

# Delicious Swiss food specialties are different - and easy to prepare

Autor(en): **[s.n.]**

Objektyp: **Article**

Zeitschrift: **Helvetia : magazine of the Swiss Society of New Zealand**

Band (Jahr): **12 (1947)**

Heft 10

PDF erstellt am: **25.05.2024**

Persistenter Link: <https://doi.org/10.5169/seals-943004>

## **Nutzungsbedingungen**

Die ETH-Bibliothek ist Anbieterin der digitalisierten Zeitschriften. Sie besitzt keine Urheberrechte an den Inhalten der Zeitschriften. Die Rechte liegen in der Regel bei den Herausgebern.

Die auf der Plattform e-periodica veröffentlichten Dokumente stehen für nicht-kommerzielle Zwecke in Lehre und Forschung sowie für die private Nutzung frei zur Verfügung. Einzelne Dateien oder Ausdrucke aus diesem Angebot können zusammen mit diesen Nutzungsbedingungen und den korrekten Herkunftsbezeichnungen weitergegeben werden.

Das Veröffentlichen von Bildern in Print- und Online-Publikationen ist nur mit vorheriger Genehmigung der Rechteinhaber erlaubt. Die systematische Speicherung von Teilen des elektronischen Angebots auf anderen Servern bedarf ebenfalls des schriftlichen Einverständnisses der Rechteinhaber.

## **Haftungsausschluss**

Alle Angaben erfolgen ohne Gewähr für Vollständigkeit oder Richtigkeit. Es wird keine Haftung übernommen für Schäden durch die Verwendung von Informationen aus diesem Online-Angebot oder durch das Fehlen von Informationen. Dies gilt auch für Inhalte Dritter, die über dieses Angebot zugänglich sind.

only yield suggestions and stimulus. The Englishman in Switzerland cannot quite dispel the reflection that he will be returning in a week or two from sunshine to sombreness, figuratively as well as literally. But he can at least resolve that what he has gained in Switzerland shall be turned as far as may be to turning sombreness in England into sunshine.

DELICIOUS SWISS FOOD SPECIALTIES  
ARE DIFFERENT - AND EASY TO PREPARE.

Scenic Switzerland has a reputation for watches, cheese, textiles, yodelers and contented Holsteins. But visitors to neat Swiss cities and chalet-embroidered resorts find more here than breath taking scenery and a friendly people with a knack for mountain climbing and skiing. They find the Swiss are also mighty skilful in the kitchen.

Gourmets who slalom around Switzerland find every region has its own specialties. What's more, many of them are easy to prepare right at home.

Here is a dish from Zurich - imported from the old section of town near St. Peter's Church where many fine restaurants are located in colourful Guild houses that date back hundreds of years. "Leberspiessli" is a calf's liver specialty. Just cut the liver in slices about two inches square, and wrap the slices in sage leaves. Then alternate each liver square with a slice of bacon on a wooden skewer and cook in a frying pan with butter and onions.

Another Zurich favourite is "Geschnetzeltes Kalbfleisch" - minced veal to you. Simply slice a cut of veal into small bits, broil in butter under a slow fire and serve with your own favourite cream sauce. For the real Swiss touch, a white wine sauce should be used. In Zurich, this specialty is always accompanied by "Rösti" - Switzerland's national potato dish.

Prepare potatoes this way, and you will understand why an entire meal is often made out of Rösti, with tomatoes or salad. First boil the potatoes, then peel and slice very thin and press into a loose cake. Fry in butter until golden brown.

Famous for its dairy products, it is natural that Switzerland has many specialties made with cheese. Especially popular is "Fondue" - a sort of glorified Welsh rarebit, that originated in the French speaking part of the country. This recipe for the Neuchatel Fondue is just one of several varieties. Rub a little garlic on the inside of an earthenware dish. Shred about one pound of imported or domestic Swiss cheese. Pour one pint of dry white wine into the dish and heat almost to the boiling point. Now add the cheese, about one tablespoon of flour, and salt, pepper and nutmeg to taste. Stir constantly with a wooden spoon or fork until the Fondue starts to bubble. Add six tablespoons of Kirsch (white cherry brandy) and serve, keeping the Fondue hot over an electric gridle or alcohol lamp. Fondue is never served on separate plates. Everybody impales small squares of French bread on a fork and dunks into the "community" Fondue, which should be accompanied by white wine and kirsch. Fondue parties are great fun for picnics and weekends in the country.

