



Cheese Soup

This cheese soup is a traditional fasting dish from the Benedictine Einsiedeln Abbey in Switzerland. It is prepared on “minor fasting days” – every Wednesday and Friday between Ash Wednesday and the night of Easter. However, for several years now, the monks have been offered an alternative dish as well, since the cheese soup is very rich and not to everyone’s liking.

Moreover, as Einsiedeln is a popular place of pilgrimage, there is a tradition that pilgrims from other Swiss cantons supply the brotherhood of monks with cheese soup – as a breakfast meal!

The recipe is calculated for a congregation of about 100 monks.

For 100 servings:

- 1 buckets dünkli (approx. 15–17.5 lbs bread, in small pieces)
- 8–9 lbs cheese (Swiss and one other type of cheese)
- 2 onions
- 4 cloves of garlic
- ½ tablespoon pepper
- one hand full of salt
- 1 dish of nutmeg

Instructions:

Roast the bread. In another frying pan, sauté the onions until they take on a light brown color. Add the bread and water, bring to a boil, and stir until the mixture turns into mush. Add the grated cheese while stirring constantly, and leave to simmer for a quarter of an hour.

Note: Soft boiled eggs and leeks are wonderful additions to this soup and therefore highly recommended!

