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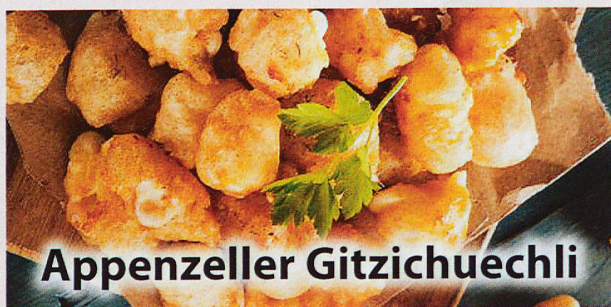


En Guete

A COLLECTION OF
FAVOURITE SWISS RECIPES

My culinary journey continues to the canton of Appenzell. There are 10 culinary delights from this canton that are a must on the tasting list: Appenzeller Biberli, Bier, Alpenbitter, Cheese, Mostbroeckli, Nidelzeltli, Stengeli, Siedwurst, Buureschueblig and Landsgmeind Chraepfli. That is the opinion of the Appenzellers – a region that lies like a small island in the canton of St Gallen. For most of those delights you can find a recipe somewhere, but not for the Appenzeller Alpenbitter. Believe me, I have tried. Since making liquor is one of my hobby's I thought I would like to try my hand at this too. I have not succeeded yet. I also know that a couple of years ago, it was THE drink at the Eidgenoessische Turnfest in Winterthur – selling about 3000 litres of this brew! Another less known dish is this delicious Appenzeller Gitzichuechli.

Vreni Kull



Appenzeller Gitzichuechli

Omelette batter:

200g of white flour
50g of cornflour
1 t of Aromat
200ml milk
100ml cream
3 eggs
1 T oil

Mix all the omelette ingredients until smooth, rest for about one hour.

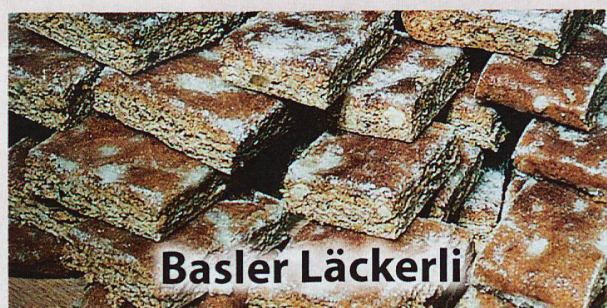
800g of goat meat, cut into reasonably big chunks
1.5 L water
100ml of white wine
1 onion with a bay leaf and a few cloves
1 carrot
1 small celeriac
1 leek
1 tablespoon of salt

Bring the water, wine and vegetables to the boil. Add the meat and boil for about 45 minutes.
Remove the meat and let it completely dry (very important).
Use the left over liquid to make a lovely saffron risotto to accompany the meat.
Dip the meat into the omelette batter and deep fry them until golden.

Basler Läckerli are a type of Lebkuchen (sweet, spiced bread) that originated in the Swiss city of Basel, on the river Rhine. Despite conflicting stories about their origin, they have been around since at least the 16th century.

Although Basel, originally a Roman settlement, had been German for centuries, it joined the Swiss Confederation on June 9, 1501, making it Switzerland's 11th canton.

Erna Zimmerman



Basler Läckerli

300g honey

250g sugar

4 T water

10 drops of lemon essence

Heat honey, water and sugar slowly, until sugar has dissolved. Leave to cool, then add lemon essence.

400g flour

200g chopped nuts

2 t baking powder

1 t cinnamon

150g mixed peel

Pinch of nutmeg

Pinch of clove

Combine all dry ingredients together then stir in the melted honey mixture. When combined, roll out the mixture on a sheet of baking paper to approximately 3mm thick and place on a tray. *Hint - The mixture is quite sticky, so rolling it out between two sheets of baking paper is the easiest (and least messy).* Once rolled out, place in the oven and bake at 160C for 20 minutes.

7 T icing sugar

2 T water

While the Läckerli is cooking, mix together the icing sugar and water to make a glaze.

Once cooked and while still hot, brush the icing sugar glazing on and cut into squares.