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AMEN January – 2007 Luncheon
Experience
Winter in Switzerland

Hostess: Susan Lynch
Julie Michaels
Rosa Maria Livesay
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Raclette

This is traditionally a Swiss peasant meal served after a cold day on the mountain

Broiled Raclette

Baguette

Boiled Red or New Potato

Cocktail Onion

Cornichons Pickle

Rice Pilaf

2 Tbs. Butter or Margarine

2 Angel Hair Nests broken-up

Cook until Angel Hair is medium brown

In a separate pot boil 4 Cups Chicken Broth

Salt

Add 2 Cups White Rice and Angel Hair

Cook approx. 30 minutes or until tender

Crème de Tomatoes en Croute

Soup

3 lbs. Fresh Tomatoes, quartered
1 lb. Yellow Onions, peeled and chopped
6 Cloves Garlic, peeled
1 Bay Leaf
Pinch Thyme
4 Tbsp Sweet Butter
3 Cups Heavy Cream
Salt and Pepper

Cook onions in butter until soft, then add the tomatoes and seasonings. Cook slowly, uncovered, for about 1½ hours. Run through the blender or food processor and strain. Add the cream and correct the seasonings.

Croute

1 recipe puff pastry, approximately 2 lbs.

Roll out the puff pastry to about 1/8" thick. Paint the surface with an egg wash. Cut circles of pastry about 2" larger in diameter than the soup crocks (ovenproof) in which the soup will be served. Cool the soup slightly, place it in the crocks with a few thinly julienned carrots, onion rings and leeks for garnish. Lay the circle of puff pastry on top of the crock and stretch it tight (as for a drum head) and down the sides. The egg wash side should be down so the wash forms a seal between the sides of the bowl and the pastry. Refrigerate the crocks for one hour to set the pastry (can be held in the refrigerator for a day or two if the pastry is covered to prevent drying). Put egg wash on the top side of the pastry and bake for 20 minutes in a 450 degree oven. Do not open the oven during baking as this will cause the pastry to fall. Serve immediately in the crocks crowned with puffed pastry.

Serves 4

Egg Wash = egg white with ½ tsp water

Chicken Diane

3 Tbs. Butter

4 Skinless, Boneless Chicken Breast Halves

½ lb. Mushrooms, sliced

2 Tbsp. Flour

1 Cup Chicken Stock

3 Scallions, sliced

1 tsp. Cajun spice blend

Pinch Oregano

¼ Cup Heavy Cream

Saute chicken breasts in butter 5 minutes over medium-high heat. Add mushrooms. Saute several minutes. Remove chicken to warm plate. Sprinkle flour over mushrooms. Stir to coat. Cook 2 minutes over low heat. Add stock, scallions and spices. Return chicken to pan. Cook 10-15 minutes until sauce is slightly thickened and chicken is tender. Blend cream into sauce. Heat through. Serve with noodles or rice.

Serves 4



Toblerone Chocolate Orange Fondue

- 1/2 cup whipping cream (I like to use 1/2 non-dairy crème and 1/2 heavy crème)
- 1 1/2 teaspoons Orange zest (grated orange peel)
- 10 oz bittersweet chocolate (not unsweetened)
- 10 oz Toblerone
- 3 - 4 tablespoons Grand Marnier
- 3 - 4 tablespoons Triple Sec
- 1 level tablespoon of frozen orange juice (helps the sweetness of the Toblerone)

Warm the cream and orange juice in a nonstick saucepan. When hot add the Toblerone & chocolate and melt it, stirring until smooth. Add the liquors. If you find that the fondue is too thick, just add more cream. (Optional: if you like supper sweet use all Toblerone chocolate)

Items for dipping: assorted fresh fruits, angel food cake, pound cake, assorted dried fruit and marshmallows. You can also dip biscotti's, marzipan, lady fingers, just use your imagination.

A bit of history & fondue etiquette: This warm cheese dish originated in Switzerland and more specifically in the Canton of Neuchatel. The dish consists of at least two varieties of cheeses that are melted with wine and a bit of flour and served communally out of pot called a "caquelon". Long forks are used by each guest to spear a cube of bread then the bread is dipped into the cheese and eaten.

Fondue dates back to the 18th century when both cheese and wine were important industries in Switzerland. The simple to prepare meal utilized ingredients that were found in most average homes.

Given Fondue is a "communal" meal there are a few basic guidelines to follow. To eat cheese fondue spear a piece of bread using a fondue fork and dip it into the pot. Twirl the bread cube gently in the cheese to coat it. You'll want to let the bread drip a bit before you put it in your mouth. This will allow the excess to drip back in the pot and also allow time for cooling. When you put the bread in your mouth try not to touch the fork with your lips or tongue because the fork does go back in the pot. Alternately you can use a dining fork to slide the bread off the fondue fork then eat it with the 2nd fork. This is probably more cumbersome than necessary.

To eat meat fondue, spear a piece of meat and plunge it in the hot oil. Allow it to sit until the meat is cooked to your liking. Remove the fork and place it on your plate. Use your dining fork to slide the meat off the fondue fork. Then use your regular fork to dip the meat in the sauce as desired. Then eat using your regular dining fork.

Leftovers: In the unlikely event that there are leftovers: before the fondue hardens completely, make truffles. Shape the chocolate into small balls using two teaspoons. Then roll in bittersweet chocolate. The novelty of eating truffles in Europe was that they were small luscious morsels. A very simple and absolutely delicious leftover.