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## DISHES FROM SWITZERLAND

### Ticinese "Stufato"

Ingredients: 2½ lb. roast beef, 1 oz. bacon, 1 clove of garlic, 1 onion, 1 carrot, a few tomatoes and potatoes, 1 oz. fat or oil, 1 glass white wine, salt, pepper, and a little herb seasoning if desired.

Lard the meat with fine strips of bacon at regular spaces, also inserting the garlic. Rub in the salt and pepper and fry all over in the hot oil or butter until the meat is dark brown. Place the onion and carrot beside the meat and add the wine. When this has cooked a little, add ½ cup of stock prepared from a meat cube. Cover and cook the meat for about 1½ hours, frequently turning and basting, then add the peeled potatoes, cut into cubes, together with several whole tomatoes. Replace lid and allow to cook for a further half-hour. Carve the meat into the neat slices and garnish with potatoes and tomatoes.

### "Leberspiessli", a Swiss-German delicacy

Ingredients: 13 oz. calf's liver, 1 oz. lean bacon (if desired), 1 oz. butter, 10 sage leaves (fresh or dried), pepper and salt.

Skin the liver, cut it into thin slices and then into 1½ in. pieces. Roll each piece with half a sage leaf and a thin slice of bacon (if desired) and string on a metal or wood skewer. Fry the "Leberspiessli" quickly on both sides in very hot butter until nicely browned, and add a little pepper and salt. And a few dashes of seasoning extract to the juice from the meat and pour over the garnished dish. Serve at once.

"Leberspiessli" are served with french beans or spinach. They can be eaten with "Rösti", potatoes fried in the Swiss way. "Rösti" is very satisfying and many Swiss farmers tuck away a large plateful for breakfast before tackling a hard day's work.

### Ever tried a "Ramequin"?

Ingredients: 1 lb. fine white bread, ½ lb. cheese, 3 eggs, 1½ pints milk, 1 oz. butter, nutmeg.

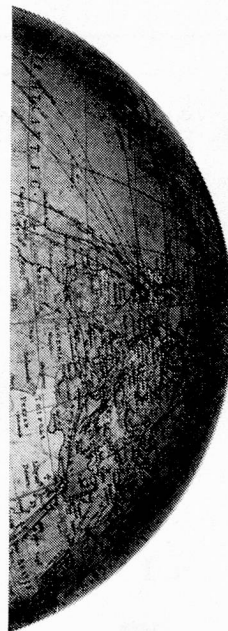
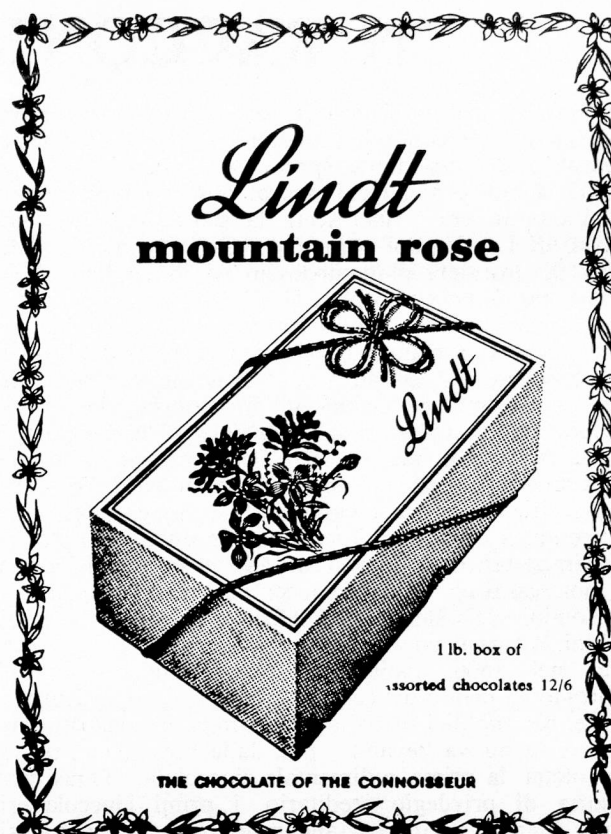
Butter a heatproof dish, not too high, and fill it alternately with fine slices of bread and slices of cheese until all the bread and cheese is used up. Beat up the eggs with the milk, stir in a few dashes of seasoning extract and a little nutmeg, and pour over the Ramequin. Scatter flakes of the remaining butter on top. Bake for about half an hour in a medium-heated oven. Serve with green salad.

### "Rösti" and "Geschnetzeltes Kalbfleisch"

"Rösti" is made as follows: Cook potatoes in their jackets and then peel them at once. Cut into fine slices, put plenty of butter or lard into the pan and add the potatoes and a little salt. Many people like to work in sliced onion as well. Fry on a hot plate, turning the potatoes all the time until they are golden brown. Reduce the heat, press the potatoes down and leave them for a few minutes until a golden crust forms underneath. Turn out so that the crust is uppermost.

An interesting veal dish which can also be served with "Rösti" is "Geschnetzeltes Kalbfleisch". This is how it is made in Zurich:

Take 4 oz. of veal per person and cut into tiny squares about ½ in. thick. Quickly fry a finely chopped onion in hot fat or butter. Add the meat, and steam until it has lost all its red colour. Add a little stock and some cream, and let the whole simmer for a few more minutes. Season and serve with the "Rösti". This dish is also delicious with risotto.



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