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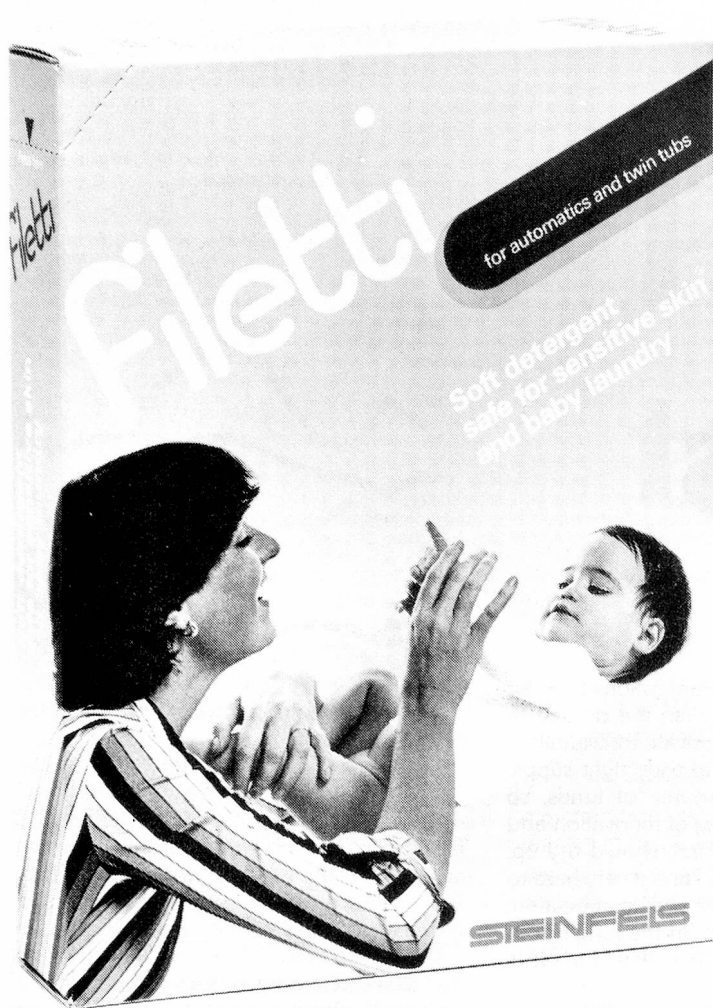
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Warming dish

YOU don't always need meat to be really well-nourished – even when the evenings get cooler. A rasher of bacon, a sprinkling of cheese – Swiss cheese of course – and this warming traditional potato dish from Zurich will fill you with well-being.

Ingredients:

2½ lb potatoes
4 smoked bacon rashers
1 onion (4oz)
6oz unsalted butter
2 tablespoons grated Swiss cheese

Method:

Boil potatoes in their skins until they are barely tender, then drain them well. Cut any rind off the rashers and snip them into small bits. Chop the onion. Peel

the potatoes as soon as you can hold them. Grate them coarsely and mix them with the chopped bacon and onion. Melt the butter in a frying pan which will hold the potato in a layer about 2in thick.

Turn in the potato mixture and press it down into a thick flat cake covering the bottom of the pan. Fry over moderate heat for 12-15 minutes until the cake is brown underneath.

Loosen its edges from time to time while frying by sliding a palette knife under it. Place a serving plate upside down on the cake when it is done, and invert it on to the plate so that the golden-brown side is on top.

Sprinkle it with the cheese, and serve it at once, very hot.

The safer (Swiss) alternative . . .

THERE has been considerable publicity recently concerning the effects certain washing powders have on people with sensitive skins.

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Other brands being imported by Swiss Products are Ambra, a product for delicate fabrics, and Protector which is designed for the whole wash.

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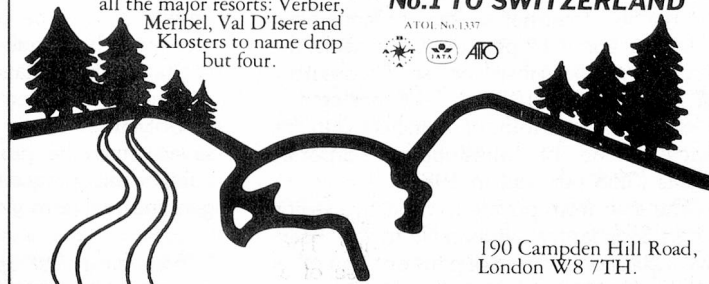
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