

Zeitschrift: Helvetia : magazine of the Swiss Society of New Zealand
Herausgeber: Swiss Society of New Zealand
Band: 70 (2004)
Heft: [4]

Rubrik: This and that corner

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This and That Corner

Ticino

Ticino combines the Swiss virtues of cleanliness and punctuality with Italian love of life and a mild climate, so the Italian speaking Ticino is regarded as Switzerland's suntrap and is a popular holiday destination. Bellinzona is the cantonal capital on the Gotthard route. The rugged romantic Verzasca Valley is not far from the holiday resort of Locarno. In the past German speaking Swiss and Germans have settled in the canton, particularly by the lakes.

Involtini di Vitello (Veal from Ticino)

Warm 1 tbsp butter in a pot and fry ½ onion and 1 clove of garlic in it. Add 400gr peeled tomatoes (cut in cubes), ½ tsp salt and pepper and cook covered until tender (cook without lid until mixture is thick).

Meat - Cover 8 veal schnitzels with 8 slices of ham. Roll together and fix with a toothpick. Fry meat, all around, in oil and add salt and pepper. Add meat to tomato sauce and cook gently for 10 minutes.

This meat dish is delicious with rice or noodles.

Tortelli di San Giuseppe

70 gr butter	1 tbsp sugar
25 mls water	salt
150 gr flour	4 eggs
1 tbsp rum	1 lemon rind
oil	icing sugar

Bring to the boil butter, sugar, water and salt. Add flour. Mix well until smooth, and pastry comes off side and bottom of pan. Take off stove and add one egg at a time while mixing well. Lastly add rum and lemon rind and leave to cool.

Drop pastry (as big as a walnut) in 170°C oil and fry until golden brown. Sprinkle with icing sugar before eating.

Torte di Pane

Cut 300 - 400 gr of stale bread into small pieces. Add 80mls of boiled milk to bread and leave for 1 hour until moist. Mash with potato masher until very soft. Add the rind of one lemon, 150gr grated nuts, 100gr lemon and orange peel, 250gr sugar, 100gr grated chocolate, 1 tsp cinnamon, 6 eggs and 250 gr sultanas (optional of soaking them in rum or grappa).

Butter cake tin and spread with pinenuts, then spread the mixture and bake for 1 ½ hours at 200°C.

This Torte di Pane recipe was sent to us by one of our members who had it handed down to him by his 80 year old Tessiner mother. Thank you for sharing the recipe with us. We look forward to trying it out!!

*Bon Appetit
Lisette*

Here is a poem for Mother's Day ...


What is a Mother?

It takes a Mother's LOVE
to make a house a home,
A place to be remembered,
no matter where we roam ...
It takes a Mother's PATIENCE
to bring a child up right,
And her COURAGE and her
CHEERFULNESS
to make a dark day bright ...
It takes a Mother's THOUGHTFULNESS
to mend the heart's deep 'hurts',
And her SKILL and her ENDURANCE
to mend little socks and shirts ...
It takes a Mother's KINDNESS
to forgive us when we err,
To sympathise in trouble
and bow her head in prayer ...
It takes a Mother's WISDOM
to recognise our needs
And to give us reassurance
by her loving words and deeds ...
It takes a Mother's ENDLESS FAITH,
her CONFIDENCE and TRUST
To guide us through the pitfalls
of selfishness and lust ...
And that is why in all this world
there could not be another
Who could fulfil God's purpose
as completely as a MOTHER!

YOUR SWISS CHEF, BERTA

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