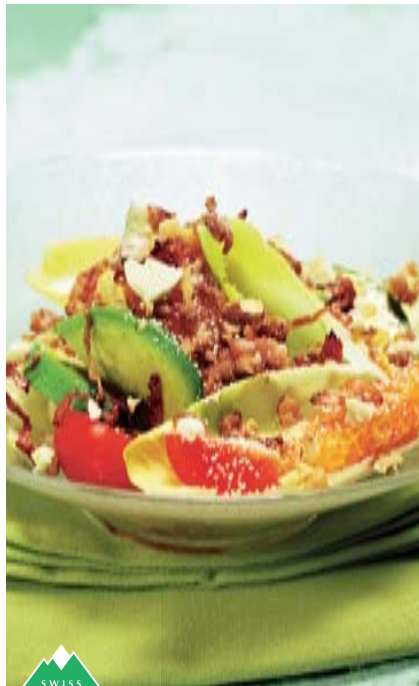




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Easy recipes to fall in love with.



Creative cooking with SWISS SCHABZIGER® 2006.



SWISS SCHABZIGER® is a 100% natural product – with a distinctive taste, it's ideal for grating, spreading and seasoning. This cheese, which is made from skimmed cow's milk, is almost fat-free and has an attractive green herb color, owes its typical aroma to the lush Glarner alpine pastures, a production method that's unique throughout the world and aromatic blue fenugreek, which is grown exclusively for Schabziger. SWISS SCHABZIGER® improves soups and sauces, soufflés and gratins. It's the perfect accompaniment to potatoes boiled in their jackets and spaetzle (noodles), gives pasta and pizza added zing, and turns crunchy salads and fresh vegetables into delicious wellness food. Mildly spiced Schabziger butter (Schabziger and butter mixed in equal quantities and stirred well) is ideal for spreading and dipping. *SWISS SCHABZIGER®, since 1463: the oldest branded product in Switzerland.*

Emmi (USA), Inc., 704 Executive Boulevard, Suite I, Valley Cottage, NY 10989, www.emmiusa.com

Colorful cheese canapés Schabziger pasta dish

Colorful cheese canapés: 1 coarse rye baguette or coarse wholemeal baguette (500 g); 150 g Schabziger & butter mixture (Schabziger and butter mixed in equal quantities and stirred well); 8 slices of beef prosciutto; 2 bunches of chives; 8 thin slices of raw ham; 4 slices of smoked salmon or gravalax and parsley to garnish. **Preparation:** Cut bread into 12 pieces and spread with Schabziger/butter mixture. Garnish 4 pieces with the rolled up prosciutto. Cut the chives into thin little rolls, spread over 4 pieces of bread and garnish with the folded slices of ham. Place the salmon on the remaining pieces of bread. Garnish canapés with parsley.

Schabziger pasta dish: For 4 persons, cook 350 g pasta, simmer 400 ml half-fat cream together with 50 g grated Schabziger and 50 g grated cheese for 3 min, season with pepper, a little nutmeg and Tabasco. Mix pasta and sauce and serve. Garnish with steamed onion rings, season accordingly. Goes well with apple sauce or salad. Garnish tip: serve with core apple slice, raw or fried quickly glazed with butter and sugar.

Schabziger fitness bowl

Ingredients for 4 portions: 100 g lean smoked bacon; 5 tbsp olive oil; 80 g hazelnut kernels; 400 g chicory; 12 cherry tomatoes; 2 oranges; 2 pink grapefruits; 1 ripe avocado; 2 tbsp herb vinegar; salt; ground pepper; 4 tbsp grated or sliced Schabziger (see below). **Preparation:** Dice bacon and fry in 2 tbsp of olive oil on a low heat until crispy. Roughly chop up the nuts and quickly roast. Allow to cool. Wash the chicory, clean it and cut into finger-length strips. Cut the washed tomatoes in half, peel and slice the oranges and grapefruits. Cut the avocado in half, remove the stone, peel it and cut it into slices or cubes. Mix all the ingredients that have been cut up in a salad bowl. Add the bacon with nuts and frying oil, vinegar, salt, pepper and the rest of the olive oil. Mix the salad, serve on plates and serve sprinkled with Schabziger.



You can use the solid block of Swiss Schabziger cheese, affectionately called "Stöckli" in Switzerland, just like Parmesan: use the cheese slice to grate it over salads or crostini, risotto or pasta.

Cheese patties

Ingredients for 4 portions: 350 g minced meat; 100 g veal sausage meat; 1 onion, finely chopped; 1 clove of garlic, crushed; 40 g celeriac, finely grated; 75 g Schabziger, finely grated; 3 tbsp fresh breadcrumbs; 1 tbsp parsley, finely chopped; 1 egg, whisked; salt; ground pepper; butter (for frying); 8 slices of alpine cheese, around 150 g; flat-leaf parsley to garnish. **Preparation:** Mix the minced meat, sausage meat, onion, garlic, celeriac, Schabziger, breadcrumbs, parsley and egg, season. Knead with your hands until the mixture has an even texture. Shape into 8 patties of equal size. Fry in batches for 3–4 minutes on each side. Keep warm in a pre-heated oven (70°C) until all patties are done. Turn up oven to 120°C, put a slice of alpine cheese on each of the patties and leave to melt for around 5 min. Tip: Goes well with pasta, mashed potatoes or polenta.



Swiss Schabziger is still manufactured to the same recipe from a thousand years ago; from skimmed cow's milk mixed with Schabziger fenugreek, which gives it its characteristic aroma and makes it so healthy. Naturopathy recommends fenugreek for gastrointestinal problems, loss of appetite and excessively high blood sugar and cholesterol levels. (Sources: GESKA AG, www.heilfasten.de)