



♥ DETAILS

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AROUND THE WORLD WITH

Vegan delicacies from Switzerland

Öpfelmuess

“Öpfelmuess” or applesauce in English is something that we eat with sweet, but also some savoury foods where the sweetness and acidity of the apples is used to balance flavours in very starchy or fatty dishes.

This applesauce is delicious with the Älplermaccaroni but can also be enjoyed on Birchermüesli or by itself.

♥ INGREDIENTS

- 4 pink lady apples, peeled
- ½ tsp cinnamon
- 250ml water

♥ METHOD

- 1 Dice the peeled apples into small pieces and add them together with cinnamon and water into a saucepan.

Simmer on a low heat for about 15-20 minutes. Stir occasionally with a wooden spoon to ensure that nothing sticks to the bottom of the pan.
- 2 To check if the apple is cooked, press lightly with a wooden spoon. If the apple pieces don't squash easily, they're not done yet and should cook for a little bit longer. Add more liquid if necessary.
- 3 Let the apples cool down completely before transferring to a bowl to serve.





Rüebli torte - carrot cake

"Rüebli torte" or carrot cake is made all over the world, but the Swiss version of it is a little different. Instead of adding different types of chopped nuts and sultanas into the cake batter, the Swiss keep the batter simple and instead go all out with the cuteness of their marzipan carrot decorations (which in Switzerland can be bought ready-made at any conventional supermarket).

To make this cake vegan, I replaced the eggs with flax eggs, olive oil and aquafaba. This carrot cake is kept in the fridge and does not dry out at all. It's a really moist and delicious cake that tastes even better the next day.



INGREDIENTS

Cake (make a day ahead)

250g raw sugar
2 flax eggs (2tbsp flax meal + 6 tbsp water, mix and leave aside for 5min)
3 tbsp olive oil
juice from ½ lemon
zest from 1 lemon
½ vanilla essence
250g raw carrots, finely grated
250g almond meal
100g white unbleached flour
1 tbsp baking powder
1 pinch salt
10 tbsp aquafaba (the water from a can of unsalted chickpeas)
¼ tsp cream of tartar

Glaze

200g icing sugar
1 tbsp lemon juice

Rüebli

100-150g Marzipan
Yellow food colouring
Red food colouring
Blue food colouring



METHOD

- 1 Preheat the oven to 180° (AGA: baking oven) and line baking paper on the bottom of a large round cake tin. Grease the sides of the cake tin to ensure that the cake won't stick when it comes out of the oven.

In a big bowl add the sugar, olive oil, flax egg, lemon juice, lemon zest and vanilla essence. Using an electric mixer on high speed, blend until creamy and light. Add the grated carrots, almond meal, flour, salt and baking powder and mix on a slow speed or with a spatula.

- 2 In a separate bowl, add aquafaba and cream of tartar and whip on high speed with a clean mixer until the aquafaba forms stiff peaks. It should have a similar look and feel to whipped eggwhites.

Once the aquafaba has been whipped, gently fold into the cake mixture with a spatula. Try to keep as much air and lightness to the batter as possible by mixing only until it has just combined. Do not over-mix as the aquafaba can be a little more delicate than eggwhites.

- 3

Pour the batter into the greased cake tin and bake it for one hour at 180°. To check if the cake is done, insert a baking needle or skewer. If it comes out clean, the cake is done. The cake should also bounce back a little to the touch and be pulling inwards from the edges of the tin.

- 4 After the cake has cooled completely, put it in the fridge to rest for a while. It can be decorated and served immediately however this recipe tastes best from the second day onwards because the flavours continue to develop in the fridge and it will become even more moist and delicious.

To make the marzipan carrots, add a little more than ¾ of the marzipan to a bowl together with a drop of yellow and a drop of red food colouring. Knead the marzipan and adjust the colouring if necessary until you're happy with the orange colour.

- 5 To a separate bowl, add the remaining marzipan together with a drop of yellow and a drop of blue food colouring and knead until the marzipan turns an even bright green colour. To form the carrots, roll the orange marzipan into a carrot shape on a surface dusted with icing sugar and add a small roll of green marzipan to decorate the top end.

- 6 To make the glaze, add the icing sugar and lemon juice to a bowl and mix thoroughly until it forms a smooth, shiny icing. If it is too dry, carefully add more lemon juice but be careful not to thin out the mixture too much. Pour the glaze on top of the cake and decorate with the marzipan carrots.

Schoggiguezli - chocolate cookies

♥ **DATE: 27 OCTOBER 2018**

This "Schoggiguezli" or chocolate cookie recipe has been in my family for many years. My late great-grandmother, Grosi Job (grandmother Job), was the one that created it, or at least found it in a recipe book. To be honest, my family is not too sure about where the recipe is originally from, but that doesn't matter too much.

In my opinion it's the most delicious chocolate cookie there is. Traditionally made with eggs and eaten at Christmas, I eat them all year round and used flax eggs to make them vegan.

