



## *Recipes*

# CHOLERA – THE TRADITIONAL VALAIS DISH

It is no coincidence that one of the most **traditional Valais dishes** is named after an illness. When **Cholera** struck Valais in 1830, people tried to leave the house as little as possible because of the risk of infection. People cooked with what was in their stores and in the garden.

Perhaps that's why there are so many different recipes for **Valais Cholera**. The vegetable pie, made with puff or shortcrust pastry, can be filled as you please. Some popular recipes are revealed here.

## "Bättmer" Cholera

Gommer Cholera by Michael Gschwendtner (manager of the Bettmerhorn mountain restaurant). Ingredients for 8 people.

### **Pastry:**

520 g of white flour  
260 g of butter  
210 g of water  
15 g of salt  
1 egg

### **Filling:**

1600 g of waxy potatoes  
100 g of washed leek (white)  
3 apples or pears  
100 g of butter  
4 medium onions  
700 g of full flavoured cheese (Walgusto)  
Salt, nutmeg, pepper, a pinch of cinnamon if desired

### **Preparation:**

Add the cold butter to the flour in flakes and rub in well in the mixing bowl. Dissolve the salt in the water and quickly work it into the butter and flour to form a smooth dough.



Leave to rest in the fridge for 1 hour. If necessary, you can use ready-made pastry from the village shop. Cook the potatoes in their skins, leave to cool then remove the skins. Peel the onions, slice into large rings and fry in butter until golden brown. Slice the washed leeks into rings and sauté with the onions. Cut the potato into slices, fry briefly, season and leave to cool. Peel the apples, remove the cores and cut into slices; cut the cheese into slices. Roll out the pastry, ensuring that it is twice the size of the round baking tin (30 cm).

Add the ingredients into the baking tin in layers: potatoes, onions, leeks, cheese and apple. Where possible, repeat this twice so that the layers are clearly visible. Cover with the pastry lid and press down around the edges of the baking tin with a fork. Brush with beaten egg and bake in the oven at 180° for approx. 60 minutes.

## Furri Marie's Cholera

### Ingredients:

2 sheets of rolled out puff pastry

About 3 apples, preferably Golden Delicious, peeled, cored and sliced

3 pears, preferably juicy, peeled, cored and sliced

6 boiled waxy potatoes, peeled, boiled and sliced

1 pack of air-dried bacon or smoked bacon cube

1 small leek, 5 onions, peeled and sliced into half rin

400 grams of Gruyère or raclette cheese such as Altsenn or Aletsch raclette, grated

Salt/pepper

### Preparation:

Line a round Teflon baking tin with pastry. Prick the bottom with a fork. Season the apples, pears, onions, leek and potatoes well. Put layers of apple, potatoes, pear, bacon, onions and then Gruyère or raclette cheese in the tin. Repeat the process. Once the pie is filled, seal it with the second circle of pastry. Prick the lid with a fork. Brush with egg yolk. Put the Cholera into an oven preheated to 200°. Bake for around an hour. If the pie lid is getting too dark, cover it with aluminium foil. Slice. A feast for our ancestors and irreplaceable.