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# CARROTS A LA GRAND'MERE

Many people think at once of cheese dishes when they hear the word "Swiss Cooking", but Swiss culinary art has a great deal more to offer than simply cheese fondue or raclette. Although new dishes are created every year, there is nothing really like the old-fashioned regional cooking with its different local specialities.

When we were children and went on holiday to grandmama in her lovely old house in the country, her speciality was carrots. She always kept a good sized bed of carrots for us children and we could help ourselves to as many raw carrots as we liked. She believed that they were far better for our teeth than sweets and she was sure that carrots were good to purify the blood and improve our sight. We were most fascinated by the face pack an aunt of ours used to concoct and I must admit she had a very soft skin; she grated carrots very finely and mixed them with lemon juice.

At grandmother's, carrots were eaten in many forms, raw in salads with lemon juice and parsley grated on top of green salad, braised with plenty of onions, a dash of vinegar and parsley or chives, or with white sauce. We also loved her delicious tapioca and carrot soup. We used to look forward to her special dish of mixed carrots, celery and tomatoes

with herbs cooked to a pulp which she used to put on a piece of toast, put in the oven under the grill with grated cheese. But for us children our great favourite was her famous carrot cake; I have always kept her recipe.

#### Ingredients

250 gr. carrots	50 gr. flour
250 gr. hazelnuts	1 coffee spoon
250 gr. castor sugar	baking powder
4 eggs	½ coffee spoon
1 small glass rum (or kirsch)	cinnamon
1 lemon	½ coffee spoon
	mixed spice

Grate the raw carrots finely as well as the hazelnuts, mix them in a bowl. In another bowl, mix the sugar, egg yolks until nicely creamed; add the rum, grated zest of a lemon, as well as the lemon juice and the flour and spices. Blend the two mixtures together until smooth and add the baking powder and the four egg whites beaten to a firm consistency. Mix together lightly. Put into a 7" baking tin and cook in a moderate pre-heated oven for one hour. To test whether the cake is cooked use a fine needle which should come out. If the needle is not dry just bake a little longer until the side of the cake is detached from the tin.

To ice the cake, melt cooking chocolate with added vanilla and a little water and butter and pour the lukewarm mixture on the cake. It

keeps well. Grandma used to decorate the cake with a few marzipan carrots and angelica.

Finally, there was a remedy for burns which never left a scar:—finely grated raw carrots lightly bandaged on the burn.

*Mrs. E. Grout  
Huntisbeare.*

## FAIRS AND EXHIBITIONS IN SWITZERLAND IN OCTOBER 1979

Among the multiple of trade fairs and exhibitions announced, let us call attention to the following of international interest, due to be held in October 1979:

- 9.10–13.10 — Basle — INELTEC — International Exhibition for Industrial Electronics and Electrical Engineering.
- 10.10–26.10 — Zurich — Swiss Fashion Weeks.
- 11.10–21.10 — St. Gallen — OLMA — Swiss Agricultural and Dairy Farming Fair.
- 14.10–16.10 — Zurich — MODEXPO — International Ladies' Fashion Fair.
- 18.10–21.10 — Berne — Swiss Caravan Show.
- 21.10–6.11 — Zurich — SWISSPEL — Swiss Purchase Weeks for Leather and Travel Articles.



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