

# SWISSÔTEL SIGNATURE DISHES

WE BELIEVE  
THAT GOOD  
FOOD MAKES  
PEOPLE FEEL  
HAPPY AND  
VITAL

# SWISSÔTEL ICED TEA RECIPE

## INGREDIENTS - makes 1.5 litres

Water	0.500 ml
Fresh lemongrass	0.060 g
Fresh ginger	0.030 g
Agave syrup	0.030 g
Fresh Mint <sup>1</sup>	0.008 g
Verbena tea	0.006 kg / 4 bags
Green tea <sup>2</sup>	0.006 kg / 4 bags
Apple juice <sup>3</sup>	0.260 ml
Cold water	As needed

## TO GARNISH

Ice cubes  
Lemon slices  
Fresh mint

- Split lemongrass, cut lengthwise in half and cut in fine slices.
- Cut ginger in fine slices.
- Bring water to boil, pour over lemongrass and ginger and leave it for 3 minutes.
- Add agave syrup, mint and verbena tea.  
Add green tea - make sure that the water for green tea is not warmer than 80°C / 176°F (to avoid bitter aromas!).
- Leave it for another 3 minutes.
- Strain the tea with a fine-mesh sieve, add apple juice and cold water (as much as you need in order to reach 1.5 litres of tea).
- Cover it and let it cool down totally in the fridge.
- Serve the Swissôtel iced tea with ice with lemon slices and fresh mint leaves.

**Tea can be kept for max. 3 days in the fridge, colours may change due to oxidation.**

1. good quality, if possible fresh loose leaves, not tea bags.
2. pure, no other flavour added.
3. without additional sugar, clear if possible, not sparkling.





## STORY - CRUNCHY SWISS MÜSLI

Originally known in Swiss German as Birchermüesli or simply Müesli, the word is an Alemannic diminutive of mues which means 'puree' or 'mash'.



Muesli was introduced around 1900 by the Swiss physician Maximilian Bircher-Benner for patients in his hospital, where a diet rich in fresh fruit and vegetables was an essential part of therapy. It was inspired by a similar 'strange dish' that he and his wife had been served on a hike in the Swiss Alps. The original Birchermüesli was soaked overnight in water and lemon juice, and then eaten with yoghurt and fresh fruit.

Maximillian Bircher-Benner was a forerunner for whole and raw food, at a time when meat ruled the table. According to Bircher-Benner, wealthy people ate far too much meat, white bread and sugar. The poor were not healthier, as they had little access to fresh fruit and vegetables. At around the same time, 'Granula' was invented in Dansville, New York, by Dr. James Caleb Jackson at the Jackson Sanatorium. Its was made of Graham flour and rolled into large nugget shapes.

Muesli in its modern form became popular in Western countries starting in the 1960s, as part of increased interest in health food and vegetarian diets. In Switzerland, müsli is eaten for breakfast or as a light evening meal. The heritage of Maximilian Bircher-Benner is the perhaps most important Swiss contribution to our post-modern lifestyle today.

Muesli is traditionally prepared freshly using either dry rolled or whole grain oats that have been soaked in water, milk or fruit juice. Other common ingredients are grated or chopped fresh fruit, dried fruit, dairy products (e.g. fresh milk, yoghurt, cream, condensed milk, cottage cheese), or plant-based alternatives (e.g. milk or yoghurt from coconut, soya, nuts, cereals), fruit juices, nuts, seeds, spices (e.g. cinnamon) and honey.

In order to offer our guest the utmost flexibility, we opted for a dry, crunchy Swiss müsli mix, which they can assemble as they prefer with the other ingredients from our müsli bar. The Swissôtel müsli mix consists mainly of rolled oats, apple puree, honey and raw cane sugar. Cinnamon and ginger give it an extra kick. The crunchy Swiss müsli mix can also be used for overnight oats or Birchermüesli, and no sugar needs to be added.

# CRUNCHY SWISS MÜSLI RECIPE

## INGREDIENTS (for 10 kg)

Apple sauce	2.330 kg
Honey	1.130 kg
Sunflower oil	0.140 kg
Cinnamon powder	0.060 kg
Ginger powder	0.025 kg
Salt	0.020 kg
Raw cane sugar, fine	1.335 kg

Rolled oats, fine	4.045 kg
Rolled oats, course	4.045 kg

## METHOD

- Combine apple sauce with honey and sunflower oil.
- Add cinnamon powder, ginger powder, salt and raw cane sugar, and mix well.
- Add rolled oats and mix well.
- Spread out the mixture evenly on the Teflon baking sheets.
- Bake oats mixture in the preheated oven at 160°C / 320°F, with steam vent open and at half of ventilation level, for 20 minutes.
- Take the crunchy Swiss müsli out of the oven, mix well while still hot and let cool on the baking sheets.
- Serve with minimal one type (better with several types) of dried and fresh seasonal fruit, nuts, seeds, milk and yoghurt (dairy product and plant-based vegan alternative) and fruit juice.

