

Chuderwälsch

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Chuchichästli (Kitchen Cupboard)

Schinkli im Teig

(Ham Baked in Bread Dough)

As usual, Edith has come up with a grand idea of how to create a special Christmas meal: Schinkli im Teig or ham baked in bread dough. It's like a giant ham sandwich all in one, to be cut up when it arrives on the table in all its glory! You can use left over bits of bread dough to cut it into decorative shapes such as stars or hearts (use a cookie cutter if you have one) – it will look that much more festive.

Ingredients

- 1-1.5 kg Schüfeli (boneless smoked ham from the shoulder)
- 20 grams fresh yeast
- 1 teaspoon sugar
- 400 grams all-purpose flour
- 100 grams whole wheat flour
- 1 teaspoon salt
- 300-350 ml warm water

Directions

Place the ham into a pot and cover with water. Bring to the boil and simmer for approximately 40 minutes. Remove from heat and let it cool in the water overnight.

For the bread, proof the yeast by mixing it with some warm water and a teaspoon of sugar. Let it stand for a few minutes in a warm place until it becomes foamy. Meanwhile, mix both flours and salt in a bowl with a wooden spoon. Incorporate the yeast mixture into the flour. Mix with an electric mixer (paddle attachments) and gradually add warm water until you obtain a dough that detaches itself from the edges of the bowl. You may need a bit more or less water, depending on the quality of flour. The dough will be firm but sticky, but don't worry. Cover the bowl with a plastic wrap and a clean kitchen cloth and let it rise in a warm place until it doubles in volume (30-45 minutes). Transfer the dough onto a floured surface and knead lightly for a minute or two, and then return it to the bowl. Cover with plastic and a cloth and let it rise again until it doubles in volume. Repeat this process 2 times.

After the dough has risen three times, you can proceed to form the bread. On a floured surface, roll the dough into a rectangle about 2cm thick. Put the ham in the middle, wrap the dough around it and seal it. If necessary, brush some water on the dough to help it stick together and pinch it with your fingers to help it seal. Transfer to a parchment covered baking sheet seam side down, cover with a cloth and let rise for 30-40 minutes.

Preheat the oven to 180°C. Just before you put the bread in, sprinkle some water over the oven to create steam. Immediately put the bread in and close the oven door. Every 15 minutes during the baking time, sprinkle some more water in the oven to create additional steam. Steam helps the crust stay thin and crispy, rather than thick and hard to chew. Bake for 1 hour or until the crust is nice and golden.

Wrap the hot bread into a damp cloth and let it cool completely. Wrapped into a cloth and a plastic bag, the bread will stay fresh for couple of days.

Contributed by Edith Hess

Sourced from <http://www.bakenoir.com/2013/easter-ham-baked-in-bread>



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by Tanja Latham-Zurbrugg

- | | | |
|----|------------------|---------------------------|
| 1 | Sädärä laa | to let go, to drop |
| 2 | Souniggel | a messy / dirty person |
| 3 | Schaluu | to be jealous |
| 4 | Scharwänzlä | to be charming |
| 5 | Scheps | skew |
| 6 | Schnäderfräässig | to be a fussy eater |
| 7 | Schtibitzä | to steal |
| 8 | Schtotzig | steep |
| 9 | Schwaffli | someone who talks rubbish |
| 10 | Süüfärä | to dribble |
| 11 | Süüferlig | carefully |

Consigli della Nonna

Cleaning Hardwood Floors

Use boiling water and two teabags to clean hardwood floors. The tannic acid in tea creates a beautiful shine for hardwood floors. Let two teabags steep in the boiling water for a few minutes. Pour the tea into a bucket. Take a soft cloth, and wring it out in the tea. The cloth merely needs to be damp, not soaked. This will enable the floor to dry quickly. Wash the floor and be ready to be amazed by the sheen.

Contributed by Edith Hess

