

A Valentine's Day poem for you ...

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This and That Corner

Graubunden

Canton Graubunden is probably the most varied region in Switzerland, both geographically and culturally. German, Italian and Romansch speaking Swiss live in the land of a thousand valleys. The Calanca Valley in the extreme south west of Graubunden lies next to Ticino and is therefore Italian speaking. Two-thirds of its boundaries lie along the frontiers of Italy and Austria. From very early times the Alpine passes played a vital role in the life of Graubunden. The opening of the San Bernadino tunnel in 1967 made available a North-South route open all year round.

Canton Graubunden is the biggest canton but one third of its surface is unproductive. Vast regions are not densely populated. Although the area of Graubunden is about 18% of the total of Switzerland, only 2.6% of the Swiss population live there. Graubunden is very well known all over the world for its winter sports.

Some of the first Swiss immigrating to New Zealand were from Graubunden.

Bundner Schafverdampf (Hogget from Graubunden)

800 gr Hogget cut in small cubes	2 tbsp butter
3 onions	2 Bay leaves
1 clove garlic	salt and pepper
350 ml of beef stock	6 potatoes

Fry meat in butter until brown. Slice onion and add to meat - fry until golden. Add spices and beef stock. Cook for 1½hrs (depending on meat quality) in oven on low heat. Peel potatoes and cut in cubes. Add them to the meat and cook for 30 minutes. Ensure that there is sufficient liquid (if not, add some beef stock).

Ofen Rosti aus dem Bunderland (Hashbrowns from Graubunden)

800 gr cooked and grated potatoes	3 tbsp flour
1 tsp salt	pepper
nutmeg	50 gr bacon pieces

Mix all ingredients and place in an oven dish. Then spread a further 50 gr bacon pieces and 2 tbsp butter or margarine on top. Bake for 40 minutes at 200°C in oven until golden brown.

Engadiner Nusstorte (Nut tort from Engadine)

Filling

300 gr sugar	300 gr walnuts or hazelnuts or almonds
1/3 litre cream	

Brown sugar in saucepan. Add grated nuts then unbeaten cream and cook for about 5 minutes. Set aside to cool.

Pastry

300 gr flour	50 gr cornflour
200 gr butter	100 gr sugar
pinch salt	
1 egg plus 1 egg yolk (save egg white to seal pastry)	

Mix flour, cornflour, sugar and salt. Add butter until mixture resembles breadcrumbs, Add eggs. Roll half of the pastry and line a sponge cake tin. Spread filling on top of pastry. Roll the other half of the pastry and cover the filling. Make holes on top of the pastry with a fork. Bake in moderate oven for 40 minutes. Cut when cold. Delicious served with whipped cream.

Bon Appetit, Lisette

A Valentine's Day poem for you ...

Valentines are Links of Love

Sent to Friends We're Fondest of

FRIENDSHIP is a GOLDEN CHAIN,

*The links are friends so dear,
And like a rare and precious jewel
It's treasured more each year ...*

*It's clasped together firmly
With a love that's deep and true,
And it's rich with happy memories
And fond recollections, too ...*

Time can't destroy its beauty

For, as long as memory lives,

Years can't erase the pleasure

That the joy of friendship gives

For friendship is a priceless gift

That can't be bought or sold,

But to have an understanding friend

Is worth far more than gold ...

And the GOLDEN CHAIN of FRIENDSHIP

Is a strong and blessed tie

Binding kindred hearts together

As the years go passing by.

Mothers Were Once Daughters

Every home should have a daughter,

for there's nothing like a girl

To keep the world around her in one continuous whirl ...

From the moment she arrives on earth,

and on through womanhood,

A daughter is a FEMALE who is seldom understood ...

One minute she is laughing, the next she starts to cry,

Man just can't understand her,

and there's just no use to try ...

She is soft and sweet and cuddly, but she's also wise and smart,

She's a wondrous combination of a mind and brain and heart ...

And even in her baby days she's just a born coquette,

And anything she really wants she manages to get ...

For even at a tender age she uses all her wiles

And she can melt the hardest heart

with the sunshine of her smiles...

She starts out as a rosebud with her beauty unrevealed,

Then through a happy childhood her petals are unsealed ...

She's soon a sweet girl graduate,

and then a blushing bride,

And then a lovely woman as the rosebud opens wide

And some day in the future,

if it be God's gracious will,

She, too, will be a Mother and know that reverent thrill

That comes to every Mother whose heart is filled with love

When she beholds the 'angel',

that God sent her from above

And there would be no life at all in this world or the other

Without a DARLING DAUGHTER who,

in turn, becomes a MOTHER!

YOUR SWISS CHEF, BERTA

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