

# Glarus Culinary Heritage

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## Table of Contents

Glarner Ankenzelte (Glarus Anchor Tents)	2
Glarner Drusenzelte (Glarus Druze Tents)	5
Glarner Zigerkrapfen (Glarus Doughnuts)	8
Glarner Kalberwurst (Glarus veal sausage)	12
Glarner Netzbraten (Glarus net roast)	16
Glarner Schüblig	18
Glarner Birnbrot (Glarus pear bread)	21
Glarner Pastete (Glarner pâté / Beggeli)	25
Glarner Alpkäse (Glarus alp cheese)	28
Glarner Mutschli	31
Glarner Schabziger (Glarus Sapsago)	34
Linthmais	39
Magenträs / Trietolt	42
Glarus Spinach Zoggle with Schabziger Cheese	45
Glarus Ziger-Hörnli	46

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# Glarus Anchor Tents (Ankezelte, rundi Anggä-Zältä, Anggäzelte)

## IN BRIEF

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Glarner Ankenzelte is a slightly sweet yeast pastry containing raisins and spiced with a hint of cinnamon.

Anke is a dialect term for butter; according to a dialect researcher, the term Zelte is mainly used in the canton of Glarus and refers to a flat, thin pastry that is usually firm, dry and without a topping. In part, the term is also used synonymously with the terms Dünne, Wähe, Kuchen and Fladen, which are common depending on the Swiss dialect region, and emphasises the breadth and flatness of the pastry.

In addition to the anchor tents, there are also the threshing tents as well as the Grüben tents. They are all without toppings and consist essentially of flour, butter, sugar and sultanas. While the Ankenzelte is a yeast pastry, the Drusenzelte is a very dry shortcrust pastry. In Glarus dialect, drusen is the name given to the residue left over when butter is rendered. They are black crumbs that taste similar to caramel. The Grüben - or greaves - are the residue which is produced when pork fat is boiled. The Grübenzelte is made with this same fat.

These Ankenzelten and the Drusenzelten are mainly found in the canton of Glarus. However, they are only produced by a few bakeries, Ankenzelten a little more often than Drusenzelten. The Grüben tent is a special case. They can also be found in the canton of St. Gallen, but there they are called Grübenfladen or Grübenkuchen respectively. As in Canton Glarus, the farmers bring their Grüben to the baker, who bakes them a Grüben tent from it. In French-speaking Switzerland, too, a Grüben pastry is common, the *tailée aux greubons*. Unlike the tents, however, it is not round but usually rectangular and elongated.

Tents have been widespread in the canton of Glarus since at least the mid-19th century, according to one source. Experts even assume that the origin of the tents goes back even further. It is believed that first there was a bread tent - this is no longer produced today - and then the variants Grüben-, Drusen- and Ankenzelten developed from this, depending on what was available on the farm. Because the tents have their origin in the peasant self-sufficiency. Most of the ingredients were available on the farm, for an Ankenzelte only sugar, raisins and cinnamon had to be bought.

## DESCRIPTION

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Flat, round yeast pastry with a hint of cinnamon

## VARIATIONS

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Netstal Anggäzelten

## INGREDIENTS

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Flour, yeast, egg, butter, sugar, raisins or grapes, cinnamon

## HISTORY

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The oldest recipe found for Ankenzelte dates from 1839, but it can be assumed that Ankenzelten were made even earlier. For one thing, butter has been a common foodstuff in the canton of Glarus, which has a long tradition of alpine farming, since at least the Middle Ages. According to a historian who specialises in Glarus history, "Glarner Anken" was even sold as far away as Zurich in the late Middle Ages. In farming circles it was used as a means of payment right into the 20th century. For example, alpine rents were paid in the form of butter. In late summer and autumn, large quantities of butter were churned or "skimmed", as this process was also called, and stored in a cool place in so-called "Ankenhäfen". In this way, the butter was preserved throughout the winter.

On the other hand, another, more correct reference points to the older age. It can be found in a recipe from the middle of the 19th century. There, a certain tradition is indicated by the fact that it is written that in "recent times everything is taken from Weissteig". It can therefore be assumed that at the time when the recipe was written, Ankezelte had already existed for at least a few decades.

