

Brussel sprout coleslaw

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Chuchichästli (Kitchen Cupboard)

Entlebucher Pilzschnitten

Ingredients for 4 people:

- 4 slices wholemeal bread
- 4 slices ham
- 4 slices Gruyere or Emmental cheese
- 300g mushrooms (original recipe Eierschwämmchen)
- 1 onion finely chopped
- 100ml white wine
- 100ml Maggi light meat gravy
- 50ml cream
- 1 Tbsp chopped parsley
- 40g butter
- salt and pepper to taste



Method

Heat butter and add onions to glaze, then add mushrooms and steam for two minutes. Add the wine and let it simmer down. Pour in the gravy and cook for five minutes, then stir in the cream. Use salt and pepper to taste.

Butter an oven tray and place the bread slices on it, top each with a slice of ham and cheese. Cover with mushroom sauce and place in preheated oven at 220 degrees C and bake for 10 minutes. Add some parsley and serve.

En Guete, Marcel Ruedi

Brussel sprout coleslaw

Combine 1/4 cup olive oil, 1/4 cup lemon juice, 1 tsp sesame oil, 1 crushed garlic clove, 1 deseeded red chilli finely chopped and 1/2 tsp castor sugar. Stir to dissolve sugar and set aside. Cook 500 g brussel sprouts in boiling water for two to three minutes until just tender and drain well. Cut in half lengthways, then slice finely and put into a bowl with 3 cups finely shredded chinese cabbage, 2 cups beans sprouts, 2 finely sliced shallots and 1 cup coriander leaves. Add dressing and toss to combine.

By Melissa Lanz



Based on Taste Magazine Aug 2011

Garden Diary

Winter in the garden

Brussel sprouts, cauliflower, broccoli and cabbages are all in season over the colder months and are perfect for hearty



soups, stir fries and pickling. Hopefully, you will have planted them at the end of summer to avoid white cabbage moths or covered them with old net curtains. Pick broccoli while the florets are still tightly packed together, otherwise they start to separate and form flowers. Brussel sprouts are more suited to cooler areas to form firmer spouts, and taste better after frosts which help sweeten their flavour. Harvest from the bottom up, picking off individual sprouts as required. When buying sprouts, choose ones which are small and firm with shiny leaves. Store in the fridge in a sealed plastic bag for three to four days. Cook 8–10 minutes in salted water until tender, or steam. You can also stir fry with bacon, or slice raw and add to coleslaw. Cabbages either white or red are widely available now as well, as are many varieties of chinese cabbage, pak choi, wong bok and bok choy. These are very easy to grow if you are new to gardening, as they are fast maturing and can be harvested as a whole plant or by taking side leaves off as needed. They take up less space and are less bothered by snails. Simply add to soups and stir fries, or steam. Try making a simple cabbage pickle using salt, sugar and chillies and leaving overnight to brine.

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

My dear, I love you ardently
 Adore your charm, the way you look,
 I'm captivated by your voice,
 I've read with pride your latest book,
 And yet I will not marry you
 Until, sweetheart, you've learned to
 cook.
