



Cooking with an Accent

Menu & Recipes



From Chef Joao Marcos Barboza

From the Swiss Embassy

Waldorf Salad

Vol-Au- Vent à la Béchamel

Fraises à la Ritz





Waldorf Salad Recipe

1/2 cup celery, julienned

2 apples, peeled and julienned

Grapes, halved

2 tablespoons walnuts, toasted and chopped

1/2 cup yogurt

1/2 cup crème fraîche or sour cream

3 teaspoons lemon juice

A pinch of white pepper

Salt to taste

1/4 cup walnut oil

To make the dressing, combine yogurt, crème fraîche and lemon juice. Whisk the oil in slowly until emulsified. Season with salt and white pepper.

In a bowl, mix the apples, celery, grapes and walnuts. Pour the dressing and toss to coat the salad. Serve on a leaf of lettuce arranged on a plate.



Vol-Au- Vent à la Béchamel

4 puff pastry shells (store-bought)
1 tablespoon butter
2 slices cooked ham, cut into small dices
2 cups mushrooms (your choice), thinly sliced
1 teaspoon thyme, finely chopped
1/2 clove of garlic, finely chopped
1/2 shallot, finely diced
2 tablespoons cognac

Salt and pepper to taste
1 tablespoon parsley, finely chopped
1/4 cup grated Gruyère cheese

For the Béchamel

2 cups milk
1 oz. flour
1 oz. butter

Bake the puff pastry shells according to package instructions. After baking, carefully cut out the caps on the top and reserve. Remove the inside dough from the shells, creating a well. Be careful not to pierce the bottom, leaving the bottom layer in-tact.

Sauté the shallots and garlic in 1 tablespoon of butter on medium low heat until soft. Add the mushrooms and cook until tender and liquid has reduced to almost dry. Add the thyme and cognac and cook until the liquid has reduced completely. Add the ham and season with salt and pepper to taste. Reserve.

Melt the butter in a saucepan on medium low heat. Add the flour and mix to combine and cook, without burning, for 2 minutes. Gradually add the milk, whisking continuously, and cook the sauce until thickened. Add the mushroom-and-ham mixture to the béchamel and mix to combine. Add the chopped parsley. Place the puff pastry shells on a sheet tray lined with parchment paper and fill each shell with the béchamel sauce. Divide the Gruyère cheese among the four shells on top of the sauce, and place the reserved pastry caps on top.

Bake for 5 minutes in a preheated 350° F oven. Serve warm with a salad.



Fraises à la Ritz

2 cups fresh strawberries

1 tablespoon sugar

1 tablespoon Grand Marnier

Halve strawberries and place them in a shallow bowl with sugar and Grand Marnier. Chill for 30 minutes.

For the Berry Cream sauce

1/2 cup fresh strawberries

2 tablespoons powdered sugar

1/2 cup heavy cream

1/2 teaspoon vanilla extract

Purée the strawberries in a blender until smooth. Transfer to a bowl and add 1 tablespoon of powdered sugar. Chill for 30 minutes.

Whip the cream until nearly stiff and add 1 tablespoon of powdered sugar and vanilla and continue whipping the cream until stiff. Gradually fold purée into the whipped cream and fold in another table-spoon of powdered sugar if desired.

Spoon sauce over halved strawberries in a bowl and garnish with some mint.

Serve immediately.

Bonne appétit