

COLLECTION 03 · EXPANDED ENGLISH EDITION

A notebook of Swiss flavours

Traditions revisited with respect and lightness

FOOD · ART · TRAVEL · WELL-BEING

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An invitation to make with attention

Ten Swiss classics understood through their regional logic, then adapted for generous, contemporary home cooking.

This expanded edition was designed as a genuine companion for practice. Every gesture is explained, the variations remain realistic and each proposal leaves room for intuition. The aim is not to accumulate rules, but to understand a few dependable principles and adapt them with confidence.



How to use this book

Read once from beginning to end, prepare the ingredients or materials, then follow the sequence without chasing perfection. Record what worked, what resisted and what you would change next time.

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Before you begin



Read the whole recipe

Notice resting time, simultaneous cooking and ingredients added away from the heat.



Prepare the work surface

Wash, weigh and cut before cooking. Speed comes from order, never from rushing.



Taste at three moments

Taste before salt, after reduction and after the final acidity. A sauce changes as it cooks.



Adapt by function

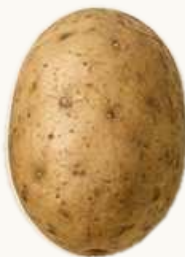
Replace an ingredient with another that plays the same role: crunch, fat, acidity, aroma or body.

Crisp rösti, tender centre

Inspired by German-speaking Switzerland, this recipe favours generous flavour and a method that remains easy to read. Cold potatoes have lost moisture and hold together better. Once the crust forms, do not disturb it. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 800 g waxy potatoes, cooked the day before
- 30 g butter
- 1 tbsp oil
- Salt and pepper
- Nutmeg, optional



POTATOES



BUTTER

The principle to remember

Cold potatoes have lost moisture and hold together better. Once the crust forms, do not disturb it.

The method, step by step



Prepare
Coarsely grate the cold potatoes.



Build
Heat butter and oil in a heavy frying pan.



Combine
Spread the potatoes without packing them tightly; cook for 10 minutes over medium heat.



Cook
Shape into a cake and turn with the help of a plate.



Finish
Cook for another 8 to 10 minutes and season just before serving.

Thoughtful variations

- Add sweet onion
- Serve with egg and salad
- Scent with rosemary

Understand it. Make it your own.

1. The logic of the dish

This recipe depends less on a rare product than on sequence. 800 g waxy potatoes, cooked the day before provides the foundation; Nutmeg, optional shapes the finish. Cold potatoes have lost moisture and hold together better. Once the crust forms, do not disturb it. Remembering that relationship makes it possible to rebuild the balance with what is available.

2. Organisation

For calmer cooking, prepare everything that needs cutting first, measure liquids, then keep all finishing ingredients separate. During cooking, intervene only when needed: watch steam, colour and consistency before stirring. A minute of rest away from the heat can be more useful than another minute of cooking.

3. Correct with method

If the result feels flat, do not reach for salt immediately. Check concentration, acidity and texture in that order. A simple adaptation is to add sweet onion. Taste a small test portion, adjust it, then correct the whole dish.

Personal note

What I want to keep, modify or pass on after this attempt:

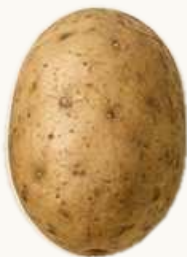


A lighter papet vaudois

Inspired by Vaud, this recipe favours generous flavour and a method that remains easy to read. Crushing only part of the potatoes thickens the papet naturally while preserving texture. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 4 leeks
- 600 g potatoes
- 2 cabbage sausages, optional
- 200 ml stock
- 100 ml white wine
- 1 tsp mustard
- 1 tbsp cream



POTATOES



CREAM

The principle to remember

Crushing only part of the potatoes thickens the papet naturally while preserving texture.

The method, step by step



Prepare

Sweat the leeks for 10 minutes without colouring.



Build

Add potatoes, wine and stock.



Combine

Place the sausages on top, cover and cook for 25 minutes.



Cook

Remove the sausages and crush some of the potatoes.



Finish

Stir in mustard and cream, adjust the seasoning and serve.

Thoughtful variations

- Plant-based version with white beans
- Replace cream with yoghurt
- Add chives

Understand it. Make it your own.

