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# This and That Corner



## The Two Appenzells

The journey south from St Gallen into the canton of Appenzell is refreshing. One leaves the lowlands behind, and climbs up into a large landscape with idyllic mountain scenery: the hills spread out like a green carpet, all the way up to the Säntis (2502 metres) mountain peak. Small farms are characteristic of the area. The villages here grew up around the churches, a large number of which were built by the Grubenmann family of master builders, but there are no communities of any real size.

This region is famous for its traditional arts and crafts: men and women, using brushes and paints, scissors, looms and embroidery frames, which today are much sought after by museums and collectors alike. It was here, in this Swiss pastoral landscape par excellence, that the original and unmistakable art form known as Senntumsmalerei, or "herd-painting", a variation of farm painting, was able to flourish around the middle of the 18th century.

With no real centre to the canton, Appenzell, the capital of the Catholic half-canton of Innerrhoden, is really little more than a village. The main town in Ausserrhoden, Herisau, is also a village, albeit a slightly larger one. Yet no Appenzeller likes to see himself that way; he is either a Vorderländer from Heiden, a Mittelländer from Teufen or just a Hinterländer from Herisau. The most likely place for Appenzellers to meet is St Gallen — though they do not actually care for St Gallen that much. Appenzellers welcome strangers — as long as they bring in the money. Locals are not the kind of easy-to-get-along-with mountain folk you would imagine them to be; on the contrary, their obstinate nature is as hard to understand as their nasal dialect.

It was these very characteristics which gave rise to their unique customs; they have promoted a rich peasant culture, ranging from music for strings to herd-painting, and remain immune to all contemporary fads.

Anyone visiting Appenzell country would do well to drive along the winding minor roads, or better still, hike along the simple footpaths of the region. Trogen, Heiden, Gais, Urnäsch and Appenzell are all equally representative of Appenzeller culture in their different ways.

Source : Insight Guides - Switzerland



**Silvesterchlaeuse  
(New Year's Eve Figures)  
from Urnaesch**



**Demonstrating  
Senntumsmalerei in  
the Appenzell Museum**

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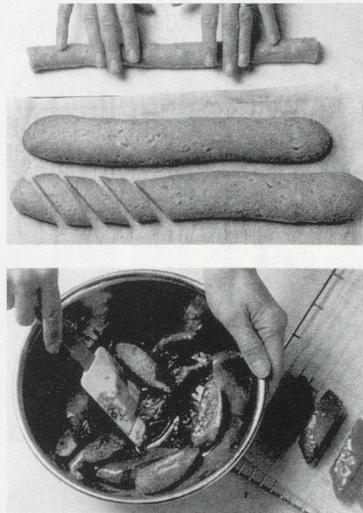


**And now to some recipes...**

## Magenbrot (biscuit)

250gr honey  
250gr sugar  
500gr flour  
25gr bread crumbs  
1 tspn cinnamon  
1/4 tspn cloves  
100gr orange and lemon peel  
50gr nuts  
1 1/2 tspn baking soda mixed with 15mls warm milk

Warm honey and sugar to 60C stirring continuously. Mix all the other ingredients together, and pour over the honey and sugar. Mix by hand and leave pastry covered overnight at room temperature. Roll pastry by hand into 20mm rolls and place on tray lined with baking paper, ensuring there is at least 4cm between the rolls. Bake for 15 minutes at 180C. Leave to cool, then cut into 20mm thick slices. Make an icing with 300gr sugar, 10mls water and 35gr dark chocolate - bring sugar and water to the boil and cook for 2 - 3 minutes, then add the chocolate pieces until they are melted. Dip biscuits in chocolate as shown in the photo.



## Bacheschnette au Appenzell (Cheese speciality from Appenzell)

150gr flour  
20mls 1/2 milk, 1/2 water  
salt  
2 tbsn sugar  
1/2 tspn cinnamon  
1 egg yolk  
1 egg white  
oil to fry

Mix flour, water, milk, salt and egg yolk to a smooth mixture. Beat egg white and add to mixture just before frying in oil (180C). Sprinkle with cinnamon and sugar. Can be eaten hot or cold.

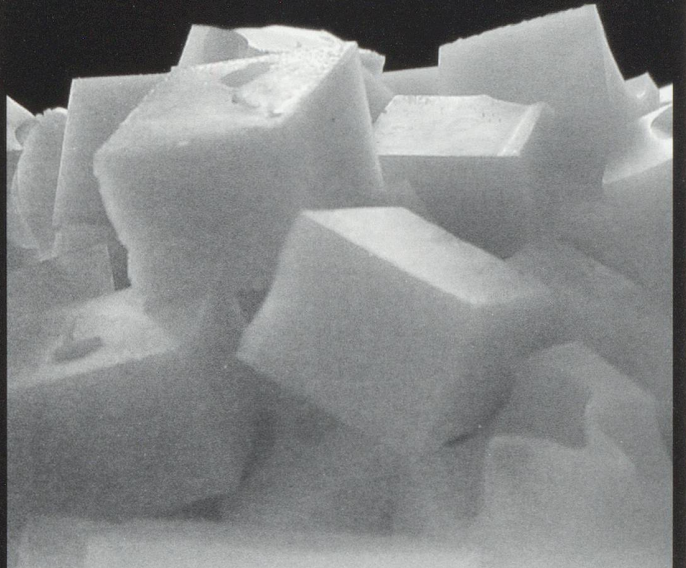
## Brot rosti mit Pilsen (Bread rosti with mushrooms)

Clean and cut in slices 500gr mushrooms  
200gr white bread

Heat 2 tbsp butter or margarine. Add bread and fry until golden brown. Put aside. In the same pan, fry the mushrooms and cook for 2 minutes. Put aside. Once again in the same pan, fry one finely cut onion with some thyme. Mix 15mls milk, 4 eggs, salt and pepper and pour over the onions. Bring to the boil on low heat, then add the bread and mushrooms until the mixture is warm. Add some chives. This dish goes well with a lettuce salad.

*Bon Appetit,  
Lisette*

## How to Keep Your Cheese



Put your cheese on the table at every meal and you will have no problem keeping it fresh. For small amounts and immediate use, Saran Wrap cannot be beaten. Deep freeze works very successfully on large amounts. Wrap cheese as you do meat in heavy freezer paper, for long hold freeze. Light plastic is not sufficient. When removed from freezer leave in wrapper and put in coldest part of refrigerator to thaw very slowly. By 'slowly', we mean up to three days.

For small amounts, cheese can be cut up in chunks or pieces ready to serve. Put in a fruit jar and add three to five drops of water. Seal jar and put in refrigerator. Do not use more water unless you have a considerable amount of cheese. This method can also be used to moisten cheese that has become rather hard and dry on the outside. Trim away any mould that may have formed.

Always Serve Cheese At Room Temperature.

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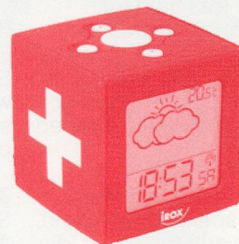
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