Above the white dough indicated in the recipe, we come to the two different recipe types: In one type of recipe, the Ankenzelte is made directly from the ingredients, so to speak; in the other, the more familiar type of recipe, an existing bread dough is further processed into an Ankenzelte. In the newer recipes, a dough made from white flour was generally used, whereas in the two recipes before the turn of the 20th century, the bread dough consisted of half brown bread and half white bread. This pre-made dough has the effect of a so-called lever, as it is called in technical jargon, and ensures a particularly loose and airy dough.

The Ankenzelte lends itself as a pastry in the context of the peasant self-sufficiency just. The ingredients were simple and mostly available on the farm. At the beginning of the 20th century, it was apparently customary to have the baker bake the Ankenzelte from his own flour, according to a note from the original handwritten material for the Atlas of Swiss Folklore. But one does not have to think that the tents were on the peasant's table every day. According to sources, it belonged to the festive pastries: around 1900, the Ankenzelte was eaten at the Chilbi. According to an article from 1900, it was also served at social gatherings between friendly families, mostly among ladies and young girls, the so-called "Kränzen" (wreaths), just like the Glarner Paste. In a large-scale, all-Swiss study of everyday life from the 1930s and 1940s, which is recorded in the Atlas of Swiss Folklore, it is also included among the festive pastries, along with Drusen and Grüben tents. However, the authors do not elaborate on the exact festive occasions, but do mention that Ankenzelten were eaten with cream, which further emphasizes their festive context. However, in the original handwritten material of the atlas it can be read that Ankenzelte was a festive pastry for Christmas and New Year's Eve.

## PRODUCTION

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"The first step is very similar to braid production," the baker reveals. Flour, butter, yeast, eggs as well as sugar and cinnamon are mixed well together so that the so-called gluten in the flour becomes active. It makes the dough hold together well and the product becomes nice and soft and airy. "With products that have a lot of fat in them, like Glarner Ankenzelte, the dough has to rest for a long time so that the product has a good taste," the baker explains. He helps this process along with an old trick: He mixes a piece of an older dough, called a pre-dough or lever, into the new dough. "That way I need less yeast and get more flavor." For the pre-dough, he uses a dough made from smoked flour. When everything is well kneaded, the raisins are mixed in. The whole dough then has to ferment. This process is called "stockgare" in technical jargon and takes at least three hours at Ankenzelte. The dough is then divided into individual tents and placed in the proofing cabinet, which has a temperature of about 30 degrees and a humidity of 70 percent, for 1 hour. To prevent the tents from drifting apart, the baker places them in a ring mould. In private production, one would use a round Wähenbech.

At 190 to 200 degrees, the egg-coated tents are baked until light brown. The baker: "The oven must not be too hot, otherwise the sugar caramelizes."

The Glarner Ankenzelte has a shelf life of 3 to 4 days. It is made rather early in the morning so that it can go on sale the same day.

## CONSUME

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The Ankenzelte has developed over the last few decades from a festive product to a Sunday product to an everyday product: In the mid-1980s, a Glarus baker already wrote that the Ankenzelte was always on the table on Sunday - pear bread and Zopf were still clearly reserved for high feast days at that time. Today, the Ankenzelte is considered an everyday product that is eaten in between meals, possibly spread with butter for breakfast, or with coffee or a glass of wine for a snack. The product is mainly eaten by locals and Heimwehglarner. The producer says that it is rather older people who buy the Ankenzelten. It is not as opulent as a Glarner Pâté and is therefore less suitable as a gift, but is bought more for personal use.

## ECONOMIC IMPORTANCE

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For the baker visited, the anchorage tents is a complementary product. It is not subject to seasonal fluctuation: He bakes about 50 to 100 pieces per month, or about 1 000 pieces per year.

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# Glarus Druze Tents

## IN BRIEF

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Drusenzelte is a very crumbly, sweet Glarner pastry made with drusen - residue produced when butter is rendered. The druses look like black crumbs and taste caramel-like.

