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## Chuchichästli (Kitchen Cupboard)

### Glarus prune and almond pie (Glaruspastete)

#### Ingredients:

##### Prune filling

- 150g stoned prunes
- 500ml boiling water
- 2 tablespoons Kirsch

##### Pastry

- 500g puff pastry

##### Almond filling

- 150g ground peeled almonds
- 50g sugar
- 5 tablespoons water
- 1 tablespoon lemon juice

#### Method

1. Put the prunes in a bowl and pour over the boiling water and leave to soak for approximately an hour. Pour off water. Add Kirsch and puree.
2. For the pastry, halve the block and roll out into two long strips about 15 cm wide. Chill in fridge for 15 minutes.
3. For the almond filling mix all the ingredients to a creamy mass.

#### Assembly

Place the first piece of pastry onto a baking sheet. Spread each of the fillings over one half of the base in the middle, leaving a margin on both sides. Brush edge with water. Place second sheet of pastry directly on top of the first and press edges together. Make diagonal cuts on the top pastry.

#### Bake

Bake for approximately 30 minutes towards the bottom of oven preheated to 200 degrees Celsius. Switch off oven and leave door ajar to leave pastry to dry off for 10 minutes. Remove from oven and leave to cool on wire rack. Slice up and serve.

En Guete, Edith Hess



Glarner Pastete – the round version

<http://krautundrueben.ch>

## Garden Diary

If you managed to get your brassicas in at the end of summer, you will be harvesting cauliflowers and broccoli by now. Cauli is an excellent source of Vitamin C, some B vitamins, Vitamin K and fibre. White cauliflowers are more familiar, but there are also green, purple and orange varieties.

Cauliflowers are susceptible to frost and can be protected by bending over the outside leaves. Broccoli heads can be cut, leaving the main stem from where smaller side shoots will develop, giving an extended crop. Both can be kept once cut in the fridge for several days or frozen after blanching.

Cauli and broccoli have so many options other than eaten with cheese sauce! Add to curries, soups, serve raw or blanched with dip or hummus, or puree as a substitute for mashed potato. Rather than boiling or steaming, try it roasted or add to stirfries.

Although lettuce is commonly thought of as a summer salad, several varieties are renowned for their winter hardiness. Most of these have deep red foliage with frilly, ruffled or oak leaf leaves. Icy weather triggers the development of the dark red pigment that helps them absorb more heat from the sun. If your soil is wet or heavy, plant up a mixture of salad greens in containers and keep somewhere sheltered on a deck or under cover. Use recycled containers, empty hanging baskets, fish or chilly bins, or plastic buckets with holes in the bottom. Feed fortnightly and pick off the leaves as they mature.

By Melissa Lanz

Source: *New Zealand Gardener, Healthy Food Guide, the Home Vegetable Garden.*  
[http://commons.wikimedia.org/wiki/File:Purple\\_Broccoli\\_at\\_the\\_Green\\_City\\_Market](http://commons.wikimedia.org/wiki/File:Purple_Broccoli_at_the_Green_City_Market)



Photo: swankislat

## How the Schabziger reached the rest of Switzerland

“Anggeziger! Anggeziger!” – “He! Wer chaufft es Zigerstöggli!” Many of our older readers who spent their youth in Switzerland may remember the likeable “Schabziger” men and women who travelled all over Switzerland, selling their Schabziger to many households. Edith Hess remembers a Schabziger-Fraueli (Schabziger woman) who travelled by bicycle from the Glarnerland. It’s hard to imagine these women earning a living in this way, travelling alone and exposed to the elements – a testament to their independence and resilience.

Schabziger cheese is made from skimmed milk, salt and the extract of the Schabzigerklee (blue fenugreek) growing wild in the Glarner Alps and reaching a height of 20-60 cm. Its clusters of blue flowers are a magnet to bees (and Schabziger Producers).

