

Zeitschrift: Helvetia : magazine of the Swiss Society of New Zealand
Herausgeber: Swiss Society of New Zealand
Band: 81 (2015)
Heft: [3]

Rubrik: Chuchichästli (kitchen cupboard) : Bündner Nusstorte = Graubünden nut and honey pie

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: 21.08.2025

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

Chuchichästli (Kitchen Cupboard)

Bündner Nusstorte Graubünden nut and honey pie

Rich, sweet shortcrust pastry:

300g plain flour
1 pinch salt
125g sugar
175g butter, in
pieces cold
1 egg



Filling:

250g sugar
3 tablespoons water
300g walnuts, coarsely chopped
200ml cream
3 tablespoons forest honey

Mix flour, salt and sugar together in a bowl. Add the butter and rub with your fingertips until the mixture resembles fine breadcrumbs. Add the egg, gather together to a soft dough without kneading. Cover and chill for approx. 30 minutes.

Lid: on a floured board, roll out $\frac{1}{2}$ of the pastry approx. 4mm thick to fit the tin, lay on a sheet of baking paper, cover and chill for approx. 15 minutes.

Line tin: on a floured board, roll out half of the remaining pastry approx. 4mm thick and lay it over base of prepared tin. Shape remaining pastry into a roll and lay it around the edge to make a rim approx. 4mm deep. Prick base all over with a fork and chill.

Bring sugar and water to boil in a wide pan without stirring. Reduce heat and simmer, shaking pan occasionally, until a golden brown caramel forms. Remove from heat and cool slightly. Stir in walnuts and add cream, simmer over a low heat, stirring, until the caramel combines with the cream. Simmer for approx. 10 minutes to reduce. Stir in the honey and cool. Spread filling over the base.

Fold protruding rim over filling, brush with water. Lay lid on top, press edges together with a fork and prick. Bake approx. 40 minutes towards the bottom of oven preheated to 200 degrees. Remove, cool slightly and release sides of tin. Slide pie onto a wire rack and leave to cool. The pie is easier to cut on the day after baking.

En Guete !

Contributed by Edith Hess / from Betty Bossi

Garden Diary



Grow some Rosemary

Winter is all about comfort food, so it makes sense to put in a Rosemary plant. Its snipped stems will add flavour to roasted meats, vegetables, breads and puddings. It goes especially well with lamb/chicken or with tomatoes, potatoes, courgettes and aubergines. Rosemary can be grown indoors in a pot or outside in the garden. It's a perennial woody plant that can be grown by seed or more easily from cuttings and will last for years.

The best time to plant is in late spring or early autumn in warmer areas. The two most often grown types are an upright variety which grows tall and bushy to 1.5m, and a prostrate type which is trailing and makes a good ground cover in a rockery or can be hanging over a wall. Both have pretty blue flowers that are attractive to bees.

Choose an open, sunny site, which is fairly dry, and drains well, or your plant will develop root rot in waterlogged soil. Don't over water or it will suffer in cold weather. In cooler areas, it would be better indoors or on a sunny deck or under cover. Pruning is only necessary to maintain shape as they tend to grow quite large and can take up a lot of garden space.

Pick sprigs as needed all year round and freeze in food storage bags or strip leaves and store in airtight jars. It will slowly dry and keep for several months.

Rosemary can be used around the house dried and made into scented drawer sachets or as an ingredient in homemade soaps. It can also be made into a hair rinse to revitalise hair and scalp and deepen the colour of dark hair. Add Rosemary sprigs to the bath to give your body a fresh clean scent. You can make Rosemary tea using fresh leaves and it is said to improve memory and can also be used as a remedy for headaches and insomnia.

I often add some to bread dough in the bread maker to make aromatic focaccia.

Melissa Lanz

References: Herbs by Susan Tommoy, NZHerb Calendar by Hale E Hinds

Consigli della Nonna

Are you always losing bits and pieces and then are unable to find them when you really need them? Why not make a Lost-and-Found: Use a cute vintage lunch box or lidded storage container to keep lost game pieces, lego, stray screws and buttons, and similar small items. When you need the item, you'll know where to look first.



By Victoria Egli