

Swiss Lentil Soup

from: Tabitha Hinde -Stockholm, Sweden

Recipe By: the California Culinary Academy

Serving Size: 4; Preparation Time: 1:05

Ingredients:

- 3 1/2 Deciliters Onions -- Chopped
- 1/2 Teaspoon Salt
- 1 Teaspoon Safflower Oil
- 3/4 Deciliter Dry White Wine
- 3 1/2 Deciliters Carrots -- Julienned
- Teaspoon Dried Thyme
- 1/2 Teaspoon Dried Marjoram
- 2 1/2 Deciliters Lentils -- Washed, Uncooked
- 1 Liter Vegetable Broth
- 3 Tablespoons Miso -- Mixed With
- 3/4 Deciliter Water
- Soy Sauce, Tamari -- To Taste
- Carrot -- Grated For Garnish
- Green Onions -- Chopped

Method:

1. In a large stockpot over medium-high heat, saute onions with salt in oil until soft but not browned.
Add wine, carrots, thyme, and marjoram, and continue to cook, stirring frequently, for 10 minutes.
2. Add lentils and cook for 2 more minutes.
Add stock and bring to a boil.
Lower heat to simmer and cook, covered, until lentils are soft (about 30 minutes).
3. Before serving, remove pot from heat and stir in miso and, if needed, soy sauce to taste.
Garnish with grated carrots and chopped green onions.

Serving Ideas: Serve with sourdough bread.

NOTES: This soup has an aroma and dark flavor that works well in a European menu -- perhaps with a caraway-studded rye bread, Balkan Cold Cucumber Salad, and a frosty mug of German beer. Because the flavors need time to blend, let this soup sit overnight, if possible, before serving.

Source: International Vegetarian Union website

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4 servings:

500g waxy potatoes
1 medium onion
2 cloves garlic
25g vegan margarine
Freshly milled black pepper

Method:

Scrub and par-boil the potatoes for 10 minutes. Leave to cool. Peel and grate the onion. Peel and crush the garlic. Grate the potatoes into a large mixing bowl. Add the onion, garlic and freshly milled black pepper. Mix together using a fork without crushing the potato. Put half the fat into a heavy frying pan and melt over a moderate heat. Pour the mixture into the pan and pat down using a palette knife. Cook over a moderate heat for 10 minutes. Place a flat plate over the top of the pan so that the mixture falls neatly on to the plate. Put the rest of the fat into the pan, melt the fat and slide the potato mixture into it. Cook for 10 minutes. Serve at once.

Source: adapted from Jill Davies, Dayplan Three, The Vegetarian Society of the United Kingdom

Mountain-Style Pasta with Apple mousse (Älplermagronen mit Apfelmus)

Sent by: Bernadette Raschle - Translated by: Georgia Blackwell

After Raclette and Roesti (thinly sliced fried potatoes, similar to hash browns), this recipe counts among the most typical Swiss national dishes. Italian workers, employed in the construction of the Gotthard tunnel, brought pasta to Switzerland and thereby helped the “discovery” of mountain-style pasta. This dish was originally just a stew for the poor, but today this traditional meal is prepared in kitchens all across Switzerland.

In the original, as in most Swiss recipes, a thick cheese sauce is used. The vegan version of the meal is, however, quick to prepare and tastes just as good.

Recipe for 4 people

Gratin:

500g potatoes
700 ml Water with a pinch of salt
250g. pasta (such as macaroni)

Sauce:

500 ml Soja Cuisine
5 tbs nutritional yeast
5 tbs melted margarine
¼ tsp nutmeg
Salt and pepper

Pre-heat the oven to 100 degrees, pre-warm the gratin dish.

Peel the potatoes and cut into 2 cm cubes.

Cook the potatoes in simmering water with the salt without a lid for 5 minutes.

Add the pasta and cook al dente until the liquid is almost all absorbed.

Mix together the ingredients for the sauce, pour over the potatoes and pasta and season.

Pour into an ovenproof gratin dish and keep warm in the oven.

Onion Rings:

Oil
2 Onions
2 tbs flour

Warm the oil in a frying pan. Cut the onions into rings and mix with the flour. Shake off the excess flour and fry the onion rings over a medium heat for 5 minutes until they are crisp.

Apple mousse:

1 kg apples
3 tbs sugar
1 lemon

Cut the apples into quarters, including the peel and the core.

Boil the water together with the sugar, lemon peel and 2 tbs of lemon juice.

Add the apple chunks, cover and cook over a low heat. Mix the soft apple and water to a mousse.

To serve:

Spread the onion rings over the Älplermagronen and serve with the apple mousse. If wished, sprinkle the pasta with vegan parmesan.

Variations:

Mix vegan ham or mince into the gratin.