

Valentine 
SWISS MADE

Recipe n°3

MALAKOFFS

Prepared with the Valentine TF3 fryer
by Chef Philippe Lignon



RECIPE N°3

MALAKOFFS



DID YOU KNOW?

What a pleasure for me to propose you MY version of this iconic Swiss recipe from the French speaking part of Switzerland and more especially from the Canton of Vaud!

If there is one recipe that represents the beautiful Canton of Vaud, then this is the malakoffs, but so what?!... You will probably wonder what the interest is for me to relate you for the umpteenth time the popular legend of the origin of this dish?

We have indeed all probably heard that this recipe would have been developed by Swiss soldiers who served in the French and English army during the Crimean War from 1853 to 1856. To have an occupation during the very long siege of the city of Sebastopol, which was proudly defended by Fort Malakoff, they would have improvised themselves as cooks by frying small pieces of cheese with bread. Gossips would say they couldn't because they didn't have cheese in their war ration—so what?

Parcels sent by their families or local looting couldn't they have allowed this? We'll never know!

However, we sometimes tend to forget that this recipe was developed at the Villa Prangins on behalf of Prince Jérôme Bonaparte by the Larpin family, who then opened an "auberge" in Eysins.

Finally, don't be surprised to discover my stick-shaped Malakoffs. It appears like this was the original shape. The ones in the shape of a half-sphere would represent the donuts of Vinzel.

Enjoy the tasting!



Valentine presents a recipe created by Chef Philippe Lignon

RECIPE N°3 MALAKOFFS

FOR 4 PERSONS

Preparation time	35 min
Cooking time	4 min

Ingredients

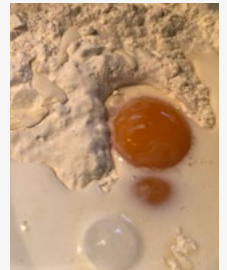
Cheese	400 gr
White wine	320 ml
Egg white	320 gr
Egg yolk	160 gr
Flour 1	70 gr
Flour 2	120 gr
Milk	50 ml
Dandelion salad	200 gr
Extra virgin walnut oil	40 ml
Apple vinegar	10 ml
Salt, Pepper	

Material needed

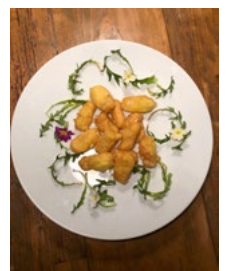
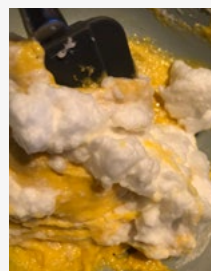
Valentine TF3 fryer
Absorbent paper towel
Scale

METHOD

- Cut the Gruyère cheese into small pieces. Tradition says they should be cut into nice, regular sticks, but let's put ourselves in the shoes of those soldiers who used whatever pieces of cheese they had left. It is important that their volume is regular for a proper cooking result.
- Soak them in the white wine for a few hours at room temperature.
- Few hours later... Whip the egg whites with a pinch of salt to "hold" them.
- Switch on your fryer to 180°C.



- Mix the flour 1 with the egg yolks and milk, add a pinch of salt.
- Whisk the egg whites until firm and add them gently to this mixture with an aerial movement making circles with the spatula, keep aside in a bowl.
- Drain the pieces of cheese and pass them in the flour 2 put on a flat plate.
- Remove excess flour and dip them in the batter.
- Cook them immediately until golden, test one first and then put the rest in the deep fryer one by one.



Finishing

When golden, drain them and place them a few moments on absorbent paper towel. Serve them as an aperitif or with a dandelion salad for example. Enjoy your meal! Or Cheers!