Women's corner

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WOMEN'S CORNER

The following are a few recipes from the western part of Switzerland supplied to us by a reader who is an outstanding cook. We shall be giving a few recipes from other parts of Switzerland in a future issue.

GRATINEE DES VIEUX CABINOTIERS

The "cabinotiers" have more or less disappeared today. They were craftsmen of watch-making. Their work-shops perched in the roofs of certain old buildings of the Saint-Gervais area are still recognisable by their many small windows. The cabinotiers, when they were a going trade, knew how to enjoy life and good food.

Ingredients for five people:
3oz. butter
1oz. flour
3 pints stock
3 onions
Gruyere

Melt the butter in a saucepan, add the flour and brown gently. Add the finely sliced onions. When the onions are golden brown add the heated stock, and simmer for 15 minutes.

Place thin slices of bread in a shallow earthenware casserole, and cover liberally with finely sliced cheese. Pour in the soup, add more cheese and brown under the grill without letting the mixture boil.

MARMITE MERE ROYAUME

Dame Royaume is an historical figure. It was she who, on the night of the Escalade, when the Duke of Savoy tried to capture Geneva by stealth in 1602, threw a boiling cauldron of rice soup on the head of one of the enemies of the Republic.

Ingredients for five people:
12oz. lean bacon (smoked)
1lb. potatoes
3 leeks
1 onion
5oz. rice
chervil
3½ pints water

Put the bacon in a pan—preferably earthenware—and add the chopped vegetables (but not the chervil). Add a pinch of salt and place on a moderate heat so as not to crack the pot. Bring to the boil, skim and keep cooking slowly for 1½ hours.

Remove the bacon when it is cooked and then add the rice and cook for a further 25 minutes.

Remove the stalks of the chervil, chop and add to the soup just before serving. The bacon can be added to the soup or served separately.

SOUPE A LA BATAILLE

Ingredients for five people:
12oz. potatoes
3oz. carrots
3oz. turnips
3 oz. haricot beans soaked in cold water for 24 hours
2oz. celeriac
¼ Savoy cabbage
3 leeks
2oz. butter
3½ pints of water
salt

Peel, wash and dice the vegetables. Put the butter in the pan, add the vegetables. Cover the pan to allow the vegetables to soak in the butter, then add the water and cook for about 2 hours. Mash the potatoes when the soup is cooked to thicken it.

SALEE AUX OEUFS ET AU LARD

Line a large greased baking tin with finely rolled short pastry. Prick the bottom with a fork. Put in lightly grilled thin slices of lean bacon, sprinkle with cumin, and add two beaten eggs mixed with half a cup of cream, salt, pepper and nutmeg. Bake in a hot oven for 20 minutes and serve warm.

GATEAU AUX OIGNONS

Peel and slice 5 large onions and cook gently in butter without letting them get too brown. When they are completely cooked put them in a large greased baking tin lined with finely rolled short pastry. (Bacon may also be added if desired).

Beat three eggs in a bowl with ½pt. of cream, salt, pepper and nutmeg, pour into the tin and bake in a hot oven for 20 minutes.

RAMEQUIN SUISSE

Grate finely 6oz. Gruyere or Emmenthal, mix it with five eggs and ½ pint of cream. Season with salt, pepper and nutmeg.

Put slices of bread buttered side down in an oven dish, cover with the cheese mixture and cook in a moderate oven for 20 minutes.

POTEE VAUDOISE

(for 10 people)

Cook a boned, rolled shoulder of mutton in a saucepan of water, add salt, skim and simmer for 1½ hours. Add 2lbs. of thickly sliced turnips, the same amount of quartered potatoes and one finely sliced onion and celeriac.

Cover the pan and cook gently for one hour.

TOURTES AUX CAROTTES

3 eggs
6oz. sugar
6oz. ground almonds or hazelnuts
5oz. grated carrots (but not new carrots)
1oz. flour
1 teaspoonful baking powder
rind of 1 lemon

Beat the sugar and the egg yolks thoroughly, add all the other ingredients except the egg whites and mix. Beat the egg whites until stiff and fold into the mixture. Pour the mixture into a greased tin about 7 inches in diameter and cook in a moderate oven for 40 minutes.

NID D'ABEILLES

3oz. butter
3oz. sugar
1 egg
6oz. flour
4oz. cornflour
3 tablespoons milk
1 teaspoon baking powder

Filling:
3oz. sugar
2oz. butter
1 tablespoon vanilla sugar
3oz. ground almonds or hazelnuts
3 tablespoons milk

Cream the butter, add the egg and the sugar and stir for 10 minutes. Add the sifted flour and baking powder. Spread the mixture in a greased baking tin with a removable base.

For the filling, cook the milk with the sugar and butter, add the grated nuts and the vanilla sugar. Allow the mixture to cool and spread on top of the above.

Cook in a warm oven for 30 minutes.

ETOILES A LA CANELLE

2 stiffly beaten egg whites
6oz. sugar
1 teaspoon cinnamon
7oz. ground almonds or hazelnuts

Beat the egg whites and stir in the sugar for 20 minutes. Put aside 3 tablespoons of this mixture for the icing. Mix the remainder with the cinnamon and the ground nuts, and roll it out on a sugared board. Cut out in star shapes. Add 1 teaspoon Kirsch to the icing and spread on the biscuits and bake for 25 minutes in a warm oven.