

Zeitschrift: The Swiss observer : the journal of the Federation of Swiss Societies in the UK
Herausgeber: Federation of Swiss Societies in the United Kingdom
Band: - (1979)
Heft: 1758

Artikel: Carrots à la grand'mère
Autor: Grout, E.
DOI: <https://doi.org/10.5169/seals-692103>

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: 14.01.2026

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

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	cinnamon
(or kirsch)	½ coffee spoon
1 lemon	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.



Swiss Life

INSURANCE AND PENSION COMPANY
(Incorporated with limited liability in Zurich Switzerland)

Mutual Company—Established 1857

ASSETS EXCEED
£1,400 MILLIONS

9 Cheapside, London EC2V 6AL
Telephone: 01-236 3841

Head Office: SCHWEIZERISCHE LEBENSVERSICHERUNGS-UND RENTENANSTALT, ZURICH.

RENTENANSTALT

Pension Plans for
International Companies under the

MASTER COVER CONTRACT

and all types of
life assurance and annuities.

30 Exchange Street East, Liverpool L2 3QB
Telephone: 051-236 6712