

Garden diary : growing asparagus

Objektyp: **Group**

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

Band (Jahr): **78 (2012)**

Heft [7]

PDF erstellt am: **08.08.2024**

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Chuchichäschtli (Kitchen Cupboard)

Nidelkuchen (Gâteau de Vully or Vully Pie)

The gourmet recipe

Approx. 28-30 cm baking tin, greased!

- ♥ 10 g fresh yeast
- ♥ ½ tablespoon milk
- ♥ ½ tablespoon sugar
- ♥ 30 g unsalted butter
- ♥ 250 g. plain flour
- ♥ ½ teaspoon salt
- ♥ 150 ml milk
- ♥ A few slivers of butter
- ♥ 100 ml double cream
- ♥ 1 egg yolk
- ♥ 1 tablespoon sugar

Mix first three ingredients in a bowl, cover and leave for approximately 15 minutes, until the liquid froths. Put the flour to a bowl, and add the yeast mix, melted butter and milk. Knead together to a smooth dough (approx. 20 minutes).

Roll out the dough and place into greased baking tin. Leave the dough to rise (approx. one hour) in a warm place. Prick the sides with a fork. Make shallow holes using your fingers (use a rolling pin to stretch the holes into lozenge shapes). Place pieces of butter into the holes/lozenges. Pour

the cream and egg mixture over the top. Sprinkle evenly with the coarsely ground sugar. Bake in a hot oven (300°C) for 8-10 minutes.

The Nidelkuchen is a cream tart the concept of which is totally unique. This pastry is produced especially at the Aebersold Bakery in the heart of Murten. For three generations, this family has refined its taste, quality and simplicity.

I discovered Nidelkuchen in Murten itself. This must be what heaven on earth feels like! Taking a hearty bite of a juicy piece of Gâteau de Vully, I forgot everything else around me. Once I had eaten it, I wanted to write down the recipe with my sticky fingers (covered in the wonderfully fine caramelised cream coating).

When I asked for the recipe with the light dough base and its sweet coating, this proved impossible, as it is a well-kept secret. Never mind: I have my very own.

A piece of this cake is always a guilty pleasure!

(See the picture on page 13).

By Edith Hess

Garden Diary

Growing Asparagus

Asparagus is a perennial plant that will produce regularly for over 20 years and is generally disease free.

The edible spears appear in spring. They can be grown from seed, but the more usual method is to plant two-year old crowns in winter in prepared beds, which mature more quickly.

Asparagus may also be grown in pots or tubs for decoration, but you will get better crops if planted in beds. They need full sun and plenty of compost, animal manure and fertiliser.

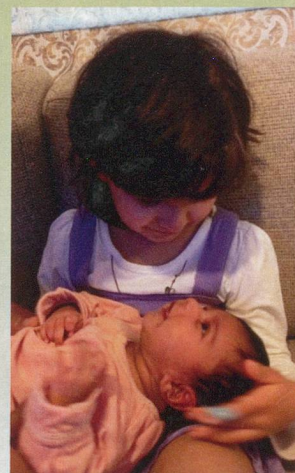
Dig the bed deeply, adding river sand to aid drainage. Asparagus takes a lot of nourishment from the soil. Space rows 1.2m apart, with 30-50cm between plants, as they will get to 1-1.5m when flowering.

Don't harvest the spears until their third spring to allow the crowns to mature. At the end of autumn, the ferny foliage will turn yellow and black which can be burnt and the ash added back to enrich the soil along with compost and general fertiliser. In winter, cut plants to ground level and lightly cultivate the soil.



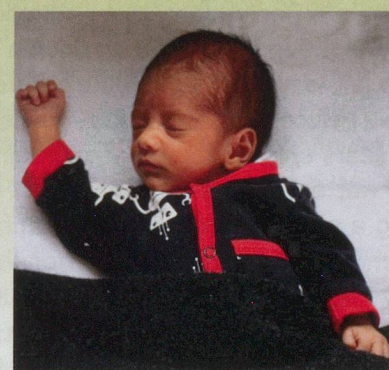
By Melissa Lanz

Birth Announcement: Olivia Sharma-Schwartz



Sybille and Ankit Sharma-Schwartz and older sister Kira are delighted to introduce a new addition to their family: "Olivia Sharma". Olivia was born on 24th June. She was 2.9kg and 48.5cm tall. We feel very blessed, and want to thank everyone for their prayers and support.

Birth Announcement: Braithan Charlie Wilson



Greig Wilson and Nicola Daligadu from the Wellington Club gave birth to Braithan Charlie at 3am on August 5th, weighing 2.3 kg. The wee fella is doing well and Mum and Dad are adjusting nicely to parenthood.