

**Zeitschrift:** Helvetia : magazine of the Swiss Society of New Zealand  
**Herausgeber:** Swiss Society of New Zealand  
**Band:** 74 (2008)  
**Heft:** [8]  
  
**Artikel:** Steinpilz und Eierschwamm  
**Autor:** Werthmüller, Paul  
**DOI:** <https://doi.org/10.5169/seals-943682>

### **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:** 12.08.2025

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

# Steinpilz und Eierschwamm

The first basket full of mushrooms in the season is always something special for me. Every year I'm longing for the beginning of the mushroom season. I always watch the weather conditions, right from the end of the



Steinpilz (*boletus edulis*)

ski touring season throughout spring just to have an idea when the mushrooms might begin to grow. Most people believe mushrooms only grow in autumn, and therefore forests and alpine meadows are left pretty much alone at the beginning of the summer. By then the shepherds have moved up their stock to the



Eierschwämme (*cantharellus cibarius*)

higher alpine meadows for the short, very intense growing season. In the area where I usually go I know all the shepherds and their families by now and I always have a chat with them, bring a freshly baked bread or vegetables in exchange for a Kafi Lutz. It's still a very primitive but a most relaxing life up there, especially if you don't have to do

the hard work yourself and just are treated as a guest.

It is not an easy job to find mushrooms up in these rugged places, but in a 3 to 4 hours' hike I usually get my limit of 500 grams of Eierschwämme (*cantharellus cibarius*) and 1.5 kilos of Steinpilze (*boletus edulis*). To find the very rare Sommersteinpilze (*boletus reticulatus*) has become more difficult lately. Sepp (you would have met him in an earlier contribution) got interested in mushrooms as well and he knows some of the special spots by now as well. Sommersteinpilze grow under the same trees every year and it is just a matter of hitting the right time. Lucky for me, Sepp is very busy most of the time and so I'm still able to get what I need. Not only to find mushrooms makes my heart beat faster but also to cook and eat them. Invite a friend or two and enjoy a glass of wine with them. Who said life is all about money?

Paul Werthmüller, Luzern

## Mushroom Soup

450g mushrooms  
1 Tbs olive oil  
45g butter  
1 small onion, chopped  
2 crushed garlic cloves  
Salt and pepper  
1 large Agria potato, peeled and chopped  
Dash of white wine  
1 litre chicken stock  
2 tsp fresh thyme or oregano leaves  
100ml cream  
Dollop of crème fraîche, optional  
Chopped parsley to garnish

Chop up mushrooms. Heat oil and butter in a saucepan over low heat. Add onion, garlic, mushrooms, salt and pepper. Fry about 10 minutes then add potato, wine, stock and herbs, bring to boil then simmer for about 20 minutes. Cool before blending until smooth.

Return to the pan, add cream and heat to boiling point, stirring well. Taste and season. Ladle into bowls, top with crème fraîche and some parsley.

*En guete!*

**Dr Veronika Isler**  
**Psychological Services**

**REGISTERED CLINICAL  
PSYCHOLOGIST**

PhD, PGD (clin) Psych NZPS and NZICP  
Children; adolescents and their families;  
adults and couples; work-related issues

Services available in English, Swiss  
or German language

Ph. (07) 834 1200 or 021 457 944

Offices in Hamilton and Te Awamutu  
P O Box 6057, Hamilton



Incorporating Domestic &  
Commercial Work  
Specialists in Fabric & Leather  
Upholstery

Also Deep Diamond Buttoning  
All Furniture Re-Upholstery

**Swissscraft Ltd**

Manager: **Herbert Staheli**

Showroom: 33-39 Colombo St  
Frankton-Hamilton

Call us

Phone 07 8477 220

Fax 07 8473 039

## swiss café & bakery

5 Milford Road, Milford, Auckland  
Ph/Fax 09 489 9737

Owners Franz & Eveline Muller have been  
baking and serving fine food and coffee at  
their Swiss Bakery & Café since its  
establishment more than 12 years ago.

- Cooked breakfasts as well as a large selection of bakery goods
- Specialty Swiss confection and chocolates
- Party food including specialty cakes and fancy breads to order

Hours: Monday to Friday 8am-4.30pm  
Saturday 8am-2.30pm  
Sunday closed

*Don't be afraid  
your life will end - be afraid it  
will never begin.*