

Rosti

Rosti in Switzerland are typically prepared using cooked ingredients. Most recipes you come across on-line or in restaurants cook from raw potato, which has been heavily salted to remove the water from them. If left too long with salt to extract water, the Rosti can be over salted and unpleasant. The onions are cooked to minimise the breaking up of Rosti whilst cooking.

(Serves 6 - 2 individual Rosti per person)

1Kg of steamed peeled potatoes (Maris Piper is best)

2 onions, peeled and finely chopped

150g butter

6 table spoons fresh herbs finely chopped
(I use a mix of thyme and parsley)

Olive oil

Salt and pepper – to taste

Corn flour (optional) approx. 2 tbs.

Method

Preheat fan oven to 150°C – 170°C depending on its efficiency. Peel the onions and finely chop. Finely chop the herbs. Add 150g of butter to a pan and cook the onions and herbs very slowly until most of their water has been evaporated off.

Meanwhile grate the steamed potatoes into a large bowl, adding salt to taste. Because they are already cooked, they will be slightly sticky. This is what they should be like. The Swiss carry out the steaming of the potatoes in a pressure cooker. They put boiled water to the level of a trivet, add the potatoes, put a lid on then bring to full pressure then turn off, leaving the pressure to cool until it is possible to open the lid. Often they are then left to cool overnight in a sealed container or wrapping. This process of steaming is important to prevent the potatoes from turning brown (oxidising).

Add the butter, onion and herb mix to the grated potatoes, mixing thoroughly using a fork. At this stage, you can add corn flour as an option (gluten free): This is advisable if you are making individual Rosti rather than one large one to fill the pan.

For individual Rosti, use a collar with presser to prepare pressed Rosti. 100g of mix is ideal. Allow these pressed Rosti to cool and set in the fridge for an hour or so before cooking

Heat some olive oil in a pan which doesn't stick. Butter can also be added just before the Rosti. Cook on both sides until golden brown being careful when turning. The rosti will naturally start to flatten but may need to be pressed after the turn. Carefully lift onto an oven tray with a rack. This will allow the excess liquid in the potato to drip through and the Rosti will be crispy. Oven cook until darkish brown and are firmly set (around 25-30 min)

Serve with a Cheese fondue or a rich gravy.

Fondue

Fondue is typically made using wine, a rich cheese and another base cheese which melts easily. It often has a liquor added, partly for flavour but also to incorporate some cornflour which is added to prevent the cheese from separating. The method below has some minor amendments to those typically on-line which minimises the chances of the cheese splitting into curds.

(Serves 6)

200g dry white wine	2tsp cornflour
1 Tbs lemon or lime juice	1 clove garlic
200g Gruyere grated (don't use ready grated from a shop)	1tbs liquor (eg kirsch) optional
200g Emmental grated (as above)	Salt and pepper – to taste
100 g cream (heated and infused with chives)	Olive oil

Method

Wine is essential for this dish and its acidity is important in preventing the cheese from clumping together. Adding a small amount of lemon or lime enhances this and helps to stabilise the mixture. Alternatively, if you don't like the citrus flavour, add some cream of tartare (½ tsp). The wine you choose should be one which you are happy to drink!!

1. Heat your cream with finely chopped chives – allow to cool. Transfer to a jug, straining off the chives.
2. Rub some garlic over the cooking pan or leave a peeled clove in it whilst heating the wine. Heat the wine and boil off the alcohol. Allow to cool until around 65°C. Remove garlic clove.
3. Whilst wine is cooling, prepare your cheese blend – this should then be shaken with some cornflour to coat all the cheese. (the coating helps to prevent clumping). Shop bought grated cheese typically has a lower fat content, is drier and rarely melts upon heating.
4. Add the cheese in small amounts, stirring with a whisk, keeping the temperature around the 65°C mark. Add some of the cream to help minimise the likelihood of the cheese clumping. If you are using an induction hob, use the low settings otherwise the cheese mix will get too hot. Keep going, adding the cheese and cream in turn. The cream will not thicken because it has been boiled previously but will add a nice flavour and it will make more fondue without any loss of flavour.
5. Add a little more lemon/lime to help keep the mixture runny and warm again until about 66°C. Keep in a fondue pot with a burner if needed. (Le Creuset pots are ideal for this). Add salt and pepper to taste.
6. If at the end, the fondue is still too thick, then add another splash of wine and mix thoroughly with a whisk.