

# En Guete : a collection of favourite Swiss recipes

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# En Guete

A COLLECTION OF  
FAVOURITE SWISS RECIPES

I have often been asked by friends from New Zealand and Australia, "What is Swiss cuisine like?" What comes to mind is usually Zopf, Roesti, Cheese Fondue and Chraebeli. But that is not all there is...

Is there such a thing as Swiss cuisine? The same could be said about any other country, I suppose. For Australia is it the barbecue; for New Zealand is it the hangi? But Switzerland is different again. There is no single and uniform Swiss cuisine. There are quite a few reasons.

Switzerland is surrounded by five different nations. Then it is divided by the Alps and the Jura. And to top it off we speak four different languages! Those are the big differences. Then there are all the dialects that are quite unique. Switzerland used to be quite a poor country, people had to leave and find new homes. When they managed to come back, they brought new ideas with them.

And when the Swiss government opened the borders for political and religious refugees, they in turn brought their own foods. There probably is not another country in the world where so many various cultures have merged.

Vreni Kull

## Aargauer Schnitz und Drunder

A typical meal from the rural Aargau area, where everything is home grown. And the mix of sweet and savoury was used (even before the Chinese influence of sweet 'n sour). In Luzern they cook 'Schnitz und Erdaepfel'. A similar dish with dried pear, without the bacon, served with pot roast.

**250g dried apples (pref with the skin on)**

**500g Speck (or bacon)**

**500g spuds**

**2 tablespoons of sugar**

**20g butter**

**1 teaspoon of salt**

Soak apples for at least 3 hours in hot water, just covered.

In a casserole dish melt the butter, then stir in the sugar until brown. Then add the apples and the water and mix well.

Add the piece of bacon and cook, covered, slowly for about 1 hour, add more water if needed.

Add the spuds, cut into cubes, 100ml of water, salt, and cook for another half hour, or until the potatoes are cooked.

Vreni Kull



## Zopf

**250ml milk, room temperature**

**50g melted butter**

**1 teaspoon honey**

**2 teaspoons Surebake yeast**

**500g flour**

**1 teaspoon salt**

**1 egg yolk**

In a bowl, whisk together the milk, butter honey and yeast. Leave for 15 minutes to dissolve.

In another bowl, mix together the flour and salt.

Make a well in the flour and add the liquid ingredients.

Stir this together until a dough starts to form. Tip dough on to a floured bench top and begin to knead. Knead for about 15-20 minutes, or until it is smooth and elastic.

Alternatively, mix for about 10 minutes in a stand mixer with a dough hook. Cover and let rise somewhere warm for 1.5-2 hours or until the dough has doubled in size.

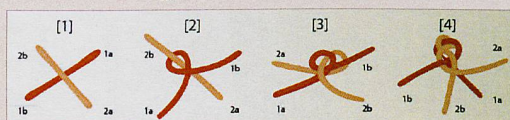
Split the dough into two and roll each out into a long strand. Braid (per picture).

Place on your baking sheet and let rise again for 30 minutes.

Preheat your oven to 200°C.

Brush the dough with the egg yolk

and pop it in the oven for about 30-35 minutes. The Zopf is fully baked when you tap the bottom of the bread and it sounds hollow.



Erna Zimmerman

Zopf is probably the most famous Swiss bread. Ever-present in breadboxes and on Sunday breakfast tables is the plaited golden loaf, whose name literally means 'braid' in German, French, and Italian.

Braided breads have been around for centuries. In some ancient societies if a married man died, it was the duty of his wife to follow him to the grave and be buried at his side. Later, the actual wife was replaced with a braid of her hair, which eventually became a loaf of braided bread.

Bernese bakers began making Zopf in the late Middle Ages. By this time the ancient burial traditions had likely long been forgotten and the golden braids were simply a beautiful addition to the table. By law, Bernese bakers could only produce Zopf for the feast day of St Thomas and New Year's Day, but in 1629 they petitioned the government and were granted the right to make it all year round.

Zopf is particularly beloved in the Emmental, where restaurants and bakeries still offer giant golden loaves that you can buy by the metre! This recipe won't quite make you a metre long loaf but a delicious one nonetheless! Happy baking!