Modern Swiss Cooking

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**Sparkling Meringue / Double Cream of Gruyère**

A sugarless dessert: The idea was to associate the memory of two recipes that all Swiss people know, i.e., the Tiki sparkling bonbon (acid and sparkling sweets with a citric flavour) and the cream meringue.

The double cream mixture with lemon is made without sugar thanks to the vacuum evaporator: the odour of lemon is recovered without the acidity (Figure 120.1).

**Double Cream Mixture**

1. Mix all ingredients.
2. In a well-aerated room, wearing glasses and protective gloves, dip a spoon in liquid nitrogen, and after some seconds, put the convex side of the spoon in the double cream.

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100 g of double cream  
50 g egg white        
30 g kirsch           
20 g lemon extract (made using a rotary evaporator)
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Do it again, and separate hemispheres of frozen double cream.

**Spicy Cigar**

2 whole eggs  
1 cl of “five spices”  
1 teaspoon of bitter cocoa  
1 spoon of plant charcoal  
10 cl hot water  
180 g flour

1. Mix and add the mixture into a siphon.
2. Charge with nitrous oxide and dispense into silicon moulds.
3. Cook for 20 seconds in a microwave oven.

**Sparkling Meringues**

1 egg white  
1 knife tip of sodium bicarbonate  
1 knife tip of citric acid

![Sparkling meringue / double cream of Gruyère.](image)
1. Whip the egg white with the mixture of bicarbonate and citric acid. It will foam.
2. Immediately make thin meringues.
3. Dry for 4 hours at 58 °C in a dehydrator.

Chocolate Sorbet
100 g dark chocolate 70% fat
20 g cocoa powder
20 cL water
1 litre of liquid nitrogen
1. Heat the water.
2. Add the cocoa powder and the dark chocolate until melted.
3. In a well aerated room, wearing glasses and protective gloves, add liquid nitrogen to the mixture while whipping.

Dressage
Make fragments with the hemispheres of double cream.
On one part, put the chocolate sorbet.
On the other part, put the sparkling meringues.
Put the spicy cigars in liquid nitrogen, and add them to the dish just before serving.

Crisp Fondue “Vacherin Fribourgeois”
I am a real fan of the Vacherin fondue, which is to be served lukewarm. It is often complex to keep it at the right temperature during the whole meal. With this crisp fondue, two consistencies are obtained; the inside can be at the right temperature (the one that I like). The extract of fir tree comes late during degustation, and it is reminiscent of the Swiss Alps. I have a passion for this extract because during degustation the odours come at the end, and the olfactory sensation lasts much longer. It is a step-by-step dish, with a succession of flavours (Figure 120.2).

Ingredients
3 g salt
12 g yeast
160 g rice flour (for tempura)
180 g icy water
10 g fir tree extract
2 g powder of plant charcoal
300 g Vacherin Fribourgeois

Recipe
For the black tempura dough:
1. Mix the salt, the charcoal and the flour.
2. Dissolve the yeast in a small quantity of lukewarm water.
3. Add the flour to the yeast.
4. Slowly, add the icy water while whipping.
5. Add the fir tree extract.
6. Let the preparation rest for at least 3 hours.

Finishing
1. Cut the vacherin Fribourgeois into cubes 2.5 × 2.5 cm.
2. Dip the cubes in the frying batter.
3. Fry at a temperature of 200 °C for 3 minutes.
4. As soon as the cubes are out of the bath, put them onto absorbent paper.
5. Eat hot with the fingers: the outside is hot and crisp, and the inside is melted and lukewarm.