

Flädli Suppe - Beef Consommé Celestine

Recipe By: *International Cuisine* 1 Quart
Servings: 1
Categories: *Week 03* *Switzerland* *Soups*

<u>Amount:</u>	<u>Measure:</u>	<u>Ingredient:</u>	<u>Preparation:</u>
8.00	ounces	Mirepoix	prepared
1.00	pound	Beef, very lean	ground
3.00	each	Egg Whites	
1.00	each	Roma Tomatoes	
0.50	each	Onion Brule	
2.00	quarts	White Stock	cold
		Salt	to taste

PROCEDURE:

1. Prepare all the ingredients for the clearmeat.
2. Place the cold white stock into a saucepot, add the clearmeat and blend well.
3. Place the saucepot on a medium flame and bring the mixture to a simmer, stirring frequently until it reaches 110°F. Stop stirring and let the raft form, "Do not let the raft boil over", turn down the flame, so only small bubbles are visible on the surface of the liquid.
4. Cut a window at the hotspot and baste the raft once it has formed.
5. Simmer the consommé for a minimum of 1 hour.
6. Remove the consommé from the heat and let it stand for two minutes. Slowly strain the consommé through a coffee filter, degrease with paper towels and adjust the seasonings with salt to taste.
7. Consommé must be very hot when served. Add the Flaedli to the to the soup.

Flädli

Recipe By: *International Cuisine*
Servings: 4
Categories: *Week 03* *Switzerland* *Soups*

<u>Amount:</u>	<u>Measure:</u>	<u>Ingredient:</u>	<u>Preparation:</u>
1.00	ounce	Butter	
0.50	ounce	Shallots	fine diced
0.10	ounce	Parsley	chopped
2.00	each	Eggs	whole
4.00	ounces	Milk	
2.00	ounces	Flour	AP
		Salt and White Pepper	to taste

PROCEDURE:

1. Heat the butter in a saute pan, add shallots and caramelize until brown, set aside.
2. Whisk together the eggs and milk, add the flour and blend until smooth, add the butter and caramelized shallots and stire.
3. Heat a crepe pan, brush with clarified butter and cook crepes, only light color.
4. Cool to room temperature, roll and cut into chiffonade.
5. Used as the garnish, (Consomme Celestine) Classical French or Flaedlisuppe in (Switzerland)

Chügeli Pastetli - Puff Pastry Shells

Recipe By: *International Cuisine*
 Servings: *4*
 Categories: *Week 03* *Switzerland* *Appetizers*

<u>Amount:</u>	<u>Measure:</u>	<u>Ingredient:</u>	<u>Preparation:</u>
1.00	sheets	Puff Pastry	sheeted
1.00	each	Egg, whole	
2.00	ounces	Cream	

PROCEDURE.

1. Prepare the puff pastry shells, layout a sheet of frozen puff pastry on a cutting board, cut three rows of five circles with a 2.5 inch, round cutter. Remove the excess dough around the circles.
2. The first row leave them whole and place them on a sheetpan lined with parchment paper.
3. The second row cut out a 1.5 inch circle from the center to form a ring, brush the first circle with eggwash and place the second ring on top.
4. The third row cut a 1.5 inch circle in the center, do not remove the center, brush the second circle with eggwash and place the third circle on top of the second circle.
5. Brush the top with eggwash and bake in a hot oven, 425° until puffed, crisp and straw colored. Remove from the oven.
6. Remove the top inner circle, to be used as the lid, remove any unbaked dough from the center and cool the patty shells, store in a dry place until needed.
7. Reheat until hot and crisp just before serving.

Chuegeli Pastetli - Filling

Recipe By: *International Cuisine*
 Servings: *4*
 Categories: *Week 03* *Switzerland* *Appetizers*

<u>Amount:</u>	<u>Measure:</u>	<u>Ingredient:</u>	<u>Preparation:</u>
1.00	each	Chicken	whole
1.00	each	Egg White	
2.00	ounces	Heavy cream	
		Salt and White Pepper	to taste
1.00	cup	Chicken Stock	prepared
4.00	ounces	White Wine	dry
0.25	small	Onion	
1.00	ounce	Butter	
1.00	ounce	Shallots	diced
4.00	ounces	Mushrooms	cut in quarters
		Poaching Liquid	from above
		Beurre Manie	as needed
4.00	ounces	Heavy cream	

PROCEDURE:

Chicken:

1. Bone the chicken, breast and thigh meat only, remove all visible silverskin (Elastin).
2. Place the chicken meat into a robot-coupe and process to a fine paste, add the egg white, salt and white pepper to taste and continue to process, add the cream in a slow stream while processing.
3. Place chicken stock, wine and onion into a saucepot and bring to a simmer, adjust to a low flame and poaching temperature 165°.
4. Place the chicken mousseline into a pastry bag with a small round tip, now squeeze and cut the mousseline out of the pastry bag into the poaching liquid to form small balls the size of dime.
5. Poach the chicken balls until coagulated and remove them from the poaching liquid, set aside and strain the poaching liquid.

Sauce:

1. Heat the butter in a saucepot, add the shallots, mushrooms and sweat.
2. Deglaze with the poaching liquid from above, bring the liquid to a simmer and then thicken it with the beurre manie to sauce consistency.
3. Add the heavy cream and reduce, season with salt and white pepper to taste.
4. Add the chicken balls and heat, place the hot sauce into the hot patty shells at service time.