♥ **INGREDIENTS**

Makes about 40 cookies

250g raw sugar
2 flax eggs (2 tbsp flaxmeal+ 6 tbsp water, mix and let stand for 5 minutes)
½ tsp vanilla essence
250g almond meal
250g Swiss vegan dark chocolate*
100g white flour
1-2 tbsp soy cream to brush before baking (soy milk works too)

♥ **METHOD**

- 1 Finely grate all of the chocolate and leave aside (or put into a bowl and leave in the fridge if it is hot outside. If the chocolate melts before making it to the oven it will significantly change the texture of this cookie).

Into a large bowl, combine raw sugar, flax eggs and vanilla essence and mix well.

Add almond meal and grated chocolate into the bowl and mix with a spatula.
- 2 Once completely mixed, add the flour and mix this in too. Take the dough out once the flour is nearly mixed in and knead the dough on a lightly floured surface until everything is nicely combined. This dough is supposed to be thick; it will take some strength to mix it together well.

Cover the dough in plastic wrap (or reusable non-plastic food wrap) and leave it in the fridge overnight.
- 3 The next day, take out the dough and leave it on the bench for a few minutes to warm up and preheat the oven to 180°C (AGA baking oven). Then lightly flour your bench and roll out the dough until it is somewhere between 0.5 and 1cm thick.

With your favourite cookie cutters, cut out the cookies and lay them on a baking sheet on a baking tray. Continue to roll out the dough and cut the cookies until there is no more dough left.
- 4 Space the cookies evenly on the baking tray(s). This recipe can make more than 40 cookies from one batch of this dough (depending on the cutting shapes used), so it's more than likely that they need to be baked on a couple of trays.

Before the cookies go into the oven, brush them lightly with soy cream or soy milk. This will make them nice and shiny after baking.
- 5 Bake the cookies for 10-12 minutes at 180°C.

Once the cookies are baked, take them out of the oven and leave to cool on a wire rack. The cookies will still be soft when they come out of the oven but will build a nice crust once they're cooled down. If not overcooked, they will remain chewy on the inside. Do not eat them all at once!
- 6 *I like to use Lindt 70% or 70% smooth. Make sure to use high quality chocolate without any milk or milk solids.

Birchermüesli

Birchermüesli (pronounced "beer-ker-moo-es-lee") is probably one of the most famous Swiss dishes. Invented in Zürich (my hometown) by nutrition specialist Dr. Max Bircher-Benner in late 1800 / early 1900, this recipe originally used sweetened condensed milk for its creamy component. Back in these days, condensed milk wasn't frowned upon as part of a "nutritious" breakfast! Nowadays, Birchermüesli uses yoghurt instead or in our case, coconut yoghurt, to make it vegan. I also like to add chia seeds to my Birchermüesli, for a good source of omega 3.

♥ INGREDIENTS

- 200g rolled oats
- 1 grated apple
- 1 tbsp chia seeds
- 250ml oat milk (or your favourite plant based milk)
- 200g coconut yoghurt
- 40g raisins
- 2 tbsp flaked almonds
- 1 tbsp orange juice
- 1 tbsp maple syrup
- 1 peach or other stone fruit
- 1 handful raw hazelnuts

♥ METHOD

Add everything except the peach and hazelnuts into a large bowl or Tupperware, mix until everything is well combined and leave in the fridge overnight.

- The next morning, place a handful of hazelnuts on a tray in the oven at 180°C and toast for a few minutes until nice and golden brown. If the hazelnuts are skinned, rub some of the skin off with a tea towel (the skin can be quite bitter sometimes). Chop the hazelnuts roughly into halves.
- Cut the peach into large slices and grill for a few minutes in a non-stick fry pan or grill pan. Cook for about 1 minute on each side until the surfaces are nicely caramelised.
- Remove the Birchermüesli from of the fridge and serve your desired amount into a bowl. Top it off with the grilled peaches and roasted hazelnuts

Zopf

♥ INGREDIENTS

- 60g vegan butter (e.g. nuttelex)
- 200ml soy cream, plus extra to brush the dough before baking
- 100ml soy milk
- 7g dried instant yeast
- 1 tsp raw sugar
- 250g spelt flour*
- 250g white flour*
- ¾ tsp salt

♥ METHOD

In a small saucepan, melt the vegan butter at a gentle heat. Once melted add the soy cream and soy milk to the pan. Continue heating until the liquid's temperature is about the same as your body temperature (easily tested by dipping a clean finger). Be careful not to heat too much as temperatures above 40°C will begin to kill the yeast and stop the bread from rising.