According to a dialect researcher, the term "Zelte" is mainly used in the canton of Glarus and refers to a flat, thin pastry that is usually firm, dry and without a topping. Sometimes the term is also used synonymously with the terms Dünne, Wähe, Kuchen and Fladen, which are common depending on the Swiss dialect region, and emphasises the breadth and flatness of the pastry.

Besides the Drusenzelte, there are also the Ankenzelte as well as the Grübenzelte in Glarnerland. In contrast to Wähen and Fladen, these three are all without toppings and consist essentially of flour, butter, sugar and sultanas. The Ankenzelte is made with yeast and is accordingly airy and soft, while the Drusenzelte is a crumbly, very dry pastry. Grüben - also called greaves in some regions - is the term used to describe the residue left over when pork fat is boiled out, and Grübenzelte is made with just this residue. Like the term Zelte, the pastries are mainly found in the canton of Glarus. However, the search for these three pastries is not easy: Zelten are only produced by a few bakeries, Drusenzelten even rarer than Ankenzelten. The Grüben tent is a special case. It can also be found in the canton of St. Gallen, but there it is called Grübenfladen or Grübenkuchen. As in the canton of Glarus, the farmers there bring their Grüben to the baker, who bakes them a Grübenzelte. A Grüben pastry is also known in French-speaking Switzerland, the *taillée aux greubons*. Unlike the Grübenzelte, however, it is not round but usually rectangular-elongated and tastes salty.

Tents have been widespread in the canton of Glarus since at least the mid-19th century, according to one source. Experts even assume that the origin of tents goes back even further. It is believed that first there was a bread tent - this is no longer produced today - and from this then developed the varieties Grüben-, Drusen- and Ankenzelten, depending on what was available on the farm. Because - this is another characteristic - the tents have their origin in the peasant self-sufficiency. Most of the ingredients were produced on the farm, only sugar and sultanas had to be bought.

## DESCRIPTION

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Crumbly, very dry biscuit of round shape.

## VARIATIONS

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The Drusenzelte is produced in two sizes. The smaller one has a diameter of about 10 centimeters and corresponds approximately to a Zvieri, the larger one measures about 20 centimeters.

## INGREDIENTS

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Boiled butter, sugar, whole egg, flour, baking powder, sultanas.

## HISTORY

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Written sources on the Drusenzelte are very sparse. The oldest document comes from the Atlas der Schweizerischen Volkskunde (Atlas of Swiss Folklore), a large-scale, Switzerland-wide study of everyday life from the 1930s and 1940s. There it is mentioned alongside the Anken and Gröben tents in connection with festive pastries. However, it is not specified which feast days were involved. As far as age is concerned, it can be assumed that the Drusenzelte was already widespread before 1930.

The basic product, butter, has been a common foodstuff in the canton of Glarus, which has a long tradition of alpine farming, since at least the Middle Ages. According to a historian who specialises in Glarus history, "Glärner Anken" was even sold as far away as Zurich in the late Middle Ages. In farming circles it was used as a means of payment right into the 20th century. For example, alpine rents were paid in the form of butter. In late summer and autumn, large quantities of butter were churned or churned out, as this process is also called, and stored in a cool place. In this way, the butter was preserved throughout the winter.

These remarks are not intended to suggest that druse tents go back to the late Middle Ages. The step of making the druse into a tent had to be taken. And this is rather attributed to the peasant women in the 19th century.

In the 1930s and 1940s, according to the Atlas of Swiss Folklore, it was customary to take the druses and flour to the baker, who would bake them into tents. The shift from private to commercial production can probably also be dated to this period. The visiting baker could well imagine that the farmers also sold the druses at that time. So they could earn some extra money and the bakers had an additional product to sell.

With the invention and spread of the refrigerator and the freezer, people had a new way of storing butter for a long time (and unchanged). Refrigerators have been part of everyday life in Switzerland since the 1960s. This also led to a decline in the boiling down of butter by farmers. Since the end of the 1980s, according to the baker visited, Drusenzelte is no longer made with druses, but with boiled-in butter. He could no longer find anyone to supply him with the druses. The big manufacturers of boiled butter would throw away the druses and also for himself it would not be worthwhile to produce druses, the baker regrets this development.

