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# This and That Corner

## I bin e Ammitaler, u desse bin i Stolz

*U we de Ludere-Chilbi isch,  
De gah mir eis gah schwinge  
U jutzen oppen o ne chly  
U bi me Tropfli chuehle Wy  
Cheu mir gar frohlech singe*



A special request at the last Annual General Meeting in Auckland, where Roland, our Wellington Swiss Club president, felt left out because Canton Bern had no Emmentaler recipes in the Helvetia!!! To Roland, Guten Appetit, and enjoy!!!

### Kaseschnitten nach Emmentaler Art (for four persons)

4 slices of ham  
1 tbsp butter  
4 slices of bread  
4 slices of Emmentaler cheese  
4 eggs  
pepper

Fry ham and keep in warm oven. Then fry bread in butter on both sides until golden. Put on an oven tray, cover with ham and then cheese. Bake in oven on 220°C until cheese is melted. Add pepper and garnish with a fried egg.

### Emmentaler Kartoffelsalat (Potato salad from Emmental) (for five to six persons)

1 kg potatoes  
Salt, pepper and nutmeg  
20 mls of beef stock  
1 tspn mustard  
2 tbspn vinegar  
5 tbspn of oil  
1 onion  
parsley and chives

Boil potatoes in their jacket. Peel while still warm and slice. Mix with salt, pepper and nutmeg and beef stock. When potatoes are cold add the salad dressing (mix rest of ingredients) and garnish with parsley and chives.

### Emmentaler Schafsvoressen (sheep stew from Emmental) (for four persons)

600 gr hogget meat (shoulder)  
2 - 3 bones to make a good gravy  
2 tbspn bitter  
1 branch of celery  
1 big onion  
1 carrot  
1 leek  
40 mls beef stock  
salt, pepper, nutmeg, bay leaves, cloves

Cut meat in squares. Fry meat and bones in butter. Add onion, celery, carrot and leek and fry together (2 minutes). Add beef stock and spices and cook covered on low heat for approximately 45 minutes.


Mix 1 tbspn flour with 10 mls red wine and add to meat and cook until gravy has thickened. Mix one egg yolk and 10 mls cream with a little gravy and pour over the meat. Remove from the heat just before it boils. Add more spices if needed. Serve with mashed potatoes.

*Bon Appetit  
Lisette*

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