1. The logic of the dish

This recipe depends less on a rare product than on sequence. 4 leeks provides the foundation; 1 tbsp cream shapes the finish. Crushing only part of the potatoes thickens the papet naturally while preserving texture. Remembering that relationship makes it possible to rebuild the balance with what is available.

2. Organisation

For calmer cooking, prepare everything that needs cutting first, measure liquids, then keep all finishing ingredients separate. During cooking, intervene only when needed: watch steam, colour and consistency before stirring. A minute of rest away from the heat can be more useful than another minute of cooking.

3. Correct with method

If the result feels flat, do not reach for salt immediately. Check concentration, acidity and texture in that order. A simple adaptation is to plant-based version with white beans. Taste a small test portion, adjust it, then correct the whole dish.

Personal note

What I want to keep, modify or pass on after this attempt:



Cheese and apple croûtes

Inspired by Swiss Alps, this recipe favours generous flavour and a method that remains easy to read. Apple brings freshness and acidity against the cheese. The bread must remain sturdy beneath the topping. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 4 thick slices bread
- 250 g grated Swiss cheese
- 100 ml white wine or milk
- 1 tart apple
- 1 tsp mustard
- Pepper and nutmeg



BREAD



CHEESE



APPLE



MILK

The principle to remember

Apple brings freshness and acidity against the cheese. The bread must remain sturdy beneath the topping.

The method, step by step



Prepare

Lightly toast the bread to create a barrier.



Build

Mix the cheese with mustard, pepper and nutmeg.



Combine

Moisten the bread with a little wine or milk.



Cook

Add thin slices of apple, then the cheese.



Finish

Grill for 8 to 10 minutes under a hot grill.

Thoughtful variations

- Add onion confit
- Serve with chicory salad
- Use rye bread

Understand it. Make it your own.

1. The logic of the dish

This recipe depends less on a rare product than on sequence. 4 thick slices bread provides the foundation; Pepper and nutmeg shapes the finish. Apple brings freshness and acidity against the cheese. The bread must remain sturdy beneath the topping. Remembering that relationship makes it possible to rebuild the balance with what is available.

2. Organisation

For calmer cooking, prepare everything that needs cutting first, measure liquids, then keep all finishing ingredients separate. During cooking, intervene only when needed: watch steam, colour and consistency before stirring. A minute of rest away from the heat can be more useful than another minute of cooking.

3. Correct with method

If the result feels flat, do not reach for salt immediately. Check concentration, acidity and texture in that order. A simple adaptation is to add onion confit. Taste a small test portion, adjust it, then correct the whole dish.

Personal note

What I want to keep, modify or pass on after this attempt:



Älplermagronen with crisp onions

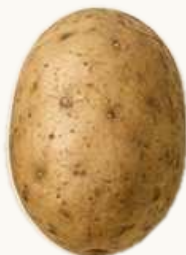
Inspired by Central Switzerland, this recipe favours generous flavour and a method that remains easy to read. The sweet-savoury contrast of apple compote belongs to the balance of the dish; serve it alongside. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 300 g short pasta
- 400 g potatoes
- 200 ml light cream
- 180 g grated cheese
- 2 onions
- Unsweetened apple compote
- Salt and pepper



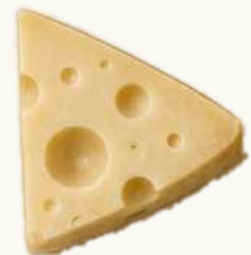
PASTA / NOODLES



POTATOES



CREAM



CHEESE

The principle to remember

The sweet-savoury contrast of apple compote belongs to the balance of the dish; serve it alongside.

The method, step by step



Prepare

Cook the potatoes in salted water for 8 minutes.



Build

Add the pasta to the same pan and continue according to its cooking time.



Combine

Brown the onions separately until crisp.



Cook

Drain, then combine pasta, potatoes, cream and cheese.



Finish

Gratinate or serve directly with onions and apple compote.

Thoughtful variations

- Add leek
- Use half cream and half stock
- Bake as small individual gratins

Understand it. Make it your own.

1. The logic of the dish

This recipe depends less on a rare product than on sequence. 300 g short pasta provides the foundation; Salt and pepper shapes the finish. The sweet-savoury contrast of apple compote belongs to the balance of the dish; serve it alongside. Remembering that relationship makes it possible to rebuild the balance with what is available.