Minced Pork "Zürcher Art"

Recipe By: International Cuisine
Servings: 4
Categories: Week 03 Switzerland Entrees

<u>Amount:</u>	<u>Measure:</u>	<u>Ingredient:</u>	<u>Preparation:</u>
1.00	pound	Pork Tenderloin, trimmed Flour Oil	sliced 1/8" thick for dusting as needed
2.00	ounces	Butter	
2.00	ounces	Shallots	diced
8.00	ounces	Mushrooms	sliced
1.00	ounce	Brandy	
4.00	ounces	White Wine	dry
6.00	ounces	Demi-Glace	prepared
4.00	ounces	Heavy Cream	whipped
		Salt and White Pepper	to taste
		Parsley	chopped

PROCEDURE:

1. Trim and cut the pork tenderloin into 1 " x 1" 1/8" thick slices (emince).
2. Season and dust the sliced meat with flour, just before cooking.
3. Heat a sauté pan, add a thin layer of oil, heat the oil and sauté the meat in the hot oil until lightly brown. Remove the meat and set aside. (Do not overcook).
4. Heat the pan again, add butter and sweat the shallots and mushrooms.
5. Deglaze the pan with brandy, white wine and reduce.
6. Add the demi-glace along with any juices collected from meat and reduce the sauce to a creamy consistency.
7. Add the meat bring to a simmer, season the sauce with a little fresh lemon juice, salt and pepper.
8. Add the whipped heavy cream at the last minute and fold into the sauce but do not boil any more.
9. Sprinkle with chopped parsley when serving.

Spätzli

Recipe By: International Cuisine
Servings: 4
Categories: Week 03 Switzerland Starches

<u>Amount:</u>	<u>Measure:</u>	<u>Ingredient:</u>	<u>Preparation:</u>
8.00	ounces	Flour	
2.00	each	Eggs	
5.00	ounces	Water	
		Salt & Pepper	to taste
		Oil	as needed
		Butter	as needed

PROCEDURE:

1. Place the flour in a bowl and make a hole in the center, brake up the eggs and place them in the center of the bowl, add the water and the seasoning.
2. Combine and work the dough by hand to a medium stiff paste.
3. Bring a large saucepot with salt water to a simmer and float some oil on the top.
4. Using a colander push the dough with your hands into the simmering water, simmer until the spätzli float to the top.
5. Remove the spätzli with a skimmer, shock them in cold water and drain well.
6. Sauté the spätzli in butter, season to taste with salt and pepper, and serve.

Broiled Tomato

Recipe By: International Cuisine
Servings: 4
Categories: Week 03 Switzerland Vegetables

<u>Amount:</u>	<u>Measure:</u>	<u>Ingredient:</u>	<u>Preparation:</u>
1.00	each	Tomato, 5x6	cut in half
		Salt and White Pepper	to taste
1.00	ounce	Breadcrumbs	
0.50	ounce	Parmesan Cheese	grated
		Butter	as needed

PROCEDURE:

1. Wash the tomatoes, remove the core, cut the tomato in half, layout on a baking pan, season the cut side with salt and pepper.
2. Sprinkle the top of the tomato with the breadcrumbs and parmesan cheese.
3. Place a flake of butter on top of each tomato.
4. When needed, bake in a 350° oven until hot.

Green Beans

Recipe By : International Cuisine
 Servings : 4
 Categories : Week 01 Scandinavia Vegetables

<u>Amount:</u>	<u>Measure:</u>	<u>Ingredient:</u>	<u>Preparation:</u>
1.00	pound	Green Beans	trimmed
1.00	ounce	Butter	
		Salt and White Pepper	to taste

PROCEDURE:

1. String and parboil the green beans in boiling salt water, for approximately 6-8 minutes, check for tenderness.
2. Shock the beans in ice water, drain and chill until needed.
3. Heat a sautepan, add the butter, let it get light brown and toss in the green beans, season with salt and pepper to taste.

Chopf Salat

Recipe By: International Cuisine
 Servings: 4
 Categories: Week 03 Switzerland Salads

<u>Amount</u>	<u>Measure</u>	<u>Ingredient</u>	<u>Preparation</u>
1.00	head	Butter Lettuce	
		<i>Dressing:</i>	
1.00	ounce	Shallots	very fine diced
1.00	ounce	Cider Vinegar	
2.00	ounces	Olive Oil	light
2.00	ounces	Chicken Stock	
2.00	ounces	Heavy Cream	
0.25	ounce	Mustard	prepared
1.00	tablespoon	Parsley	chopped
		Salt	to taste
		Pepper	to taste
		Sugar	to taste

PROCEDURE:

1. Core, clean and wash the butter lettuce in a large quantity of water.
2. Drain, place on paper towels and refrigerate to get crisp until needed.
3. Prepare all the ingredients for the dressing as listed above, place into a bowl and combine with a whisk.
4. Season with salt, pepper and sugar to taste.
5. Toss the Butter Lettuce in the dressing just before serving.

Note: Butter Lettuce wilts in the dressing very quickly, do not toss ahead of serving time.