

## **Cooking with Swiss cheeses / Tesco.**

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## CHEESY CHOUX BALLS

**SERVES: 4**

### INGREDIENTS

For the Choux Pastry:

50g (2oz) Flour  
25g (1oz) Butter  
150ml (1/2pt) Water  
1 Egg Yolk  
1 Egg, beaten  
50g (2oz) Emmental Switzerland  
25g (1oz) Almonds, chopped  
50g (2oz) Ham, finely chopped  
Salt and Black Pepper

### METHOD

1. Sift the flour onto a piece of greaseproof paper. Put the butter and water in a medium sized saucepan and warm until the butter has melted.
2. Bring to the boil, add all the flour at once and beat quickly - keep the pan over the heat for 1 minute if necessary - until the mixture thickens to a smooth glossy paste which leaves the sides of the saucepan.
3. Add the egg yolk, beat well and gradually add the egg, beating continuously. The mixture should be thick and shiny.
4. Cut the cheese into small dice and mix with the choux pastry, almonds and ham. Season well and allow to cool slightly.
5. Heat a deep fat fryer to 350°F, 180°C and drop teaspoonfuls of the mixture into the fat leaving room for them to rise. Cook for 7-8 minutes, turning occasionally. Drain on kitchen paper. Serve hot.

All lines subject to availability.  
Some lines in larger stores only.

RECIPES

from  
TESCO

COOKING WITH  
**SWISS**  
CHEESES



## FREE DRAW

Win one of 50 'Cheeses from Switzerland'  
Cheese Graters or one of 50 Multi Purpose  
Cheese Knives.

Draw closes 28th February 1994.

0007 28/2/94

## SWISS CHEESES



Cheese is not so much an industry in Switzerland, more a way of life. The first recorded history of cheese making was in the 12th century and even today it largely remains a family enterprise with many village dairies producing less than 5 or 4 of the distinctive cheese wheels a day. Each 1800b wheel uses over 220 gallons of fresh milk from cows grazing on rich lush pastures free from artificial pesticides and fertilizers.

### THE SECRET OF THE HOLES

Traditionally still made by hand, each Emmentaler wheel is left to mature for up to 7 months in a carefully controlled combination of warmth and moisture. This promotes a natural fermentation and the release of carbon dioxide gas which gets trapped within the cheese to form the cherry sized holes. The slightly cooler temperature at which Gruyère is kept results in fewer and smaller holes. Upon maturing every Emmentaler and Gruyère is carefully assessed by experts of the Swiss Cheese Union and graded for its taste, smell, consistency, holes and shape before being stamped with the distinctive 'Alphon' blower logo.

### EMMENTAL

Originated in the valley of the river Emme in the central region of Bern in Switzerland. It has a mild but full flavoured creamy taste with a lingering nutty flavour and the distinctive holes that have made it world famous.

### GRUYÈRE

Takes its name from the Northern Swiss town of Gruyère. Compared to Emmentaler, Gruyère has a slightly softer texture, a smoother creamier taste and is much more spicy aroma.

### APPENZELER

Made in the region of Appenzel following old traditions in a modern hygienic environment. The cheese is washed during maturing with a secret blend of herbs and herbs giving the cheese its deep aromatic scent, spicy taste and orange brown rind.



## SWISS CHEESE FONDUE

### SERVES: 4

#### INGREDIENTS

275g (10oz) Gruyère Switzerland  
275g (10oz) Emmentaler Switzerland  
1 Clove Garlic  
300ml (12fl oz) White Wine  
1 x 5ml sp (1tsp) Lemon Juice  
2.5 x 13ml sp (2.5tsp) Kirsch  
1 x 15ml sp (1tbsp) Cornflour  
Salt and Pepper  
Paprika

To serve: cubes of crusty bread, eating apple and pear.

#### METHOD

1. Grate the cheese coarsely. Rub the inside of a fondue pan with the garlic, pour in the wine and lemon juice. Add the cheese gradually, stirring all the time.  
2. Blend the kirsch with the cornflour and add to the cheese. Stir on a low heat until smooth. Simmer for a minute or two, season to taste adding a little paprika. If it is too thick add more wine, if it is too thin, thicken with extra cornflour.

Serve by dipping pieces of bread, eating apple or pear into the cheese with a long fork.

