

Zeitschrift: Helvetia : magazine of the Swiss Society of New Zealand
Herausgeber: Swiss Society of New Zealand
Band: 69 (2003)
Heft: [9]

Rubrik: This and that corner

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: 21.01.2026

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

This and That Corner

Canton Appenzell

The Appenzellerland is a green, hilly region which follows the line of the Alps through Eastern Switzerland, and its alternating ridges and ravines, forests and meadows are comparable with those of the Emmental in Canton Berne. Both regions produce world famous cheese. Appenzell, just south of Lake Constance, reaching its highest point in Santis (2504m) in the Alpstein range, is the only Swiss canton which is completely surrounded by another canton (St Gallen). It is subdivided into two independent half cantons, established in 1597 following democratic votes in the two religious communities, Appenzell-Ausserrhoden being Protestant and Appenzell-Innerrhoden Roman Catholic. The division also reflects a geographical difference: Innerrhoden consists mainly of the Alpstein and Santis massifs, while Ausserrhoden takes in the upland region to the north of the Santis range.

Many ancient customs have survived and are carefully nurtured in the more mountainous areas of Eastern Switzerland, in Toggenburg and Appenzell. Folk art is deeply rooted in Appenzell tradition. Folk music played by string bands (violins, cellos, double basses, dulcimers) and the handsome local costumes also play an important part in the ancient traditions.

There are numerous jokes on the lack of height of the people from the canton of Appenzell. For example :

People from Appenzell have no fleas, but fleas might well have Appenzellers.

Why are there so many small Appenzellers and so few tall ones? The small ones are the result of domestic relations and the tall ones of foreign relations.

Kasesalat nach Appenzeller Art (cheese salad)

300gr Appenzeller cheese (tasty cheese)

1 onion

chives

3 tbsp oil

vinegar

pepper

Cut cheese in thin slices, and onion and chives finely. Mix oil, vinegar and pepper and add to cheese. Leave for one hour, mixing regularly. Enjoy this salad with a piece of homemade bread.

Appenzell Chas-Chuechli (cheese savoury)

This recipe is very quick to make and delicious if eaten fresh and crispy.

150gr Appenzell cheese (tasty cheese)

20mls milk

250gr flour

1 tbsp baking powder

salt

20mls beer

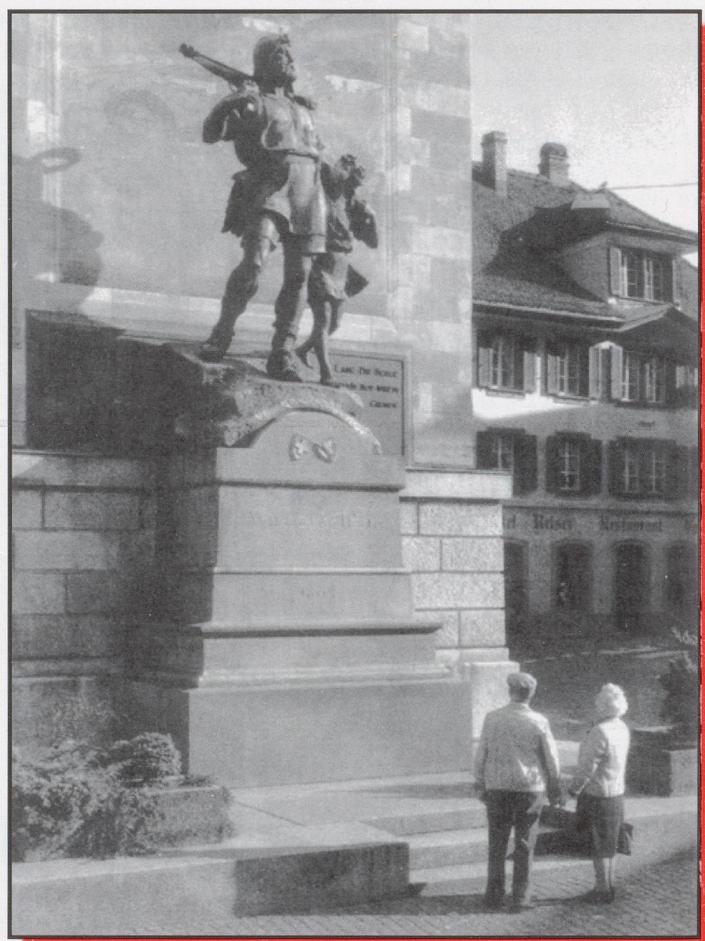
4 eggs

Grate cheese. Bring milk to the boil and add cheese until melted. Let cool and add sifted flour and baking powder. Add beer and one egg yolk at a time while stirring mixture. Beat egg whites and salt until stiff, and mix with cheese. Place teaspoon-fuls of mixture in deep fryer (at 180C) until golden brown.

Bon Appetit
Lisette

The connection between a Swiss monument and a Swiss-Kiwi

Yes, there is such a connection! **Hans Iten of Auckland** has become aware in recent years of his Grandfather's part in the creation of the 'William Tell monument' of Altdorf/ Switzerland. Hans says that the fact that his grandfather Dominik Iten-Zumbach (1850-1929) posed as a model for William Tell was never really talked about in earlier years in his family. Looking back now and knowing what an attraction this monument has been to people from all walks of life for over a century, it is only natural that 'our Hans Iten' is deservedly proud of his grandfather. After all, the monument's creator, Richard Kissling, must have been happy with his model, as he was able to create the image of Tell as a freedom loving, awe-inspiring and self assured man reflecting the attributes of a common but proud peasant farmer of his time. It is said



YOUR SWISS CHEF, BERTA
TARANAKI'S TOP RESTAURANT
LODGE - CHALETS - FAMILY UNITS
FREE PHONE 0800 MOUNTAIN
(66 86 82)
www.mountainhouse.co.nz

Mountain House
MOTOR LODGE
Mount Egmont