## PRODUCTION

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You can recognize a Drusenzelte by its crumbly consistency. What some consider to be a flaw in the baked goods is the typical characteristic of Drusenzelte: "Because of all the butter, it is so soft and crumbly that you could even eat it without teeth. The pastries with a high butter content are what are known as shortbread."

Drusen have no longer been produced since the end of the 1980s. Instead, the baker uses butter that has been boiled down: "In terms of taste, it is very similar to drusen. You don't notice any difference in the end product," says the baker emphatically. Sugar is mixed well with this same soaked butter until the mixture is fluffy. This is important, says the baker, so that the mixture holds together well. He then carefully adds eggs. "You need patience here, otherwise the egg won't be absorbed nicely by the dough." Only when the dough binds nicely are the flour, baking powder and, shortly afterwards, the sultanas added. It is important to use dry sultanas, otherwise the pastry would become too soft and the shelf life would suffer. The consistency of the dough can now be compared to a Guetzli dough.

The balls, broken off from the dough and weighed, are flattened, brushed with egg yolk and sprinkled with hail sugar and then baked at 190 to 200 degrees until golden brown.



## CONSUME

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Actually, it is not appropriate to speak of an everyday product in connection with the Drusenzelte, as it is only available in a few places. Even a person from Glarus has to know which bakery to go to in order to buy a Drusenzelte. Seen in this light, it is a special experience for most people to be able to enjoy a Drusenzelte at all.

## ECONOMIC IMPORTANCE

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For the baker visited, the Drusenzelte is a complementary product. The Drusenzelte is not subject to seasonal fluctuation: He bakes about 50 to 100 pieces per month, or about 1 000 pieces per year. Sometimes the surrounding retail trade and restaurants are supplied.

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# Glarus Doughnuts

## IN BRIEF

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The Zigerkrapfen is a doughnut made from a buttery, grated white flour dough, filled with a sweet dough mixture and baked in a frying pan.

Within the large doughnut family, the Zigerkrapfen is the best known and most widespread type of doughnut in Switzerland. Especially in Central Switzerland, but also in parts of Eastern Switzerland and in the canton of Zurich, Zigerkrapfen are now part of the daily offer of bakeries.

The word Krapfen can be traced back to the Old High German terms "crapho", "kraphun" and "kräpfen", which were already known in the 9th century. It primarily meant claw or hook and probably referred to the curved shape that Krapfengebäcke sometimes still have today.

Various cookery books from the late Middle Ages show that at that time doughnuts were understood as filled pastries. The filling could consist of meat and vegetables as well as sweet spiced apples, nuts and grapes. There were also functional reasons for filling pastries in the early modern period. At that time, people ate a lot of food by hand, but at the same time they wanted to be clean, which is why chefs and housewives "wrapped" their food in a pastry case.

There never seems to have been a uniform shape or size. This variety is still evident today. Doughnuts can be baked both in a fatty substance and with oven heat. The first variant is possibly the older and more widespread, since ovens were not a matter of course in private households until the 20th century. In many German-speaking countries, doughnuts baked in a fatty substance are closely associated with Fasnacht. In Switzerland, the Krapfen area mainly comprises central Switzerland.

## DESCRIPTION

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Krapfen made from a buttery, grated white flour dough filled with a sweet dough mixture and baked in a fatty substance. Often diamond-shaped, but can also have a triangular or semicircular shape. The filling is sometimes supplemented with raisins, almonds or cherry.

## VARIATIONS

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In the canton of Uri, the filling is usually additionally seasoned with Magenträs, a spiced sugar. Magenträs contains sandalwood as well as other spices, which is why the filling takes on a reddish hue (see also: Magenträs).

## INGREDIENTS

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Grated dough: white flour, butter; eggs, sugar, salt, milk, water.