## VEAL ESCALOPES WITH A CHEESE & CELERY STUFFING

### SERVES: 4

#### INGREDIENTS

4 Veal Escalopes 125g (4oz) Button Mushrooms, sliced  
50g (2oz) Butter 15g (1/2oz) Plain Flour  
1 stick Celery, chopped 300ml (1 1/2pt) Milk  
1 small eating Apple, peeled and chopped Salt and Black Pepper  
25g (1oz) Appenzeller Switzerland, grated 2 x 15ml sp (2tbsp) Fromage Frais  
2 slices Ham Garnish: Celery Leaves  
1 small Onion, chopped

#### METHOD

1. Flatten the escalopes between two sheets of damp greaseproof paper until thin.  
2. Melt 15g (1/2oz) of the butter in a saucepan, lightly fry the celery and apple for 3-4 minutes. Stir in the cheese.  
3. Cut the ham in two and place on each escalope. Place some of the stuffing on each, roll up and secure with a cocktail stick.  
4. Melt the remaining butter in a frying pan. Add the veal rolls and brown on all sides. Cook gently for 7-10 minutes until tender. Remove and keep warm. Add the onions and mushrooms to the pan and cook for approximately 5 minutes or until softened.  
5. Sprinkle in the flour, mix carefully and cook for 1-2 minutes. Stir in the milk and cook until once thickens. Simmer for 1-2 minutes, season to taste. Stir in the fromage frais. Place the veal on a serving plate, remove the cocktail sticks and pour over the sauce. Garnish with celery leaves.

*As an alternative to Veal try using Pork Escalopes.*



## CREAM & HERB BAKED POTATOES

### SERVES: 4

Cooking Time: 1-1 1/2 hours

Cooking Temperature: 200°C/400°F/Gas Mark 6

#### INGREDIENTS

6 Large, even sized Potatoes  
60g (1 1/2oz) Emmentaler Switzerland, grated  
100ml (4fl oz) Double Cream  
1 x 5ml sp (1tsp) chopped Fresh Herbs  
Salt and Black Pepper  
25g (1oz) Breadcrumbs  
50g (2oz) Butter

#### METHOD

1. Scrub the potatoes and prick with a fork. Rub them with a little of the butter. Place on a baking sheet, sprinkle lightly with salt and cook for 1-1 1/2 hours or until tender.  
2. Cut the potatoes in half and scoop out the flesh with a spoon. Take care not to pierce the skin. Mash the potato. Place in a hot mixing bowl.  
3. Add the cheese and cream and beat until light and creamy. Add herbs and season. Replace the mixture in the potato skins, coat the top with the breadcrumbs and dot with knobs of butter.  
4. Place on a baking sheet and brown in the top of the oven or under a hot grill. Serve hot.





## THE 'CHEESES FROM SWITZERLAND' CROSSWORD COMPETITION



### CLUES

#### ACROSS

1. How many countries border Switzerland? (4)
2. The capital of Switzerland (5)
3. As well as blowing the alpenhorn, what else do the Swiss do from mountain tops? (5)
4. A popular Swiss cheese dish eaten with potato (8)
5. Which legendary archer came from the same area as the famous cheese, Sbrinz Switzerland? (4)

#### DOWN

1. What is the Swiss national currency? (5)
2. Which famous 'Cheese from Switzerland' has the largest holes? (8)
3. A traditional Swiss Cheese fondue is made with Emmental Switzerland and which other 'Cheese from Switzerland'? (7)
4. The Swiss flag is red and ..... (5)
5. Which Swiss mountain range can be found in the spelling of both Appenzeller Switzerland and Royalp Switzerland? (4)

**RULES:** No purchase necessary. Only one entry per household.  
Prizes will be drawn at random from all entries successfully answering the question.

**Draw closes 28th February 1994.**

Winners names and answers will be available from the promoter by 14th April 1994.

Promoter: Cheeses from Switzerland Ltd, Banbury, Oxon.

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ ☐

**SEND TO:** Cheeses from Switzerland/Tesco Competition,  
P.O. Box 113, Banbury, Oxon, OX16 8JU.

If you would like more information and recipes from Cheeses from Switzerland please indicate by placing a letter 'T' in the box on your entry form.