2. Organisation

For calmer cooking, prepare everything that needs cutting first, measure liquids, then keep all finishing ingredients separate. During cooking, intervene only when needed: watch steam, colour and consistency before stirring. A minute of rest away from the heat can be more useful than another minute of cooking.

3. Correct with method

If the result feels flat, do not reach for salt immediately. Check concentration, acidity and texture in that order. A simple adaptation is to add leek. Taste a small test portion, adjust it, then correct the whole dish.

Personal note

What I want to keep, modify or pass on after this attempt:



Green chalet soup

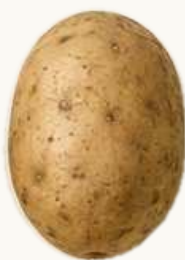
Inspired by Pre-Alps, this recipe favours generous flavour and a method that remains easy to read. Milk goes in at the end to keep the texture soft and prevent splitting. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 2 leeks
- 2 carrots
- 300 g potatoes
- 120 g short pasta
- 1 can white beans
- 1.2 l stock
- 150 ml milk
- Herbs and grated cheese



CARROT



POTATOES



PASTA / NOODLES



BEANS

The principle to remember

Milk goes in at the end to keep the texture soft and prevent splitting.

The method, step by step



Prepare

Sweat the leeks and carrots for 5 minutes.



Build

Add potatoes and stock; cook for 12 minutes.



Combine

Add pasta and beans and continue for 9 minutes.



Cook

Stir in milk and herbs without boiling vigorously.



Finish

Serve with a little cheese and black pepper.

Thoughtful variations

- Add spinach
- Replace pasta with barley
- Keep chilled for two days

Understand it. Make it your own.

1. The logic of the dish

This recipe depends less on a rare product than on sequence. 2 leeks provides the foundation; Herbs and grated cheese shapes the finish. Milk goes in at the end to keep the texture soft and prevent splitting. Remembering that relationship makes it possible to rebuild the balance with what is available.

2. Organisation

For calmer cooking, prepare everything that needs cutting first, measure liquids, then keep all finishing ingredients separate. During cooking, intervene only when needed: watch steam, colour and consistency before stirring. A minute of rest away from the heat can be more useful than another minute of cooking.

3. Correct with method

If the result feels flat, do not reach for salt immediately. Check concentration, acidity and texture in that order. A simple adaptation is to add spinach. Taste a small test portion, adjust it, then correct the whole dish.

Personal note

What I want to keep, modify or pass on after this attempt:



Herb and vegetable capuns

Inspired by Graubünden, this recipe favours generous flavour and a method that remains easy to read. The filling should be thick yet supple. Test one leaf before rolling the whole batch. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 12 large chard leaves
- 180 g flour
- 2 eggs
- 100 ml milk
- 1 bunch mixed herbs
- 100 g grated cheese
- 500 ml stock
- Salt and nutmeg



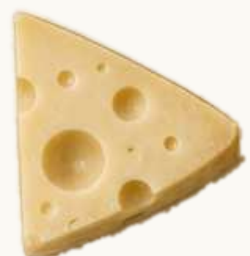
FLOUR



EGG



HERBS



CHEESE

The principle to remember

The filling should be thick yet supple. Test one leaf before rolling the whole batch.

The method, step by step



Prepare

Blanch the chard leaves for 30 seconds, then dry them.



Build

Mix flour, eggs, milk, herbs, cheese and nutmeg.



Combine

Place a spoonful of batter on each leaf and roll.



Cook

Nestle the rolls closely in a sauté pan.



Finish

Add stock halfway up, cover and cook for 20 minutes.

Thoughtful variations

- Add cubes of toasted bread
- Finish with a little cream
- Use cabbage leaves

Understand it. Make it your own.

1. The logic of the dish

This recipe depends less on a rare product than on sequence. 12 large chard leaves provides the foundation; Salt and nutmeg shapes the finish. The filling should be thick yet supple. Test one leaf before rolling the whole batch. Remembering that relationship makes it possible to rebuild the balance with what is available.

2. Organisation

For calmer cooking, prepare everything that needs cutting first, measure liquids, then keep all finishing ingredients separate. During cooking, intervene only when needed: watch steam, colour and consistency before stirring. A minute of rest away from the heat can be more useful than another minute of cooking.

3. Correct with method

If the result feels flat, do not reach for salt immediately. Check concentration, acidity and texture in that order. A simple adaptation is to add cubes of toasted bread. Taste a small test portion, adjust it, then correct the whole dish.

