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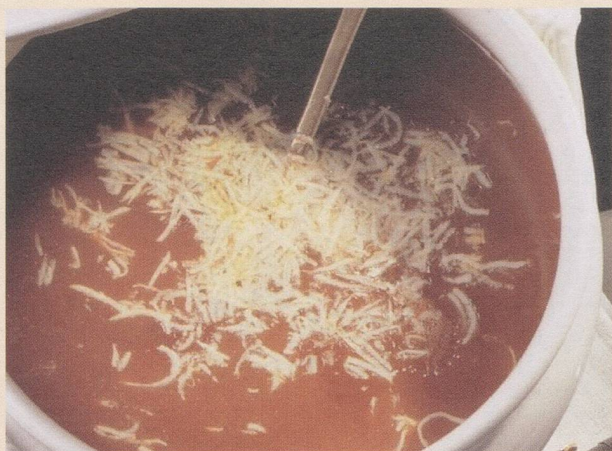
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## Chuchichästli (Kitchen Cupboard)

### Basler Mehlsuppe (Basel flour soup)



This is an all-time favourite in Basel – particularly on the occasion of the “Morgestraich”, the event that launches the famous Basel Fasnacht (Carnival) at 4.00am on a Monday morning in February/March.

#### Ingredients

- 5 Tbsp plain flour
- 50g butter
- 1 onion, cut into thin strips
- 1 litre meat stock
- 100g cheese (e.g.Gruyère) grated

#### Instructions

Put flour in a deep pan and stir over medium heat until it is roasted nut brown. Reduce heat and tip roasted flour onto a plate to cool. Melt the butter in the same pan and add the onion slices. Sweat slowly for approximately three minutes, then return flour to pan. Whisk the meat stock slowly into the flour and bring liquid to the boil, then reduce heat and let simmer for approximately 1 hour. Pour soup into warmed bowls and top with grated cheese.

By Edith Hess

## Garden Diary

### Bay Laurel / Sweet Bay

The leaves of the Bay Laurel tree have many culinary uses. It is a very handsome hardy evergreen tree growing up to 12m, or contained in pots and trained as a standard which has fragrant dark green smooth leathery leaves. It can also be clipped and grown as a hedge. The Bay Laurel produces small star shaped yellowish flowers in late spring to early summer, followed by small round green berries that ripen to dark purplish black in autumn. Any average soil is suitable and a position that is reasonably sunny. Trees can grow for many years, but look out for frost and cover with frost cloth if in a container. Apply straw around the base for warmth. Woody cuttings can be taken in autumn and planted into moist sandy soil. Another method is to remove root suckers at the base of the tree which usually have roots attached and are much quicker to grow. Leaves can be taken in autumn to dry, but can also be used fresh which creates a better flavour. The leaves can be added to a Bouquet Garni to flavour stews and casseroles, or used to flavour milk to make a sauce or sweet puddings, or added to soups. Make your own flavour package using sprigs of Bay Laurel, Thyme, Parsley or Sage tied up in muslin and hung over a saucepan edge, then removed when cooking is completed.



### Bean hot pot Alpine style

#### Ingredients

- 500g white Haricot beans, washed, dried and soaked over night, then cooked in the same water for 45mins or until nearly soft (or alternatively use tinned)
- 1 large onion, sliced
- 1 clove garlic, crushed
- 2 pork sausages, sliced
- 2 frankfurters, sliced
- a small chunk of salami, cut into small cubes
- 1 beef stock cube
- 1 bay leaf
- 2 Tbsp brown sugar
- 1 tsp mixed mustard
- 2 Tbsp tomato paste
- salt & pepper to taste

#### Preparation

Sauté onion and garlic until soft but not browned. Add sausages and brown quickly on both sides. When the beans are nearly cooked, drain and reserve the water, making up to 600ml with water and a stock cube. Add sugar, tomato paste, bay leaf, mustard and seasonings. Put beans into a deep casserole, and add sliced frankfurters, salami, sausages and onion mix into the liquid and stir well. Cover and bake for approximately an hour in a slow oven at 160 degree C or until the beans are soft and the stock nearly absorbed. Sprinkle with parsley to serve. This dish goes well with mashed potatoes or crusty bread.

By Melissa Lanz

References: Swiss Cooking by Anne Mason, New Zealand Garden Book by Julian Mathews, Vegetables and Herbs for NZ Gardeners, the NZ Herb Calendar by B Hale & E Hinds and Herbs by S Tomnay.

## chuderwälsch by Tanja Latham-Zurbrugg

- |    |                |                               |
|----|----------------|-------------------------------|
| 1  | Uächä          | up / upwards                  |
| 2  | Umägääggä      | to complain, to moan          |
| 3  | Umälitzä       | to fold over                  |
| 4  | Umbri          | down / downwards (Valais)     |
| 5  | Umbrüüf        | up / upwards (Valais)         |
| 6  | Undereinisch   | suddenly                      |
| 7  | Ungfell        | bad luck                      |
| 8  | Usäschtuelätä  | Party (usually on the street) |
| 9  | Uufläätig      | naughty                       |
| 10 | Uufwäschluderä | Dish cloth                    |