

## Great Swiss Foods from Heidi

### **Fondue**

Once upon a time, a little shepherd boy named Peter who was tending his flocks on a steep and lonely isolated Alpine slope, sat down to eat his customary meal of bread, cheese, and drink.

One day he said, "I simply cannot face this stuff again. Oh please let there be another way. So out of sheer desperation, he lit a fire under his little iron pot and did something that not only took Heidi out of the storybooks but shook the world on its foundations.

What am I referring to? Well fondue of course.

### **Needed Items:**

**Fondue Pot with burner**

**Fondue Forks**

**Cheese Fondue**



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## Ingredients:

- 1 clove of garlic
- 2 cups of dry white wine
- 1 tablespoon lemon juice
- 1 pound of aged Swiss cheese (Emmentaler), grated or finely minced
- 3 tablespoons flour
- 3 tablespoons of kirsch
- ¼ teaspoon nutmeg
- Dash of paprika

Rube the fondue pot with garlic. Discard the garlic. Pour the wine into the fondue pot. Set over moderate heat on the stove. Heat the wine but do not let it boil, add lemon juice. Toss cheese with the flour and add by handfuls, 1/3 at a time, stirring constantly with a wooden fork or spoon until the cheese is melted. Bring the fondue to a bubble briefly; add kirsch, nutmeg and paprika, stirring until blended

Adjust the burner so that the fondue will simmer slowly throughout the meal. Transfer the fondue pot onto the table burner.

## Beef Fondue



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## **Ingredients:**

- **3 pounds of sirloin cut into 1- inch cubes**
- **Salt and Pepper to Taste**
- **3 Cups of Corn Oil**
- **Assorted Sauces**

Let the meat stand at room temperature for 30 minutes. Blot any excess moisture with a paper towel. Lightly salt and pepper the meat. Arrange on a wooden or china platter. Fill the fondue pot ½ full of the corn oil. Heat the oil to about 375 degrees on a frying thermometer. You can also test the oil with a piece of bread. The oil is hot enough when it will fry a piece of bread crunchy in 30 to 40 seconds.

## **Serving:**

Each guest helps themselves to the sauces, which they put on their plates. Next spear a piece of meat with a fondue fork and place it in the pot to cook. 10-20 seconds for rare, 50-60 seconds for well done. Please be careful because the fondue fork will be very hot. It's best to transfer your cooked meat to your plate and then onto a dinner fork. All that's left is to dip the meat into the sauces of your choice.

You can also serve this fondue with a variety of vegetables and you can use other meats as well such as chicken and turkey.

## **Sauces:**

### **Horseradish Sauce**

- **¼ cup mayonnaise**
- **¼ cup sour cream**
- **2 tablespoons of grated horse radish**
- **Salt to taste.**

## **Green Sauce**

- **1 egg**
- **½ cup olive oil**
- **¼ cup white wine vinegar**
- **6 sprigs of watercress**
- **1 teaspoon dried chervil**
- **¼ cup fresh parsley**
- **2 tablespoons chives**
- **1 tsp salt**
- **½ tsp pepper**

## **Curry Sauce**

- **½ cup mayonnaise**
- **½ teaspoon sweet paprika**
- **1 teaspoon curry powder**

## Granny's Vegetable Barley Soup



Peter lived with his mother and grandmother. There is something about this soup which recalls Peter's grandmother to mind. In Switzerland they have a very famous barely soup but it is very heavily laden with beef, pork, and sausage plus a few vegetables. The following recipe is an adaptation from *The Findhorn Book of Vegetarian Recipes* by Kay Lynne Sherman, (Findhorn Press 2003).

### INGREDIENTS

1 onion, diced  
Inner stalks and leaves of a head of celery, chopped  
2 tablespoons oil  
2 1/2 quarts good-quality vegetable broth or water  
1 cup barley  
1 bay leaf  
2 medium potatoes, scrubbed and chopped  
2 carrots, scrubbed and chopped  
1 large can (30 ounces) tomatoes, coarsely chopped, with juice  
1 1/2 cups seasonal greens—kale, chard, collards—coarsely chopped  
1 teaspoon dried basil  
Salt to taste

1. In a large soup pot, sauté the onion and celery in oil until tender and starting to brown. Add broth or water and bring to a boil.
2. Rinse barley under running water and then add to boiling soup stock. Add bay leaf and simmer one hour, until barley is tender.
3. Add potatoes, carrots, tomatoes, and tomato juice to soup. Simmer about 1 hour until vegetables are very soft. Add more water if necessary.
4. Just before serving, add greens and basil, cooking until greens are just tender. Add salt to taste.