Personal note

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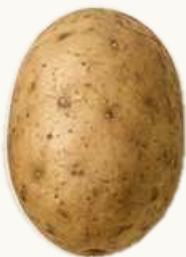


A contemporary Valais cholera pie

Inspired by Valais, this recipe favours generous flavour and a method that remains easy to read. Cooling the filling before closing the pie prevents the pastry from turning soft. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

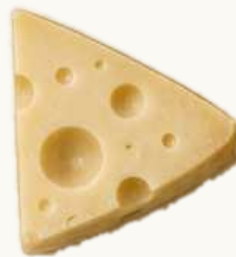
- 1 sheet shortcrust pastry
- 500 g cooked potatoes
- 2 leeks
- 2 apples
- 200 g alpine cheese
- 1 egg
- Thyme and pepper



POTATOES



APPLE



CHEESE



THYME

The principle to remember

Cooling the filling before closing the pie prevents the pastry from turning soft.

The method, step by step



Prepare

Sweat the leeks, then let them cool.



Build

Slice the potatoes and apples thinly.



Combine

Line a tin and arrange the ingredients in layers.



Cook

Add cheese, thyme and pepper, then close with pastry.



Finish

Brush with egg and bake for 35 minutes at 190°C.

Thoughtful variations

- Make individual pies
- Add walnuts
- Serve with a bitter-leaf salad

Understand it. Make it your own.

1. The logic of the dish

This recipe depends less on a rare product than on sequence. 1 sheet shortcrust pastry provides the foundation; Thyme and pepper shapes the finish. Cooling the filling before closing the pie prevents the pastry from turning soft. Remembering that relationship makes it possible to rebuild the balance with what is available.

2. Organisation

For calmer cooking, prepare everything that needs cutting first, measure liquids, then keep all finishing ingredients separate. During cooking, intervene only when needed: watch steam, colour and consistency before stirring. A minute of rest away from the heat can be more useful than another minute of cooking.

3. Correct with method

If the result feels flat, do not reach for salt immediately. Check concentration, acidity and texture in that order. A simple adaptation is to make individual pies. Taste a small test portion, adjust it, then correct the whole dish.

Personal note

What I want to keep, modify or pass on after this attempt:

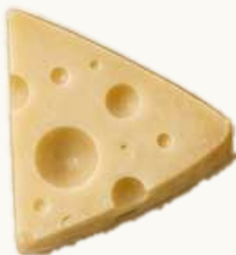


Creamy cheese polenta

Inspired by Ticino, this recipe favours generous flavour and a method that remains easy to read. Good polenta should fall slowly from the spoon; remember that it thickens as it rests. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 250 g polenta
- 1 l water or stock
- 80 g Ticino cheese or Parmesan
- 30 g butter
- 250 g mushrooms
- Thyme, salt and pepper



CHEESE



BUTTER



MUSHROOMS



THYME

The principle to remember

Good polenta should fall slowly from the spoon; remember that it thickens as it rests.

The method, step by step



Prepare
Bring the seasoned liquid to a simmer.



Build
Rain in the polenta while whisking.



Combine
Cook according to the packet, stirring regularly.



Cook
Sear the mushrooms over high heat with thyme.



Finish
Stir butter and cheese into the polenta away from the heat; serve with mushrooms.

Thoughtful variations

- Set leftovers in a tray and grill
- Add spinach
- Serve with roasted tomato

Understand it. Make it your own.

1. The logic of the dish

This recipe depends less on a rare product than on sequence. 250 g polenta provides the foundation; Thyme, salt and pepper shapes the finish. Good polenta should fall slowly from the spoon; remember that it thickens as it rests. Remembering that relationship makes it possible to rebuild the balance with what is available.

2. Organisation

For calmer cooking, prepare everything that needs cutting first, measure liquids, then keep all finishing ingredients separate. During cooking, intervene only when needed: watch steam, colour and consistency before stirring. A minute of rest away from the heat can be more useful than another minute of cooking.

3. Correct with method

If the result feels flat, do not reach for salt immediately. Check concentration, acidity and texture in that order. A simple adaptation is to set leftovers in a tray and grill. Taste a small test portion, adjust it, then correct the whole dish.

