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# This and That Corner

## Cycling

The idea of making Europe's most mountainous country a destination for a cycling holiday might, at first, seem ludicrous. However, travelling Switzerland by bike is one of the most rewarding ways of exploring the country, and, if you are concerned that your fitness is not up to the mountains, stick to the lowlands and valleys, or jump on a train with your bike for a difficult stretch. Swiss roads are fantastic, its drivers are generally very respectful of cyclists, and the country's acute environmental awareness is characterised by encouraging the activity at all turns. Cities such as Zug and Zurich, for example, have free bike-loan schemes: all you need is your passport and a small deposit. There are nine national cycling routes, which form part of an interlinking, 3,300-km network of regular road routes and mountain-bike trails, all of which are marked on maps called Velokarten (available in bookshops). Make use, too, of the wonderful national scheme whereby you can rent well-maintained bikes from most train stations. Choose between a touring bike or a slightly more expensive 21-speed mountain bike, and for a small charge (family rates also available), you can return your bike to any other recognised station, which allows you tremendous flexibility in planning a route.

Source : Insight Guides Switzerland



The William Tell chapel at Immensee on the Zuger See, south of Zurich.

In honour of the famous Kirsch from Zug, here is a recipe.

### Strawberries with Kirsch

600gr Strawberries  
150gr Icing Sugar  
2 tbsp Kirsch  
300mls cream

Wash strawberries, cut in small pieces and mash with a potato masher. Add icing sugar and Kirsch, leave in fridge for three hours. Beat cream and serve in nice glasses. Eat immediately.

### Saurer Mocken (Marinated Roast)

1 - 2 kg piece of beef from the hip.  
Cut finely celery, 1 leek, and 2 carrots  
2 cloves of garlic  
3 cloves cardamom  
coriander  
20 pepper corns  
thyme

Bring to the boil one and a half litres of red wine and half of the vegetables and spices. Put meat in a shallow dish and add warm wine. Leave in a cool room for 5 days. Dry meat with kitchen paper and fry all sides in 2 tbsp of butter. Add second half of vegetables and spices and a piece of bread (preferably the crust) and fry well. Add one litre of red wine and beef stock and cook on very low heat for two hours. Add 2 tbsp of butter, 1 tbsp flour, salt, pepper and 2-3 tbsp of sour cream. Let cook for 10 minutes. Delicious with mashed potatoes.

Here are a couple of Easter specialities

### Luzerner Osternfladen

Mix with fingers 200gr flour, a pinch of salt and 125gr butter. Add 20mls water to the flour and mix quickly. Leave aside for one hour.

*Life is not made up of great sacrifices and duties, but of little things; in which smiles and kindness given habitually are what win and preserve the heart.*

Bring to the boil 40mls milk, 10mls water, salt and 40gr butter. Mix 3 tbsp cornflour with 10mls of water and add to hot milk. Boil until the mixture is thick. Leave to cool. While beating well, add 2 egg yolks, 4 tbsp grated nuts, 4 tbsp sugar, 120gr sultanas and 1 tspn lemon rind. Beat egg whites until stiff and add to the mixture.

Roll pastry and put on oven dish. Spread filling and bake at 200C for one hour. Sprinkle icing sugar when cold.

### Berner Osternfladen

Use the same pastry as for the Luzerner Osternfladen.

Mix 4 slices of bread and 100gr butter. Pour over 20mls of hot milk and leave for 15 minutes. Cream well 4 egg yolks and 150gr sugar. Mash well bread mixture and mix with the eggs. Add 120gr grated nuts, 10mls of cream, 1 tbsp lemon rind, 1 tbsp lemon juice and 50gr raisins or sultanas. Beat 4 egg whites and add to the mixture. Bake 40 minutes at 200C

Have a Happy Easter and Bon Appetit

Lisette



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