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Rubrik: Chuchichästli (kitchen cupboard)

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Chuchichästli (Kitchen Cupboard)

Bacon wrapped chicken and pork

Ingredients

- 2 Tbsp finely chopped oregano leaves
- 2 Tbsp finely chopped rosemary leaves
- Salt
- Oil for rubbing
- 4 small pork tenderloin fillets
- 12 slices bacon
- 4 small chicken breasts

Directions

Rub oil all over the pork, then rub with salt and coat with the herbs.

Place a sheet of cling film on a flat surface and place bacon on top, slightly overlapping.

Butterfly chicken breast and place on top of bacon. Then place the pork on top of the chicken breast, roll tightly and wrap the entire parcel in cling film. Twist the ends of the cling film to hold firmly in place. Put in the fridge for 1 hour.

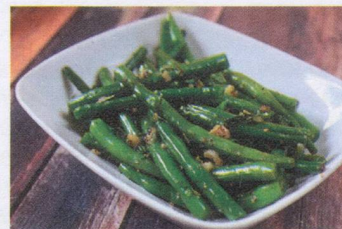
Preheat oven to 180C.

Heat oiled frying pan to high and sear the meat roll on all sides, then place in oven for 12-15 minutes or until cooked. Rest for 10 minutes, then slice diagonally into medallions and serve up!

Contributed by Edith Hess

Summer and Winter Savory

Commonly known as the Bean Herb. One is an annual the other a hardy evergreen. Summer Savory has bronze green leaves with blue-ish pink flowers propagated in spring by scattering seeds over well dug garden soil then thinned to leave 15cm



between plants. Plant near onions and beans as a companion plant. It can grow to 40cm. Successive sowing throughout summer will give a continuous supply of fresh leaves. Summer savory can be dried before flowering starts. Dried leaves can be used with grilled steaks, game meat, egg dishes and freshly chopped leaves are excellent with trout or added to beans / broad beans while cooking. It will give a lift to tomato or BBQ sauce, can be added to stuffing and bread crumb coatings, herb butters, salad dressings and vinegars. Savory can be used instead of pepper and was used as a prevention against flatulence, hence being used with beans. Winter or Mountain Savory is one of the oldest known herb plants. It was formerly used in medicine, is useful as an insect repellent and can be applied to insect bites and stings but nowadays it's mainly used in cooking. It has glossy green narrow leaves and the flowers are white. It is more woody, a lower growing shrub (to 45cm) and the flavour and aroma are less distinctive. Cuttings can be taken in spring and placed in sandy soil until roots have formed or by simply taking small clumps and transplanting them. It can be cut back over winter to allow new growth and will form a spreading clump but may need some protection in cold climates. It makes a good edging plant for the herb border. Both Winter and Summer Savory make a mild, pleasant tasting tea and are used as a general tonic.

Recipe:

Broad Beans and Summer Savory

This is a very simple recipe.

Boil shelled broad beans with several sprigs of new Summer Savory until barely tender. Toss in butter, add a squeeze of lemon juice and garnish with chopped Parsley.

En Guete

Melissa Lanz

References: Home Vegetable Garden Bee Baldwin, Herbs S Tomnay, Vegetables /Herbs for NZ Gardeners Viking

chuderwälsch by Tanja Latham-Zurbruegg

1	tätschä	to hit
2	tüüpelä	to sulk, have a tantrum
3	tifig	quick
4	tromsig	skew, not right
5	tschädärä	to make a noise, to ring
6	Tschätterä	a silly woman
7	tschalpä	to walk
8	Tschugger	a police man
9	Tschumpel	an idiot
10	tüüsälä	to walk quietly



This Easter at the Swiss Café and Bakery we have a wide range of home-made, hand-crafted chocolate Easter goodies including bunnies, chocolate eggs filled with loose truffles, chocolate spoons and our delicious hot-cross buns. **With every purchase from our home-made Easter range you go into the draw to win a giant Easter bunny valued at \$175.** Prize will be drawn on Thursday the 24th of March.

Café will be closed:

Good Friday, Easter Sunday & Monday

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