

**Zeitschrift:** Helvetia : magazine of the Swiss Society of New Zealand  
**Herausgeber:** Swiss Society of New Zealand  
**Band:** 64 (1998)  
**Heft:** [6]  
  
**Rubrik:** Your corner...

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## YOUR CORNER.....

Dear Readers,  
we would like to acknowledge 2 very interesting entries for our immigration article planned to be published later in the year. These contributions came from Wellington and Christchurch. A special thank you to those members. There is still time for our readers to put pen to paper and let us know about their personal experiences with immigration. According to our calendar winter is upon us, sooner or later we will be looking forward to a warming, nourishing and tasty bowl of soup accompanied with home made bread.  
- Here are some recipes from Heidi Leuenberger, Putaruru. She is a wizard in bread baking.

### Basler 'Mehl' flour-Soup

Ingredients;  
60 gr butter  
5 table spoons white flour  
1 onion and some garlic  
1 litre beef stock, cold  
a little cream, milk or sour cream, to add before serving  
grated cheese optional, to sprinkle on top

Method;  
Roast (browning) flour in a frying pan to nice hazelnut brown colour, keep stirring constantly to avoid burning and forming of lumps.  
Put aside to cool. Glaze chopped onion and garlic in butter, mix in flour and beefstock and bring to boil. Let simmer for approx. 30 minutes. Stir often, but avoid scratching the bottom too hard. Change pots, if the soup should burn on bottom

### Potato Soup, for 3 people

Ingredients;  
1 tablespoon fat  
1 onion

5 - 6 potatoes  
1 tablespoon flour  
1 ¼ litre water or stock  
1 teaspoon salt  
majoram, parsley  
3 tablespoon grated cheese, optional  
Method;  
Glaze chopped onion in butter or fat, add potatoes and flour, then add water/stock and salt. Simmer for 45 minutes.  
- Grate potatoes or put soup through the kitchen wizz to get the desired smooth consistency, add some cream.

### Swiss Bread - makes 2 loaves

Ingredients;  
700 gr flour  
300 gr wholemeal flour  
25 - 30 gr salt  
30 gr fresh yeast  
200 ml milk  
550 ml water  
Method;  
Preheat liquids to 28 -30 ° C. Dissolve yeast in liquid and mix salt into flour, then mix the liquid with the flour. Knead hard for at least 12 - 15 minutes to obtain smooth and elastic dough. Place in to a bowl and cover it. Let it prove (rise) in a warm place for about 30 minutes. Knock the dough over hard to ensure that the accumulated air is knocked out. This will ensure that fresh air is available to the developing yeast and gives the dough better elasticity. Then let it prove to full maturity approx. 1¼ hrs. Cut dough into even halves and fashion into loaves. Place on a tray, to prevent them sticking, sprinkle a bit of flour onto the spot where you place the loaves. Put the tray in a warm place for 20 - 30 minutes. Preheat the oven to 250 ° C. Before baking cut loaves a few times diagonally across the top approx. 1 cm

deep. Turn heat down to 200 ° C., bake until nicely brown, approx. 20 - 40 minutes. To test remove one loaf from the oven, turn it over and with the knuckle of a finger tap gently on the bottom. If it sounds kind of hollow, the bread is ready. Let cool off and put remainder into freezer.  
Good luck and 'bon appétit' !

#### Contact Addresses:

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### Special Request from our "2-Ladies-team" Your Corner....

We are planning to compile an article on **Immigration Issues** for Swiss citizens wanting to emigrate to New Zealand and would love to receive comments from recent immigrants. Your experiences and comments about immigration and gaining citizenship in New Zealand would be very helpful. We'll do our best to translate contributions written in German and we promise confidentiality.

Thanking you in anticipation:  
Trudy and Doris.

### An early reminder to Secretaries....

Please note that **no HELVETIA will be published for the month of October**. A combined Sept./ Oct. issue will appear on 1. September.

Therefore all contribution for September and October should be sent to the Editor by 15. August.

thank you !

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