you have the fondue.
2. Split the piece of garlic in two and rub the inside of the caquelon with the them. Put the cheese and the wine in the caquelon and cook them on the cook stove. Constantly stir the mixture. Add kirsch and maizena, but keep stirring. Leave them on the stove for a while, but make sure it does not overheat. The mixture tends to spill out of the pot if it gets too hot ! Add pepper and nutmeg, then put the caquelon on the burner on the table.
3. Adjust the heat so that the cheese stays at a constant temperature while eating. Put a small piece of bread on the fork, stir it gentle in the cheese and enjoy. Warning: the cheese is hot, don't get burned.

This menu may not be suited for small children.

Note: You may vary the mixture of cheese depending on your taste.



Salads are served in many different ways: Either just one type of salad or as a mixed salad, as a side order or as a full meal.

A typical side salad in Switzerland would include some green salad, lettuce, carrots, tomato, cucumber, maybe some corn or beans (white or red). It could also include beetroot or even coleslaw. Some people like to add half an egg or decorate the salad with nuts or pumpkin seeds. Serve with this Italian dressing.

## Italian dressing:

- 2 pinch black pepper
- 1/4 onion cut into small pieces
- 1/2 clove of garlic pressed
- 1/3 teaspoon salt
- 4 tablespoon red vinegar
- 5 tablespoon olive oil

Mix all the ingredients well.

## Recipe for Zürcher Geschnetzeltes (cut meat Zürich style)



## Ingredients for 4 persons:

- 300 g (0.66 pounds) fresh mushrooms, sliced
- juice of ½ lemon
- spices
- 600 g (1.3 pounds) veal, cut in small pieces
- 2 tablespoons butter
- 1 onion, cut in very small pieces
- 1 dl (3.4 fl. ounces) white wine
- 1 to 2 dl (3.4 to 6.8 fl. ounces) water
- 1.5 to 2 dl (5 to 6.8 fl. ounces) cream
- gravy-powder
- paprika
- 1 teaspoon salt
- grind pepper

## Preparation: (This is similar to beef stroganoff)

1. Cook the mushrooms together with the lemon juice in a small, covered pot. Heat up slowly, cook for 2 minutes.
2. Pour the liquid into a cup. Add some spices to the mushrooms, keep them warm.

3. Melt the butter in a frying-pan
4. Add the onions, stew. Increase the heat, add the meat, add some water and roast gently. Turn the meat occasionally to make sure it gets roasted evenly.
5. Remove the meat.
6. Add the white wine, let cook until the liquid thickens.
7. Add the liquid from 2 above. plus some gravy-powder, cook until the sauce binds.
8. Add the cream and increase the heat slightly.
9. Add paprika and some spices.
10. Pour salt, pepper and ½ teaspoon paprika on the meat. Put meat into the sauce, increase the heat, but do not cook.
11. Add the mushrooms.

## Remarks:

- "Zürich Geschnetzelttes" is usually served with "Rösti" (hash browns), but rice or pasta fits fine as well.
- In a restaurant, if this menu is declared as "Zürich Geschnetzelttes", it has to be made out of veal, but you can use pork or chicken if you wish.
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Serve with the following pasta :

### FUSILLI

Fusilli (foo-ZEE-lee) means “little spindles” in Italian—pasta in longer spiral shapes (though they are also sold in shorter spirals). Each region has its own “twist” on what we call corkscrews. Some are very long, some just half an inch, some are tightly wound, some less so. Corkscrew-like twists are an

excellent cut for vegetable, cream and cheese sauces. Short-cut fusilli make excellent pasta salads and baked pasta.

Cook pasta as instructed on the box to al dente. Add butter and creme and stir. Serve with the veal recipe.

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## Recipe for Schokolade Kuchen (Chocolate cake)

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Recipe and picture by [Betty-Bossi](#), used with permission.

### Ingredients for a form with 24 cm (approx. 10 inches) diameter:

- 150 g (0.33 pounds) margarine
- 230 g (0.5 pounds) sugar
- 6 eggs
- 1 pinch of salt
- 5 g (0.2 ounces) of vanilla sugar
- 200 g (0.44 pounds) dark chocolate (e.g. Crémant)
- 125 g (0.28 pounds) grind almonds



- 125 g (0.28 pounds) grind plain biscuits (in the US known as crackers, must be unsalted !)
- 375 g (0.83 pounds) powder sugar
- 4 tablespoons chocolate powder

## Preparation:

1. Stir margarine until foam-like.
2. Add sugar, yellow of the 6 eggs, salt and vanilla sugar, stir again.
3. Dissolve chocolate in 3 tablespoons of water and add to the mixture.
4. Add almonds and biscuits.
5. Stir the white of the 6 eggs until stiff, add to the mixture and mix well.
6. Grease form with margarine, pour mixture into form.
7. Bake on lowest position in oven at 180°C (356°F) for 50 to 60 minutes.

## Frosting:

1. Mix powder sugar with 4 tablespoons of water. Put 1 tablespoon aside.
2. Add chocolate powder to the rest of the mixture, add a few drops of water and stir.
3. Let cake cool off after baking. Pour chocolate mixture evenly over cake.
4. Form a small, funnel-shaped paper with a tiny opening. Put the mixture set aside in 1. into paper and draw 8 concentric circles on cake.
5. Use a small knife and pull 8 lines from the center towards the edge and 8 lines from the edge towards the center alternating.

Hint: Store chocolate cake in the refrigerator.