Personal note

What I want to keep, modify or pass on after this attempt:



Fresh, generous Bircher

Inspired by Zurich, this recipe favours generous flavour and a method that remains easy to read. Grated apple brings sweetness and moisture; taste before adding any extra sugar. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 200 g rolled oats
- 300 ml milk
- 200 g yoghurt
- 2 apples
- 1 lemon
- 50 g hazelnuts
- Seasonal fruit
- Honey, optional



OATS



MILK



YOGHURT



APPLE

The principle to remember

Grated apple brings sweetness and moisture; taste before adding any extra sugar.

The method, step by step



Prepare

Combine oats, milk and yoghurt the night before or 30 minutes ahead.



Build

Grate the apples with their skin and add lemon.



Combine

Fold in the apples and crushed hazelnuts.



Cook

Loosen with a little milk until supple.



Finish

Add fresh fruit and honey at the moment of serving.

Thoughtful variations

- Add flaxseed
- Use pear
- Prepare in jars

Understand it. Make it your own.

1. The logic of the dish

This recipe depends less on a rare product than on sequence. 200 g rolled oats provides the foundation; Honey, optional shapes the finish. Grated apple brings sweetness and moisture; taste before adding any extra sugar. Remembering that relationship makes it possible to rebuild the balance with what is available.

2. Organisation

For calmer cooking, prepare everything that needs cutting first, measure liquids, then keep all finishing ingredients separate. During cooking, intervene only when needed: watch steam, colour and consistency before stirring. A minute of rest away from the heat can be more useful than another minute of cooking.

3. Correct with method

If the result feels flat, do not reach for salt immediately. Check concentration, acidity and texture in that order. A simple adaptation is to add flaxseed. Taste a small test portion, adjust it, then correct the whole dish.

Personal note

What I want to keep, modify or pass on after this attempt:



Fine walnut and honey tart

Inspired by Inspired by the Engadin, this recipe favours generous flavour and a method that remains easy to read. A thin layer keeps the tart lighter and preserves the crunch of the walnuts. Read it once, prepare every element, then let time and heat do their work.

Ingredients • serves 4

- 1 sheet puff pastry
- 180 g walnuts
- 120 ml cream
- 70 g honey
- 40 g raw sugar
- 1 pinch salt
- Orange zest



WALNUTS



CREAM



HONEY



ORANGE

The principle to remember

A thin layer keeps the tart lighter and preserves the crunch of the walnuts.

The method, step by step



Prepare

Toast the walnuts for 6 minutes at 170°C.



Build

Bring cream, honey, sugar, salt and zest to a gentle simmer.



Combine

Add the walnuts and let the mixture cool slightly.



Cook

Roll the pastry, prick it and spread a thin layer of filling.



Finish

Bake for 22 to 25 minutes at 190°C; cool before cutting.

Thoughtful variations

- Add pumpkin seeds
- Replace orange with coffee
- Cut into small squares

Understand it. Make it your own.

1. The logic of the dish

This recipe depends less on a rare product than on sequence. 1 sheet puff pastry provides the foundation; Orange zest shapes the finish. A thin layer keeps the tart lighter and preserves the crunch of the walnuts. Remembering that relationship makes it possible to rebuild the balance with what is available.

2. Organisation

For calmer cooking, prepare everything that needs cutting first, measure liquids, then keep all finishing ingredients separate. During cooking, intervene only when needed: watch steam, colour and consistency before stirring. A minute of rest away from the heat can be more useful than another minute of cooking.

3. Correct with method

If the result feels flat, do not reach for salt immediately. Check concentration, acidity and texture in that order. A simple adaptation is to add pumpkin seeds. Taste a small test portion, adjust it, then correct the whole dish.

Personal note

What I want to keep, modify or pass on after this attempt:



The next chapter is yours

A practice becomes personal when it is repeated, simplified and transformed. Returning to a recipe, exercise or notebook page reveals what has changed in the gesture and in the gaze. Brief notes, dated attempts and clear acknowledgement of sources build a more sincere body of work.



Three commitments

1. Choose curiosity over perfection.
2. Respect people, cultures, ingredients and the body's limits.
3. Create something useful, however simple, then pass it on accurately.



Doris Waelchli Giraud

Food · Art · Travel · Well-being

A collection inspired by travel, Switzerland, artistic creation and food that is simple, authentic and free from unnecessary stress.

Editorial note

Recipes should be tested under the conditions of your own kitchen before commercial publication. Well-being content is informational and does not replace individual medical, nutritional or psychological advice.

