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Chuchichästli (Kitchen Cupboard)

Appenzeller Biberli Edith Hess

500 g of wheat flour
1 teaspoon cinnamon
1/4 teaspoon ground coriander or cardamon
1/4 teaspoon cloves
1/4 teaspoon ginger
125 g of honey
125 g of molasses
85 g of sugar
1 lemon grated peel
125ml milk - maybe less
1 teaspoon baking powder
1/2 teaspoon baking soda

Combine all ingredients to make a dough, knead well and refrigerate overnight.
Next day roll the dough out 5mm thick and make heart shapes.

Approx 600g marzipan

Roll out the marzipan and cut into slightly smaller heart shapes, place marzipan onto dough, moisten edges with a little water and place another dough heart on top. Press together to seal.

Brush with milk, then bake at 220 degrees Celsius for 10-15min.

To decorate, beat together 150g icing sugar and 1/2 an egg white and pipe in a decorative pattern.



Garden Diary



Growing and using summer Basil

Basil is a tender summer annual that includes several types from sweet/bush Basil to Lemon scented and purple/Thai. Some are more suited for kitchen use or as scent or flavouring. Basil goes great with tomatoes and has a clove-like flavour so can be quite strong. Use to make pesto, add to sauces or chop into salads.

Propagation is by seed in late spring or can be taken as cuttings and put into water to grow roots. By now your plants will be on their last legs unless you have a sunny sheltered spot, as they will thrive in hot conditions, if kept well watered and caterpillar free. Remove any flowers to prolong the life of the plant and to prevent cross-pollination, if wanting to save seed from a particular plant. Leaves can be used fresh or dried. Pinch out tips to encourage plants to grow bushier. Mature leaves have the strongest flavour and can be taken as soon as the plant is established. They can also be blitzed and frozen in ice cubes or kept in olive oil in the fridge. I have also just frozen whole leaves in a sealed plastic bag. Lemon Basil is used to flavour drinks with its citrus perfume it is very delicate and needs special care to keep it healthy. Purple Basil is used mainly as a garnish due to its strong flavour and its pretty pinkish/white flowers.

Basil in the garden makes a good companion plant to tomatoes and helps to repel white fly. It also helps to repel flies and mosquitoes so keep a pot in the kitchen or near the BBQ. My favourite use for Basil is to make Pesto using a big bunch of fresh leaves, 1-2 cloves of Garlic, some salt, 2 tbsps raw Cashew nuts/sunflower seeds if you don't have Pine nuts and 2-3 tbsps grated Parmesan, all whizzed up in the blender, then adding Olive oil until it has the consistency of creamed butter. It can then be frozen or stored in the fridge in a jar covered with a layer of Olive oil to prevent browning, as Basil will change colour once cut or bruised. Use on Pasta or as a spread or dip.

Melissa Lanz

Information taken from: Herbs, by Susan Tomnay • The Vegetable Garden, by Bee Baldwin

chuderwälsch Dialect words from Appenzell

- | | | |
|--------------------|-----------------------------|----|
| 1. Bumeranze | Orange | |
| 2. Fidibus | Ashtry | |
| 3. Mektig | Wednesday | |
| 4. Täghüflithe | Rosehip tea | |
| 5. iimehung | honey | |
| 6. Wedegehnte | muscle ache | |
| 7. Flickflauder | Butterfly | |
| 8. Pföderi | happy child | |
| 9. hesch noodlig? | are you in a hurry? | |
| 10. en fotige | somebody not from Appenzell | |
| 11. weleweg | probably, I see | |
| 12. isch me eeding | whatever, I don't care | PD |

Consigli della Nonna

Keep a spray bottle of a 50:50 vinegar and water mix under your sink and use it as an everyday cleaner to wipe countertops, the drainer and your sink. This will clean existing dirt, help repel grease and also kill germs.



Won't you feel virtuous !

By Ursula Nixon