**Alternative:** Crunchy Swiss müsli can also be used as a basis for overnight oats or Bircher muesli.

No sugar needs to be added



## STORY - SWISSÔTEL CHOCOLATE CAKE

It is difficult to say when and who invented the chocolate cake. The history of chocolate cake goes back to around 1750, when the process of making chocolate by grinding cocoa beans between two large circular millstones was discovered.



For a long time, chocolate recipes were mostly for chocolate drinks, and its presence in cakes was only in the form of fillings and glazes.

A process for making silkier and smoother chocolate, called conching, was developed in 1879 by Rodolphe Lindt. This made it easier to bake with chocolate, blending it smoothly into cake batters. About the same time, a countryman of Mr. Lindt invented milk chocolate. Thanks to handy milk chocolate bars, which were produced as a result, and the rise in 19th century purchasing power, chocolate – especially Swiss chocolate – began its global triumph. The Swiss are currently still world champions in chocolate consumption. Eating chocolate in the form of a cake is enjoyed around the world, and chocolate cake is probably the most popular dessert.

There is even an official chocolate cake day: 27th January.

**The Swissôtel chocolate cake is made of natural ingredients and has no flour in it.**



# SWISSÔTEL CHOCOLATE CAKE RECIPE

## GLUTEN FREE

### INGREDIENTS (10 servings)

Release agent spray	5g	Butter, tempered	125g
		Sugar	200g
Carma couverture 70%	250g	Egg yolks, pasteurised	130g
		Vanilla sugar	10g
Egg whites, pasteurised	250g	Almonds, ground	125g
Salt	0.5g	Hazelnuts, ground	125g
Sugar	50g	Lemon zest (finely grated)	3g
		Lemon juice	20g

### METHOD

- Cover the bottom of a 26cm round cake tin with a baking sheet and spray ring with release agent.
- Melt couverture over water bath (do not boil the water), stirring occasionally. Couverture may not exceed 50°C / 122°F so that it can be further processed.
- Beat egg whites with salt until stiff. Add sugar (50g) and beat again until the mixture is shiny; store in fridge.
- Whisk butter with sugar (200g) in a mixing bowl until frothy. Add egg yolks, vanilla sugar and beat until again frothy. Add almonds, hazelnuts, lemon zest and juice, and mix well.
- Combine melted chocolate with butter-egg-nut mixture and mix well.
- Gently fold in 1/3 of stiff egg white mixture, slowly adding the remaining 2/3.
- Pour mixture into round cake tin and flatten it. Bake in the preheated oven at 170°C / 338°F for approx. 55 minutes and let cool. When the cake has cooled, remove round cake tin and sprinkle with icing sugar. Cut the cake evenly into 10 large pieces.
- Serve with seasonal fruit, hot or cold vanilla custard, vanilla ice cream or whipped cream. If you prefer to serve the cake warm, just heat it in the microwave for a few seconds.

**Alternative:** Divide mass into mono portions or bake in smaller tins (e.g. 10cm) for banquettes, amenities, birthday cakes, etc. Keep the height as similar as possible to the 26cm tin and adjust duration of baking. Cake can also be frozen if well wrapped.



## VANILLA CUSTARD RECIPE

### TO GO WITH SWISSÔTEL CHOCOLATE CAKE

#### INGREDIENTS (for 1kg)

Vanilla pods	2 (approx. 5g)
Milk	785g
Sugar	140g
Milk	50g
Corn starch	20g
Egg yolks, pasteurised	100g

#### METHOD

- Cut vanilla pods lengthwise in two and scrape out vanilla seeds. Mix milk (785g) with sugar, vanilla seeds and empty vanilla pods, and bring to a boil.
- Mix corn starch with milk (50g), avoiding lumps. Stirring constantly, slowly add corn starch mixture to hot vanilla milk and simmer for 2 minutes.
- Take sauce off heat and slowly add egg yolks, stirring constantly. Strain sauce and cool down quickly.
- Serve hot or cold with the Swiss chocolate cake.

**Alternative:** If you like, refine the vanilla sauce with whipped cream.