### **Bircher Muesli**



#### **Ingredients:**

- 1 T. rolled oats
- 2 T. water
- 1 T. or 2 T of milk
- 1 to 2 tsp. lemon zest
- 2 small or 1 large apple, grated with the skin
- 6 hazelnuts or almonds, chopped

#### **Preparation:**

The original müsli recipe is a mixture of raw foods developed around the turn of the 20th century by a Swiss physician named Maximilian Oskar Bircher-Benner. Dr.

Bircher went against accepted medical practice of thoroughly cooked food being the healthiest to introduce a small bowl full of rolled oats and raw apple before most meals. In modern times, this is now acceptable, but back then he had doctors walking out of his talks to show their disapproval. Bircher Muesli is almost a daily meal at my home. I'm placing it here because it truly is Swiss food which was created at the same time that Johanna Spyri, the author of Heidi, was alive. I'm sure she must have known Dr. Benner since they were often in the same city together.

## **Instructions**

**Mix the oats and water and let them soften overnight in the refrigerator.**

I let them soften for a just few minutes. Oats do not need to be soaked for hours to make them digestible, although other grains do.

Or

If you are using quick oats continue on with the rest of the muesli mix.

**Add the milk to the oats and stir.**

Don't add the lemon zest directly to the oats and milk because it will curdle. Sprinkle it over the apple, instead. You can add 2 teaspoons of sugar to regular milk, or try honey, agave nectar or Stevia, if you would like to avoid sugar.

**Add the grated apple, stir, sprinkle with raw chopped almonds or hazelnuts and serve and then grate the lemon zest on the muesli**

There are many varieties one can make with Muesli. Add season fresh fruits and berries and any other variety of grains such as flax. Seeds and nuts such as sunflower and pumpkin seeds also work very nicely. Many people add yogurt, even in Switzerland, nowadays. However you want to eat it is the right way. My daughter loves to add cinnamon and vanilla extract. So have fun being creative.

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## Swiss Chocolate Croissants



### Ingredients:

- Croissants Mini or Regular Size
- 1 Toblerone bar, roughly chopped





## Preparation:

1. Cut croissants horizontally with a sharp knife.
2. Sprinkle with the Toblerone on the bottom portion of the croissant. Place on the top.



Wrap croissant in foil.



3. Bake at 300°F, for 10 minutes or until warmed through.

## Zopf



Since the mid 15<sup>th</sup> century, this has been a typical Swiss Sunday treat. I can only imagine Heidi and Grand-father having some Zopf for their Sunday meal.

## Ingredients

- 4 1/4 cups of white or wheat all purpose flour
- 1 1/2 teaspoons salt
- ½ teaspoon sugar
- 6 3/4 teaspoons yeast (3 packets )
- 1 1/2 cups of whole milk
- 5 tablespoons of salted sweet cream butter, softened.
- 1/4 cup honey (optional)
- 1 egg yolk
- basting brush

## Method

- Melt the butter in the milk and let cool to just luke warm.
- Dissolve yeast into the milk and add the sugar. Let sit for 10 minutes to proof the yeast.
- In a large bowl place the flour and salt. Make a hole in the center of the flour mixtures and add the milk/yeast mixture beating slightly until everything is evenly mixed in.
- Work and knead the dough for 8 to 10 minutes to get nicely worked ball.



- Place the in a bowl covering with a towel. Let it sit for one hour or until doubled in size.



- Divide the dough into 2 pieces.



- Make a long 24 inch rope out of each half.



- Make an X out of the two ropes and then twit the top half of the dough and then do the same with the bottom half.



- Bend the twisted dough in half and tuck in the ends.



- Cover and let sit another half hour.
- Make an egg wash using one egg and a little water. Brush the egg wash all over the braid and bake in the oven at 350 degrees for 40 minutes.



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