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- Now we can add the dried instant yeast as well as the sugar and stir together. Leave this to rest for 5 minutes while the yeast 'wakes up'. In a large bowl, mix the two flours and the salt together then make a well in the middle and add the liquid ingredients from the saucepan and mix with a wooden spoon. Once the dough has come together, lightly flour a clean surface, remove the dough from the bowl and knead it for about 10 minutes until it feels smooth and stops sticking to your hands.
- Put the dough back into the bowl and cover it with a clean damp tea towel. Let it rest for roughly 1 hour or until it has doubled in size. Alternatively you can rest the dough in the fridge overnight - this will make the Zopf even tastier. After the dough has risen, lightly flour a clean surface and divide the dough in half. Working with one half at a time, gently roll it into a long sausage at least 60cm long. To braid the Zopf: place one half of the dough across the other at a 90 degree angle to make a cross shape. Braid the dough so that it looks something like the picture but don't worry if you make a mistake - strange Zopf shapes are all part of the fun.
- Leave the Zopf for another 30 minutes to rest. During this time, heat up a conventional oven to 200° (AGA: use baking oven) After the Zopf has rested, brush the top with some additional soy cream or soy milk. This will give the bread a nice colour as it bakes. Put the Zopf into the oven and bake for 35-40 minutes. The bread is done when it looks golden brown on top and gives a deep and hollow "thump" sound when you knock on the bottom. Remove from the oven and place on a cooling rack. Enjoy serving with either sweet or savoury toppings. Jam and coconut yoghurt works especially well but so does vegan cream cheese and cucumber slices!
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Potato Rösti

♥ INGREDIENTS

Rösti

1kg Kestrel potatoes, cooked and then completely cooled down (ideally boiled the night before and left in the fridge)
1 tbsp extra virgin olive oil
Salt or herb salt
Pepper
spring onion and parsley, to serve

Mushroom Sauce

1 red onion
3 cloves of garlic
1 tbsp olive oil
1-2 tsp dried thyme
8 portabello mushrooms
250ml soy cream
Salt, Pepper

♥ METHOD

We start this recipe with the mushroom sauce: Finely chop the red onion and garlic and add them to a saucepan with olive oil over a medium heat. Roughly chop the mushrooms and add to the saucepan together with the thyme. Stir and let cook for about 5 minutes.

- While the mushrooms are cooking, heat up the oven to 180°C (AGA baking oven), line baking trays with baking paper and prepare the Rösti. Peel and roughly grate the potatoes, put them into a bowl and salt and pepper the potatoes. Heat up a non-stick pan over medium heat and generously add olive oil. Once the pan is hot, add all of the grated potato. Press the potato down into the pan and even it out on top. Let this fry for 5-10 minutes until the bottom is golden brown.
- Back to the mushrooms: Add the soy cream to the mushrooms then add salt and pepper to taste. Stir and continue to cook on a low heat until the other elements of the dish are completed.
- It should be time to flip the rösti: place a large plate on top of the fry pan then holding the plate carefully in place, lift the pan and flip it upside down. Remove the pan and place it back on the heat and add more olive oil. Carefully slide the rösti from the plate back into the pan and let the other side get golden brown for another 5-10 minutes before taking it off the heat.
- To serve, cut the rösti into quarters and place on a large plate. Pour some mushroom sauce over the rösti and layer roasted carrots and asparagus on top. Top it all off with chopped spring onion and parsley. Enjoy!

Äpplermaccaroni

♥ INGREDIENTS

Pasta

500g Kestrel potatoes
500g dried macaroni pasta (elbows, penne or "casarecce" work really well)
Salt

Sauce

1 head cauliflower (about 1 kg)
50g cashews
2 Massel vegetable stock cubes
½ tsp garlic powder
½ tsp onion powder

Sauce (continued)

2 tsp Dijon mustard
2 tbsp nutritional yeast
1 tsp white miso powder
1 tsp salt & pepper
lemon juice

♥ METHOD

Start with the sauce: Chop the cauliflower into small pieces and add to a large pot with 2L of boiling water. After 10 minutes, add the cashews into the pot too. Once the cauliflower is soft, strain in a colander and rinse with cold water. Let the cauliflower and cashews cool down completely before transferring them into a blender. Dissolve the stock cubes in 250ml of boiling water in a heatproof jar. Add another 250ml cold water into the jar once they've dissolved. Make sure that the stock liquid is cool before transferring it to the blender to avoid damage.

- There should now be cauliflower, cashews, and vegetable stock in the blender. Add all other sauce ingredients (except lemon juice) to the blender too, and blend until the sauce is nice and creamy.
- Now taste the sauce and add as much lemon juice to your preference. Start with the juice of ¼ lemon and add more if desired. Quickly blend the juice into the sauce and then leave the sauce aside while you prepare the other elements.
- To make the pasta, peel the potatoes and cut them into small 1x1cm cubes. In a big pot, add 3.5L of water and the cut potato and let it heat up to a boil. Once the water with potatoes is boiling, add salt as well as the dried pasta. Cook the pasta for 7-8 minutes or until al dente. Once the pasta has cooked, drain the water, add the cauliflower sauce and mix thoroughly.
- To serve, add the pasta with sauce into a bowl. Top with caramelised onion and applesauce (trust us on this) and also chopped spring onion and parsley. Enjoy!