

**Zeitschrift:** Helvetia : magazine of the Swiss Society of New Zealand  
**Herausgeber:** Swiss Society of New Zealand  
**Band:** 75 (2009)  
**Heft:** [7]  
  
**Artikel:** Swiss meat pie  
**Autor:** [s.n.]  
**DOI:** <https://doi.org/10.5169/seals-944501>

### **Nutzungsbedingungen**

Die ETH-Bibliothek ist die Anbieterin der digitalisierten Zeitschriften auf E-Periodica. Sie besitzt keine Urheberrechte an den Zeitschriften und ist nicht verantwortlich für deren Inhalte. Die Rechte liegen in der Regel bei den Herausgebern beziehungsweise den externen Rechteinhabern. Das Veröffentlichen von Bildern in Print- und Online-Publikationen sowie auf Social Media-Kanälen oder Webseiten ist nur mit vorheriger Genehmigung der Rechteinhaber erlaubt. [Mehr erfahren](#)

### **Conditions d'utilisation**

L'ETH Library est le fournisseur des revues numérisées. Elle ne détient aucun droit d'auteur sur les revues et n'est pas responsable de leur contenu. En règle générale, les droits sont détenus par les éditeurs ou les détenteurs de droits externes. La reproduction d'images dans des publications imprimées ou en ligne ainsi que sur des canaux de médias sociaux ou des sites web n'est autorisée qu'avec l'accord préalable des détenteurs des droits. [En savoir plus](#)

### **Terms of use**

The ETH Library is the provider of the digitised journals. It does not own any copyrights to the journals and is not responsible for their content. The rights usually lie with the publishers or the external rights holders. Publishing images in print and online publications, as well as on social media channels or websites, is only permitted with the prior consent of the rights holders. [Find out more](#)

**Download PDF:** 10.07.2025

**ETH-Bibliothek Zürich, E-Periodica, <https://www.e-periodica.ch>**





## Times change... but not necessarily attitudes

Shirts with a Swiss cross are now a fashion item, but would have been unthinkable 40 years ago. However, the attitudes of young people today are not so very different from those of ten or even 25 years ago, a study has revealed.



The study, entitled "Values and Opportunities at a time of Change", polled 20-year old Swiss men and women - resident foreigners were excluded - about their general satisfaction with their lives and their social and political attitudes.

Given the negative image of young people that is often peddled in the press, some might find it surprising that the overwhelming majority of those polled were satisfied with their lives, optimistic about the future and valued their families.

They were also asked about their feeling of well-being, which the study described as an indicator of integration into Swiss society. The number who put this feeling as good or very good had risen from 75 in 1994 to 83 per cent in 2003.

The structure of families has changed quite considerably in the last quarter century. Today's 20 year-olds have grown up with fewer siblings and the proportion

who have not been brought up by both parents has increased from ten to twenty per cent.

One cliché confirmed by the study, however, is that people who grow up in poorer families are more likely to experience serious conflicts at home. And a harmonious climate at home has a strong influence on the degree of satisfaction young people feel with their current life, the study says.

There has been a small change in priorities. Protecting the environment, which was the most important factor in the early 80s has lost in importance in favour of more materialistic values.

Although politics remains a matter of minor importance, there is a growing trend for young people to judge the state by the services it provides and the benefits they derive from it.

Those who are least satisfied with the state are those who have directly felt the effects of economic recession, for example in finding themselves unemployed.

Some of the biggest shifts noted in the report have occurred in the area of politics and the state. Far more young people are ready to take part in strikes and demonstrations, or at least to tolerate them.



In the 1960s you couldn't have walked in the street with a red shirt with a Swiss flag on it. Today

this is fashionable. This kind of Swissness has gained in importance. In the same connection, there has been a clear move to the right politically - although it was stressed that this doesn't mean young people have become xenophobic. But while in the 1990s many young Swiss wanted Switzerland to open up to other countries, today this openness enjoys less support than it did even 25 years ago. *swissinfo*

## Swiss Meat Pie



**Pastry:**  
Puff pastry

**Filling:**  
1 Cervelat  
½ roasted red pepper  
2 slices of bacon

250 g minced meat  
Streaky bacon  
Fresh herbs, finely chopped  
(ie parsley, thyme, chives, sage, rosemary)  
Salt, pepper  
1 boiled egg, chopped  
1 Tbs mustard  
1 Tbs Cognac

- Wrap pepper and bacon around cervelat.
- Mix well the rest of ingredients.



- Spread half of the filling on the pastry, place wrapped cervelat and rest of the filling on top. Roll up the pie, decorate with crosses. Make two holes on top and bake in the preheated oven (220° C) for 15 minutes, reduce heat to 180°C and bake another 40-45 minutes
- If you wish you can brush the pie with egg yolk before baking.
- Let cool to room temperature, transfer to fridge for at least 2 hours.
- Serve cold.

