



## INTERNATIONAL INSTANT MEETING IDEAS

### SWITZERLAND



#### All Branches: Recipe: Rösti

Rösti is a Swiss dish, similar to a potato fritter. It was originally a breakfast dish from the canton of Bern but is now considered a national dish by the Swiss people.

#### Ingredients:

- 5 strips streaky bacon
- 1½ kg potato, peeled
- 5 tbsp. olive oil
- 1 small onion
- butter, for greasing



#### Directions:

1. Heat oven to 190°C. Dry-fry the bacon in a pan for 5 minutes until crisp, then chop into small pieces. Boil the whole potatoes for 5 minutes, drain, and then place in a bowl of chilled water.
2. When cool enough to handle, pat the potatoes dry and roughly grate into a large bowl. Toss with the oil as you go, to stop them from sticking. Roughly grate the onion and squeeze out any excess juice, and then stir into the potatoes along with the bacon.
3. Place a baking sheet in the oven for 5 minute to warm through. Liberally grease a 23cm loose-bottomed cake tin with butter. Scatter the potato over the tin, trying not to pack it down, then dot all over the top with butter. Place on the hot baking sheet and bake in the oven for 1 hr 20 mins until the potatoes are cooked through and crisp on top.

From: <http://www.bbcgoodfood.com/recipes/72610/ovenbaked-rsti-cake>

## Sparks, Brownies: Craft: Cow Bells

Cow bells can often be heard in the Swiss Alps as they are worn by free-roaming livestock, which make them easy to locate. The cowbells are different depending on the species, gender and age of the animal.

### Materials:

- Plastic cups
- Gold spray paint (optional)
- Construction paper
- Scissors
- Glue gun
- White craft glue
- Yarn
- Big beads



### Instructions:

1. Spray the plastic cups gold on the outside, making them look like a bell.
2. While they dry, cut a strips of construction paper about 5cm wide lengthwise. Fold these in half.
3. Take a strip of paper and decorate it with markers or paper cut outs, on both sides.
4. Use a nail to poke two holes in the bottom of the cup. Use a piece of yarn to hang a bead from the inside of the cup.
5. Use a glue gun to attach the paper strip to each side of the upside down cup.
6. You can use yarn to tie the bell around the girl's neck, making her an official Swiss cow!

## Guides, Pathfinders, Rangers: Craft: Scherenschnitte

Scherenschnitte means “scissor cuts” in German and is a traditional Swiss handicraft. The designs are often symmetrical and common forms are silhouettes, valentines and love letters.

### Materials:

- Black and white paper
- Template (plenty available from <http://papercutting.blogspot.ca/>)
- Scissors, utility knife



### Instructions:

1. Print out a template of your choice and cut out the interior of the picture.
2. Trace the template onto the black paper.
3. Cut out the shape from the black paper.
4. Glue the shape onto the white paper.

From: <http://papercutting.blogspot.ca/>

## Guides, Pathfinders, Rangers: Recipe: Fondue

Fondue is a dish of melted cheese served in a pot from which everyone dips bread, meats, vegetables or fruit using long-stemmed forks.

### Ingredients:

- ¾ cup (180 mL) unsweetened apple juice
- 2/3 lb. (300 g) grated Canadian Swiss cheese
- ½ lb. (225 g) grated medium Canadian Cheddar
- 1 tbsp. (15 mL) cornstarch
- Ground black pepper to taste
- 1 to 2 tbsp. (15 to 30 ml) fresh chives, chopped (optional)



### Directions:

1. In a fondue pot, bring the apple juice to a boil over medium heat.
2. Mix the grated cheeses with the cornstarch, making sure the cheese is well covered. Add the cheeses to the fondue pot gradually and let them melt while stirring continuously with a wooden spoon.
3. Add pepper to taste and the chives.
4. Serve immediately with bread, cold cuts, vegetables and fruits.

From: <https://www.dairygoodness.ca/recipes/kids-favourite-cheese-fondue>