Filling: Ziger (rolled), sugar, spices (cinnamon, coriander) and milk.



## HISTORY

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The first recipes for Zigerkrapfen date back to the 18th century, for example in the "Bernerisches Koch-Büchlein" from 1749, which describes a Krapfen filling of Ziger, Nidel, sugar, cinnamon, rose water and "a little raisin". However, it is very likely that doughnuts were filled with Ziger even earlier, especially in Central Switzerland, where Ziger was the main dairy product until the end of the Middle Ages, according to the Historical Dictionary of Switzerland. The "Conditorei-Lexikon" (confectioner's encyclopaedia) of 1898 has a similar view of the filling: it consists of Ziger, eggs, sugar, cinnamon, raisins and finely chopped almonds. In Uri, on the other hand, according to the cookbook "Rezepte aus dem alten Uri" from 1973, the filling consists much more modestly of Ziger, sugar and Magenträs, a spiced sugar. When it comes to the dough, there is a little more agreement, with white flour, butter, milk, salt and sugar listed as the most important ingredients practically everywhere. In the Nidwalden cookbook "Mässer, Gable, Leffelstiel" the addition of must and a little kirsch is also recommended.

The Zigerkrapfen is a traditional Chilbige pastry. However, the "Atlas der schweizerischen Volkskunde" (Atlas of Swiss Folklore), which refers to a national survey from the 1930s, already hints that the Zigerkrapfen were also known at the "Fasnacht and here and there at market and other festive days". In recent decades, the doughnut has finally become an everyday product: many bakeries in central Switzerland now produce their Zigerkrapfen all year round in response to the high demand.

For a long time, the great popularity of Zigerkrapfen in central Switzerland was largely connected with their preparation. Baking ovens were extremely rare in rural areas until the middle of the last century. Bread was often baked in the communal oven, and in many places the ingredients for cakes or fruit loaves were delivered to the baker, who then processed and baked them. In one pan, however, every farmer's wife could bake her own Zigerkrapfen in a fatty substance, usually in sooty butter, during the Chilbiz time. These "weyeten pfannen", lard pans with a diameter of 40 centimetres, sometimes 80 centimetres in larger households, could also be used outside over a fire during the Chilbi. After all, the doughnuts tasted best fresh from the pan.

## PRODUCTION

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To refute a widespread opinion right away: The famous Glarner Schabziger has nothing to do with the Zigerkrapfen. Normal Ziger is made from whey, also called Sirte. This is the almost fat-free residual liquid that is produced during cheese production. This whey is heated and acidified, whereupon it coagulates. This coagulated milk protein is skimmed off. After the residual water has drained off well, the mass is formed into bales or blocks.

Today, Ziger is usually purchased from a cheese maker in the immediate region. It is important that the Ziger raw mass has the right consistency; it should have a certain graininess, but be neither too dry nor too moist or even liquid. With the Ziger, the indispensable basic ingredient, the similarities of the individual Central Swiss Zigerkrapfen come to an end. Just like every housewife in the past, every baker today proudly keeps to his or her own home recipe. To give the Ziger a certain fineness, it must first be rolled. It is then mixed in a large mixer with sugar and spices such as cinnamon and coriander to form a paste, which is finally supplemented with milk. Thanks to it, the consistency of the batter can be regulated.

For the dough, the first step is to mix white flour and butter. With the addition of eggs, sugar, milk and water, as well as a little baking powder and salt, the composition of the dough is complete. However, it must not be kneaded for too long, otherwise it loses its elasticity, making the dough "rather hard and brittle" after baking, as the baker explains. After that, the dough, portioned into weight units of 1.5 kilograms, also goes into the refrigerator for a day.

What used to be done by the rolling pin in the past is now done in seconds by the rolling machine in today's bakeries: rolling out the dough. After half an hour's rest, the resulting thin carpet of dough is cut into squares of the same size, 12 centimetres wide, onto which the dough mixture is filled using a piping bag. This filling must be completely covered before baking, so that it does not come

into direct contact with the hot fat during baking, so one corner is pulled towards the diagonally opposite corner, creating a nice triangle.