Schaffhausen, an antique town near Zurich, has a specialty that is popular throughout Switzerland, too. Onion pie. Peel and cut two pounds of onions in small pieces. Turn in butter until glazed or brownish in colour. Prepare a regular pie dough and place in pie form. Spread the onions on the dough, and add a sauce of two well beaten eggs with cream added. Cook in a slow to medium oven for about twenty minutes, or until the pie crust is done.

Over in the Grisons region - where St. Moritz, host to the 1948 Winter Olympic Games, is located - dried meats and sausages are unusual delicacies. These local Grisons specialties are almost impossible to get here. But this recipe for a Grisons meat pie will win you plenty of compliments. Mix 3 - 4 ounces of veal, and 3 - 4 ounces of pork, with 2 ounces of finely sliced bacon (preferably fat)

and bread slices that have been soaked in milk. Now make a paste of 7 ounces of flour, 6 ounces of butter and one quarter pint of milk and the yolk of an egg. Roll out this paste and use two-thirds of it to fill a pie form. Spread the meat mixture in the form, and cover with the rest of the paste, thinly rolled and then brush over with the yolk of an egg. Bake in a fairly hot oven for one hour and serve with apple sauce or stewed fruit.

One more suggestion. If you want to enjoy your Swiss dinners as the Swiss do, wine should accompany the main course. While Switzerland's wines are famous, few are produced in sufficient quantity for export. But there are many fine domestic wines - particularly from California and New York. They will add a gracious, Continental touch when you serve your new Swiss recipes.

.....

---

SUNDRY NEWS.

---

Monsieur Leland Harrison, the retiring American Minister, accredited to the Swiss Confederation, held a reception at the American Legation in Berne. Amongst the 250 guests present, were Dr. Ph. Etter, President of the Swiss Confederation, members of the Federal Council, and the diplomatic corps, representatives of the Bernese Government and Dr. Bruggmann, Swiss Minister in Washington. (A.T.S.)

Dr. C. Kobelt, Swiss Defence Minister, fractured his shoulder and suffered other injuries when the military plane in which he was flying over the St. Gotthard mountain region was compelled to make a forced landing. He was taken to the military hospital at Andermatt.

Following negotiations between the Governments of South Africa and Australia on one hand and the Swiss Federal Council on the other, it has been decided to establish diplomatic relations between the respective countries. (A.T.S.)

The Federal Council is putting before the two chambers a proposal to erect Legations in the Indian Union, Pakistan and Siam. (A.T.S.)

The traditional "Knabenschiessen" took place in Zurich from the 13th - 15th September. 5,300 young riflemen took part in the competition. Leonard Guy (Zurich) was declared "Schützenkönig" scoring 34 points. Other results were - Paul Hofstetter (Zurich), 32 points; Ernst Zink, (Wallisellen), 32 points; Jean Eisenmann (Zurich), 31 points; Crosina Sergio (Zurich), 31 points. (A.T.S.).

Zurich's population on August 30th last is officially stated to have been 372,059 inhabitants. (A.T.S.)

A project costing 350,000,000.-frs., has been put before the cantonal government of Zurich for the enlargement of the principal railway station in Zurich. (A.T.S.)

A party of 200 English railway men have recently arrived in Berne, after a short stay in Eastern and Southern Switzerland. They were the guests of representatives of the Swiss Federal Railways and the Union of Swiss Railway Men at a Banquet, during which they expressed their admiration for the beauties of our country, and the achievements of the Swiss Federal Railways. (A.T.S.)

Samuel Brawand, socialist, has been elected a member of the government of the canton of Berne. His candidature was not opposed; only 9 per cent of the voters went to the poll. (A.T.S.)

Professor Alois Hunkeler, from Altishöfen, has been appointed residing canon at the "Domstift" in Solothurn, in succession to the late Mgr. Thomas Buholzer. The new canon is at present rector of the Mittelschule in Beromünster, and formerly a Prefect at the College "Mariahilf" in Schwyz. (A.T.S.)

Professor Otto Schurch, aged 51, from Sursee, at present Director of the