

Zeitschrift: Helvetia : magazine of the Swiss Society of New Zealand
Herausgeber: Swiss Society of New Zealand
Band: 81 (2015)
Heft: [4]

Rubrik: Consigli della Nonna

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: 28.12.2025

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

Chuchichästli (Kitchen Cupboard)

Tarte Flambée Vaudoise (Vaud 'Flame Cake')



What you need:

- 2 pizza bases, approximately 28 cm in diameter and 3 cm thick (bought or homemade)
- 180 g crème fraîche, mixed with ¼ teaspoon salt and a little pepper
- 300 g waxy potatoes (such as Agria), sliced thinly with a mandolin
- 300 g smoked sausage (such as cervelats or cabanos) – scraped out from casing with a spoon
- 2 spring onions – chopped finely
- Some extra salt and pepper

To assemble:

Spread the crème fraîche over the pizza bases, leaving a 1 cm margin. Arrange the potato slices artfully over the bases and scatter the sausage scrapings over the potatoes. Sprinkle with white part of the chopped spring onion and reserve the green bits for garnish. Add salt and pepper over the top to taste.

Bake:

Approx. 15 minutes in an oven pre-heated to 220°C. Remove from oven and garnish.

Contributed by Edith Hess

Consigli della Nonna

Onion Syrup a simple home recipe for a cough

Mild enough for children, but strong enough for an adult. Try the following recipe for a congested cough.

Edith Hess' mother used to make this for Edith when she was a little girl.

Materials

- One medium-sized onion
- Sugar (or honey)
- Glass jar

Preparation

1. Cut a medium onion in half and then slice into small pieces.
2. Break into parts and layer one part onion and one part sugar in the glass jar.
3. Mash the onion up with the end of a spoon to begin juice extraction.
4. Let the preparation sit over-night or for 3 to 4 hours until a syrup is formed.

Dosage:

Give your child one teaspoon of syrup (half onion juice and half sugar) every few hours or as needed for relief of frequent coughing.

Contributed by Edith Hess



Garden Diary

Sage/Salbei

Sage can be used in cooking and for medicinal use. It grows as a bushy perennial. There are two varieties, one broad-leaved, the other narrow-leaved. It prefers a sunny well drained site in light soil. All varieties except Golden sage will survive the frost and even some snow although wet conditions do not suit them.



Narrow-leaved Sage has bee-friendly purple flowers, broad-leaved don't. Red/purple sage, also a perennial, is lower growing and has larger flower heads of blue spikes and grows in rockeries and can also be used in cooking. Golden sage is a low growing ornamental which seldom flowers and is frost tender. Variegated or tri-colour is a small plant also ornamental and more delicate. Pineapple sage is a perennial which prefers an open sunny well drained spot with good soil and can get up to 1m with red flower spikes in Winter. Prune it after flowering and protect from frosts. Both the leaves and flowers can be used in drinks or scented sachets and the nectar is very sweet sucked from the flower ends. Leaves can be taken any time over the growing season but are better before flowering for most varieties and can be used fresh or dried.

For drying take bunches and hang in a cool dry place or dry leaves spread out on paper or in dehydrator. Sage has a distinctive flavour and can be overpowering if too much is used. Chopped leaves are used traditionally in stuffing for poultry/meat or try with egg dishes, potato salad, pies and in sandwiches. Pineapple sage is nice in salads or put the flowers in drinks. Long ago Chinese merchants would barter two chests of tea for one chest of sage as it was used as a refreshing tea. Sage tea is best when made with fresh leaves. It was used as a general tonic and to aid longevity. It was also used as an old remedy to relieve liver complaints, constipation and rheumatism. Sage tea left to stand for several hours and strained could be used as hair rinse to darken grey hair.

Sage works as a companion plant to cabbage and carrots and rosemary but keep away from cucumbers. Sage tea can be sprayed on mature plants as a tonic but keep away from seedlings.

Recipe for herb cheese with Sage:

Grate 125gm mild cheese and melt slowly with a small knob of butter. Stir in chopped sage, pour into a small dish to cool then spread on bread or crackers.

Sage fritters to go with drinks: 36 Sage leaves washed and dried. Melt 1Tbsp butter in 1/2cup water over low heat, set aside and cool. Combine 1/2 cup plain flour with a pinch of salt with 1/4 cup milk then add cooled butter mixture. Mix well and set aside at room temperature for 1 hr. Beat 1 egg white until stiff then gently fold into the batter. Pour oil into a large frying pan to a depth of 2.5cm, dip leaves into batter and drop one at a time into hot oil. Be careful not to overcrowd the pan, turning once until golden brown on both sides. Remove with a slotted spoon and drain on paper towels to cool; then enjoy.

Melissa Lanz

Reference: Herbs Susan Tomnay, The Home Vegetable Garden Bee Baldwin, The NZ Herb Calendar Hale & Hindis

chuderwälsch by Sabine Wyss

- **Système D, débrouille-toi** - System F, figure it out yourself
- **Gonflé** - inflated (this is used to say that someone is full of themselves)
- **Péter un plomb** - break a fuse (someone has gone crazy/off the walls)
- **Occupe-toi de tes oignons** - mind your own onions (mind your own business)
- **Revenons-en à nos moutons** - lets get back to our sheep (used to say lets get back to the point)
- **Nom de bleu** - in the name of blue (damnit!)
- **Me faire chier** - to make me shit myself (something/someone pisses you off)
- **Santé** - cheers (also used to say bless you to someone when they sneeze)
- **Je te tiendrai les pouces** - I'll hold your thumbs (to wish luck, cross fingers)
- **Souper Canadien** - Canadian dinner (potluck dinner)
- We say that people from Geneva have "une gueule élastique" (an elastic mouth)