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## Your Corner...

**EMMENTALER LAMB STEW** for  
the cooler evenings, serves four

600 - 800 gr lamb, cut as desired  
200 gr carrot cubes  
200 gr celery cubes  
1/2 onion spiked with 1 bayleaf  
and 2 cloves  
1.5 litre water  
2 tbsp flour  
1 tbsp butter or margerine  
1 tip of knife of saffron  
100 ml cream

### HOW IT 'S DONE:

Bring water to the boil with onion and bayleaf and cloves. Add meat, stir and bring to boil. Sieve off froth. Add vegetable cubes. Cook for 40 - 45 minutes. When meat is cooked and tender, remove from pot and put aside.

In another pot, melt butter or margerine, add flour and stir until the sauce thickens (roux). Press the meat stock through a sieve into the thickend sauce and stir with a whisk until smooth. (10 min).

Add saffron and season to taste with pepper and salt. Add cream, meat and vegetables. Stir.

Voila. Enjoy!

Best served with mashed potato.

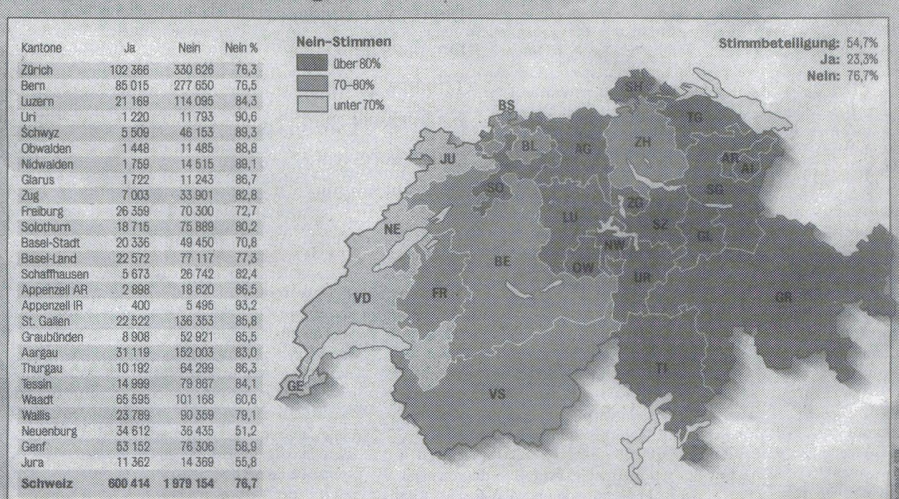
### APPETISERS - SAGE MUESLI

You will need:

200 ml beer  
2 tbsp flour  
1 pinch salt  
mix together to obtain a smooth but not too thickened dough.  
Add extra beer or flour if necessary to achieve this.  
Mix in sage leaves to the beer dough, then fry in oil in the frying pan until golden brown and crunchy. Remove and drip off excess oil on kitchen towels.  
until golden brown and crunchy. Remove and drip off excess oil on kitchen towels.

Enjoy!

## Initiative «Ja zu Europa»



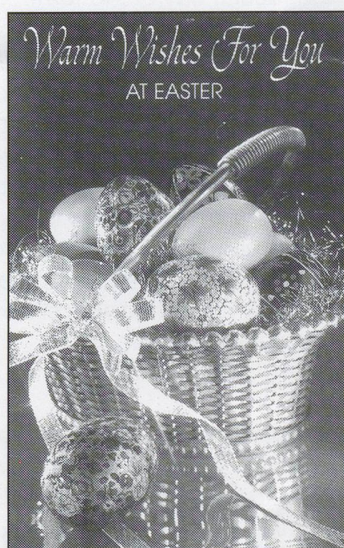
### Swiss turn down "fast track" EU membership negotiations

The Swiss have overwhelmingly rejected a proposal to start immediate negotiations on joining the European Union. Nearly 77 per cent of the population voted against the proposal, according to final results on Sunday 4.3. 2001.

### FAVOURITE HOLIDAY MEMORIES

We were a bit disappointed with the small number of children who sent in their favourite holiday memories, however we did receive some awesome creations including photos, drawings and stories.

Good on you for taking part - shortly you will receive something in the mail as a reward for your efforts. Keep an eye out for another activity in the next few issues of Helvetia.



Doris and Trudy

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