

Garden diary : coriander

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Chuchichästli (Kitchen Cupboard)

Solothurner "Funggi"

As usual, Edith has delved deep into the Internet to find a recipe that is characteristic of Solothurn. Lo and behold, she has come up with "Solothurner Funggi". You could be tempted to think that this is mushrooms à la Solothurn. But no, it is a very old recipe with those traditional Swiss ingredients potatoes, apples, butter and cream. This was eaten at a time when the Swiss nation was still fit and not worried about trivial things such as calories. Edith confirms that this dish tastes very good indeed, but suggests that one could easily halve the portions of cream and butter, if not more. It's the combination of potatoes and apples that is intriguing and well worth exploring!

The word "Funggi" apparently means "pushed together" or "mashed up". A small portly gentleman was sometimes called a "Pfunggi" in dialect – obviously at a time when political correctness was not on the agenda.

Ingredients:

- 400 g potatoes, peeled
- 200 g apples, peeled
- 40 g diced bread
- 150 g butter
- 100 ml cream
- A pinch of salt and nutmeg each
- A pinch of sugar

To prepare:

1. Peel potatoes and apples and dice into small pieces. Cook in a little water until soft, add the spices and puree. Stir in the 100g butter and 100 ml cream.
2. Fry the diced bread in the remaining butter and arrange creatively on the potato/apple puree.
3. En Guete!

Contributed by Edith Hess



www.gutekueche.ch/rezept/7800/solothurner-funggi.html

Garden Diary

Coriander

Coriander/Cilantro/Chinese Parsley (*Coriandrum sativica*) looks like a delicate form of flat leaf parsley. The entire plant has an odour which some people find either irresistible or unpleasant. Its roots, leaves and seeds can all be used in cooking.

Propagation is by seed sown in early spring in boxes or open ground. Each seed splits in half to produce two seedlings. Plant or thin out when big enough to handle to 25cm apart in well-drained soil in a warm, dryish position. Water sparingly, but don't allow to dry out. Seedlings soon grow tap roots after which they do not transplant well, so Coriander is best planted directly or grown in containers and then moved before the long tap root has developed.

Coriander is a fast growing annual of up to 75cm high, with tiny white/pale pink flowers in summer, followed by small aromatic seeds in autumn which have an orange aroma. Coriander can grow all year round in the north or under cover in the south. Fresh leaves can be taken at any time chopped into salads or added to soups and stir fries. Both leaves and seeds are used in curries and chutneys, and add a tang to orange marmalade. Ground seeds are used in cakes, breads and fruit pies, as well as for pickling.

As a companion plant, it helps to repel aphids so place plants close to those plants you want to protect. Allow some plants to grow to maturity so that ripened seeds can be kept for further sowing and drying. Take the entire seed head and dip in hot water to kill any bugs, dry upside down and then store in paper bags.

Thai Coriander Chicken

- 6 chicken thighs
- 2 cloves crushed garlic
- 2.5cm grated fresh ginger
- 2 tsp black peppercorns
- 2 Tbsp chopped fresh Coriander, including roots and stems
- 2 Tbsp vegetable oil
- 1.5 tsp sugar

- Prick/make small cuts on chicken skin.
- Grind herbs and spices to make a paste, then rub into chicken
- Wrap in cling foil and set aside for two hours
- Mix soy sauce, oil and sugar and brush over chicken
- Grill or cook on BBQ, brushing occasionally with sauce until chicken is crisped on the surface and cooked through, until juices run clear.

By Melissa Lanz

Sources: Home Veg Garden Bee Baldwin, the NZ Herb Calendar B Hale & E Hinds, Vegetables/Herbs for NZ Gardeners, Herbs S Tomnay.



chuderwälsch by Tanja Latham-Zurbrugg

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|-------------------------|---|
| 1. Es Rääf | an unpleasant/annoying woman |
| 2. ranggä | to not sit still /
move backwards and forwards |
| 3. Ranzä | a huge belly / a school backpack |
| 4. Ranzäpfiifä | stomach ache |
| 5. Es Ribisä | a very grumpy woman |
| 6. Es Ritigampfi | a swing |
| 7. (grossi) Röörä füerä | to boast / show off |
| 8. Es Ruäch | a rude and nasty person |
| 9. Rundumäli | a circle |
| 10. rüübis u stüübis | completely |