

**Zeitschrift:** Helvetia : magazine of the Swiss Society of New Zealand  
**Herausgeber:** Swiss Society of New Zealand  
**Band:** 70 (2004)  
**Heft:** [5]  
  
**Rubrik:** This and that corner

### **Nutzungsbedingungen**

Die ETH-Bibliothek ist die Anbieterin der digitalisierten Zeitschriften. 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. [Siehe Rechtliche Hinweise.](#)

### **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. [Voir Informations légales.](#)

### **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. [See Legal notice.](#)

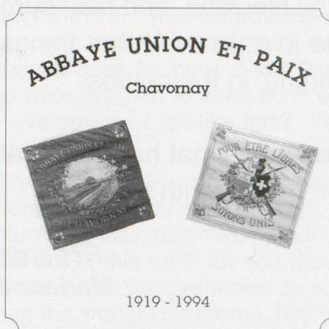
**Download PDF:** 14.03.2025

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



# This and That Corner

Now some traditional recipes from Canton Vaud.



## Canton de Vaud

Vaud was the first French speaking Canton to join Switzerland in 1803. Canton Vaud and Bern are the only two cantons formed of Alps, plain and Jura, which is why we have a wide diversity of people, character and culture in the cantons.

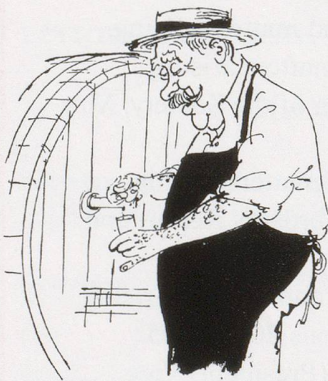
To discover the Vaud country, turn your back to the lake of Geneva (we like to call it Lake Lemman as only a small portion at the end of the lake belongs to Canton Geneva - 294km<sup>2</sup> of the 581km<sup>2</sup> of the lake belong to Vaud). Here you will discover, scattered among the meadows and woods, more than three hundred villages and many lakes. Each municipality has its fountains and its church. The Vaudois farmers have mastered one of the finest lands of Europe, which is still today sheltered from exhaust smoke, industry and concrete.



## Lac Lemman, vineyard of the Lavaux region.

There are few landscapes in Switzerland which have been so heavily exploited and yet remained as charming as the vineyards above Lac Lemman between Lausanne and Vevey. Lavaux is the largest wine-growing area in Switzerland. The mild lake climate does its bit

in helping the grapes to ripen, mainly for white wine. If you want to experience this landscape first hand, you can walk through the vineyards. No hiking shoes are needed as all the roads are paved. In the same area is the Chillon Castle, a mighty fortress built by the counts of Savoy in the 13th century. The castle stands between mountains and water, where the Northern Alps reach Lake Lemman near Montreux. This impressive castle is a famous tourist attraction.



## Le caviste raconte...

Les Vaudois love their wine. Like the people of Central Switzerland have a 'kaffe schnaps' Les Vaudois have a glass of wine. We not only drink wine but we use it in cooking and as a medicine. In cooking we think that we can't make a nice gravy if wine is not added to the meat. We use wine in cakes, in potato dishes and of course in the fondue!!! Grandma made a concoction, when we were off colour, of red wine mixed with an egg yolk and sugar!!! (Mum must surely have been 'off colour' a few times!!! Luckily I'm the typist so can add a few things!!! As you are probably all aware, by the length of this item, Mum is from the Canton de Vaud!!!) Tradition on a cold winter's day was a cup of mull wine.

*Bonne sante ... enough about wine!!!*

## Gratin des amis de Morges (Cheese dish from the friends of Morges) for four people.

200 gr onion	1 tbsp butter
1 kg potatoes	100 gr tasty cheese (gruyere)
20 mls white wine	20 mls water
salt and pepper to taste	150 mls cream

Fry onion in butter. Butter an oven dish. Peel and slice potatoes thinly. Spread potatoes, onion and cheese in dish. Mix wine, water, salt and pepper and pour over potatoes. Cover and bake for one and a half hours at 180°C. Add cream and leave for 15 minutes uncovered in hot oven.

## Choux rouge a la campagne (Farmer's red cabbage)

Cut red cabbage in fine strips. Fry bacon in butter and add an onion and red cabbage. Stir well and add salt and pepper and sufficient red wine until cabbage is cooked. For variety you may add a little sugar and 2 - 3 apples. Serve preferably with roast pork.

## Tarte au vin - Wine cake

Roll puff pastry and line cake tin. Mix 100 gr sugar, a little cinnamon and 2 tbsp of flour and spread over pastry. Pour four glasses of white wine over flour mixture and add a few knobs of butter. Bake approximately 30 minutes at 200°C.

## Croutes de Vinzel (toasted cheese dish - a good way to use surplus bread)

Cut bread like toast size. Mix 250 gr grated cheese. Add a dash of salt and one tablespoon of flour. Mix well as you add three tbsp of milk and then three eggs one by one, and a little baking soda. Spread mixture on top of bread. Fry in pan, in oil, with the cheese side down until golden. Turn bread side in oil until lightly toasted.

*Bon Appetit*

## Vaudois un nouveau jour se leve!!!

Un Vaudois, c'est trois decis;  
Deux Vaudois, c'est une fondue;  
Trois Vaudois, c'est ...

-Trois Vaudois, ca n'existe pas! Parce qu'il y a toujours un Suisse Allemand dans le niau!!!

*Lisette*

## YOUR SWISS CHEF, BERTA

TARANAKI'S TOP RESTAURANT  
LODGE - CHALETS - FAMILY UNITS

FREE PHONE 0800 MOUNTAIN

(66 86 82)

[www.mountainhouse.co.nz](http://www.mountainhouse.co.nz)

**Mountain House**  
MOTOR LODGE  
**Mount Egmont**