

# Quiche Lorraine Recipe

## **Quiche Lorraine**

CATEGORY: Appetizers

COUNTRY: France

SERVES: 4

INGREDIENT: 1- 30cm pastry shell, 1/4 liter cream, 2-3 eggs, bacon, 1 onion, gruyere cheese (or mozzarella ) salt, pepper.

DIRECTION: Brown slightly sliced bacon and sliced onion in a little butter, let it cool down and place in pastry shell, add ground cheese, beat vigorously eggs, cream, salt and pepper, pour in shell. Bake at 375° F for aprox. 35 min or until brown.

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# Carpaccio Recipe

## **Carpaccio**

RECIPE: Carpaccio

CATEGORY: Appetizers

COUNTRY: Italy

SERVES: 6-8

INGREDIENT: Small fillet of beef ( tenderloin – clean ), olive oil, black crushed peppercorns, Parmesano cheese, mustard, salt, paprika, pepper.

DIRECTION: Paste mustard, salt, pepper & paprika on tenderloin, marinate in olive oil overnight, rap with alu or plastic rap, freeze. Cut tenderloin in very fin slices, place on dish sparkle with crushed black pepper, some olive oil ( and lime juice optional ) on top. Add sliced parmesan garnish with tomato slice and parsley.

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## Asparagus and Gruyere Cheese Tart

### **Asparagus and Gruyere Cheese Tart**

CATEGORY: Appetizers

COUNTRY: France

SERVES: 4

INGREDIENT: 1- 30cm pastry shell, 1/4 liter cream, 2-3 eggs, bacon, 1 cup of cut spear asparagus (if boughth canned they are already soft and ready to use, if bought fresh then pre cook them in salt water until they get soft), 1 cup of gruyere cheese (or mozzarella ) salt, pepper.

DIRECTION: Brown slightly sliced bacon in a little butter, let it cool down and place in pastry shell, add cut spear asparagus, add ground cheese, beat vigorously eggs, cream, salt and pepper, pour in shell. Bake at 375° F for aprox. 35 min or until brown. Serve with a light white wine.

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# Gruyere Cheese Cream On Toast Recipe

## **Gruyere Cheese Cream On Toast**

CATEGORY: Appetizers

COUNTRY: France

SERVES: 4

INGREDIENT: 4 toasted bread slices, 200 Grams of grated Gruyere Cheese, white wine, paprika, pepper, minced fresh herbs.

DIRECTION: Melt cheese with wine, flavor rest of ingredients, stir, simmer until right consistency is reached. pour cream over toast. serve.

NOTES: Optional A) add cream and/or cognac for flavor. B) as gratin. Recommended wine: Macon Village or any other dry white wine.

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# Vol-o-vent with Mushrooms In Cream Sauce Recipe

**Vol-o-vent with Mushrooms In Cream Sauce**

CATEGORY: Appetizers

COUNTRY: France

SERVES: 4

INGREDIENT: 4 large (or 8 small) Vol-o-vents kept warm in oven, 100 gr onions minced, 600gr mushrooms sliced, 2 tbsp butter, 1 tbsp flour, 1 cup white wine, 1 cup cream, parsley, 1/2 tsp. salt & pepper.

DIRECTION: Sauté onions in butter until limp, add mushrooms & blend in flour, salt & pepper, sauté for a few min., add wine heat up & stir, add cream heat up again and fill vol-o-vents with mushrooms garnish with a bit minced parsley and serve.

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## Swiss Cheese Tart Recipe

### Swiss Cheese Tart

RECIPE: Swiss Cheese Tart ( Schweizer Chaeschuechli – Käsekuchen)

CATEGORY: Appetizers

COUNTRY: Switzerland

SERVES: 4

INGREDIENT: 1 30 cm pastry shell, 1/4 liter cream, 2-3 eggs, grated gruyere cheese, salt, pepper.

DIRECTION: Pour the cream in a bowl with the grated Swiss Gruyere cheese and eggs and mix well, beating vigorously, add some salt and pepper to taste, pour in shell. Bake at 375° F

for aprox. 35 min or until brown.

Note: The Swiss Cheese Tart goes well as an appetizer or as small dish for a dinner or evening snack with a good wine.

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## Spinach Tart Recipe

### **Spinach Tart – Spinat-Wähe**

CATEGORY: Appetizers

COUNTRY: Switzerland

SERVES: 4

INGREDIENT: 1- 30cm pastry shell, 1/4 lt cream, 2 eggs, 1 pound of fresh spinach leafs chopped, 1 small to medium sized onion finely chopped, 1/2 cup grated gruyere cheese (or mozzarella) salt, pepper.

DIRECTION: Sauté slightly onion in a little butter, then add the chopped spinach, cover the pan and let simmer until the spinach leafs collapse, then let it cool down. Beat vigorously eggs, cream, salt and pepper, then add the grated cheese and mix well, then add the cooled down spinach with onions and mix again, then add the hole mix into the pastry shell. Bake at 375F (190-200C) for about 30 minutes in a preheated stove.

NOTES: This dish goes well as a healthy appetizer with a creamy carrot sauce.

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# Smoked Trout Pâté Recipe

## **Smoked Trout Pâté**

CATEGORY: Appetizers

COUNTRY: France

SERVES:

INGREDIENT: 3 whole smoked trout ( about 1 1/4 pounds ) (or in fillets), 1 8-ounce package whipped cream, cheese, 1/4 cup low-fat mayonnaise dressing, 3 tablespoons lemon juice, 1/8 teaspoon ground black pepper, 1 tablespoon minced chives or green onion chives for garnish, assorted crackers and cucumber slices.

DIRECTION: 1. Cut head and tail from each trout; remove skin and bones and discard. In food processor with knife blade attached, blend trout, cream cheese, mayonnaise dressing, lemon juice, and black pepper until smooth. 2. Spoon trout mixture into medium bowl; stir in minced chives. Cover and refrigerate if not serving right away. Allow refrigerated pâté to stand at room temperature 15 minutes to soften before serving. Garnish with chives. Serve with crackers and cucumber slices.

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# Shrimp Cocktail Recipe

## **Shrimp Cocktail**

CATEGORY: Appetizers – Seafood

COUNTRY: International

SERVES: 4

INGREDIENT: 200 grams of cleaned and in salt water cooked shrimps.

Cocktail sauce: 2 tablespoons of lemon juice, 1 finely chopped red onion, 1/2 cup of ketchup, 2 tablespoons of mayonnaise, 1 tablespoon of horseradish mustard, salt & pepper to taste. Avocado slices for decoration. Optional: 1 tablespoon aji chombo finely chopped (hot chili pepper, add only if you like it hot).

DIRECTION: Mix all ingredients of the sauce and add the shrimps, add this mix into 4 cocktail appetizer glasses or small bowls, decorate with avocado slices.

NOTES: Serve cold with salt crackers.

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## Quesadillas Recipe

### **Quesadillas**

CATEGORY: Appetizers

COUNTRY: Mexico

SERVES: 2

INGREDIENT: 4 Tortillas, 4 slices of Mozzarella Cheese (or same amount of grated Mozzarella Cheese), Tomato and Onion cut in slices, salt and pepper to taste, olive oil.

DIRECTION: Ad just a dip of olive oil in a pan and heat it up

with the onion slices until they become transparent, then add the tomato slices and heat up again, place the onion and tomato slices on one half of the tortillas, salt and pepper to taste, then top that with the mozzarella cheese, then fold each tortilla and brown them slightly on each side until the mozzarella cheese starts melting. Serve immediately while still hot. This dish makes a nice appetizer or serves also well as a snack.