After another resting period, the doughnuts go into the "cage", a closed and coarse-meshed sieve that fits exactly into the fryer filled with vegetable fat. A holding device ensures that the "caged" doughnuts cannot suddenly float to the top. At a fat temperature of between 170 and 200 degrees, 50 Zigerkrapfen are deep-fried together for around eight minutes. The baking process is perfect when the doughnuts are nice and crispy on the outside and the mixture inside does not begin to boil, because otherwise the doughnuts could burst.

## CONSUME

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A Central Swiss Chilbi without Zigerkrapfen is unthinkable. It is also increasingly enjoyed as a snack with tea or coffee, or served up as a dessert in the living room at home.

There are still bakeries that only produce the pastry as a seasonal speciality during the Chilbi season in autumn. Most bakeries in central Switzerland now offer the pastry all year round.

However, the Zigerkrapfen does not necessarily have to be consumed on its own. They are also delicious served with various creams or with a little whipped cream. Moreover, the Zigerkrapfen can be quickly put into the preheated oven without any problems, which makes them look fresh again.

## ECONOMIC IMPORTANCE

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For many bakeries in central Switzerland, the Zigerkrapfen are one of the flagship products. During the Chilbi period, on market days and at Fasnacht, the Zigerkrapfen occupies a special position as a traditional and typical festive pastry, which is also reflected in a massive increase in production.

The producer visited only produces his Zigerkrapfen seasonally in autumn. Between 100 and 300 are produced every three days, depending on demand. The undisputed highlight of the "doughnut season" for him is the last Wednesday in November, when the Christmas market takes place in the neighbouring cantonal capital of Sarnen (OW).

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## Glarus veal sausage (Chalberwurst)

## IN BRIEF

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Glarner Kalberwurst is a white boiled sausage made from veal, sausage bacon, milk, egg, white bread and spices. It is produced exclusively in the canton of Glarus and is available from retailers in large parts of German-speaking Switzerland. Glarner Kalberwurst has been registered as a protected geographical indication (PGI) since 1.12.2011 - and bears the IGP in its name (Indication géographique protégée). Visually, Glarus veal sausage looks very similar to the sausage from St. Gallen. However, the sausage meat of the Glarus Kalberwurst is finer due to the addition of bread and milk and therefore has a more typical taste. It also has a stronger hint of nutmeg.

## DESCRIPTION

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White boiled sausage made from veal, bacon, milk and bread. Usually cooked in white sauce, but today also grilled.

## VARIATIONS

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Some butchers sell the veal sausage today almost as a "ready meal" already in the white sauce. One must then warm up everything together only.

## INGREDIENTS

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Veal, sausage bacon, milk, egg, white bread and spices

## HISTORY

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There is hardly a sausage that has been the subject of such passionate debate in Switzerland over the last 100 years as the Glarus Kalberwurst. In the canton of Glarus itself, the recipe for the bread-enriched boiled sausage was so controversial at the beginning of the 20th century that the exact content of the sausage was defined by law at the Landsgemeinde in 1920.

Once agreement had been reached in Glarus, the battle over sausage content still had to be fought at federal level. The problem was that the Swiss Food Act of 1905 and the Food Ordinance of 1936 prohibited the addition of non-meat ingredients to sausage meat. But the Glarus master butchers fought for their extra sausage. From 1957 onwards, with a special permit, they were allowed to produce sausages on their cantonal territory as they wished - according to the original Glarus recipe.

However, not only the Confederation, but also the veal sausage competitor St. Gallen had something against the Glarus version of the veal sausage. When a policeman there found out in 1926 that the sausage meat in the Glarus sausages was being stretched with bread, he filed a complaint against the producers with the Glarus authorities. The latter wanted to settle the whole matter legally, an ironic article in the Glarner Nachrichten read: "since they value their favourite dish above all else and do not want to have it denigrated; the people of St. Gallen are planning, if all else fails, to appeal to the Hague Court of Arbitration, since they no longer expect an impartial judgement by the Federal Court since they have learned that members of the latter now and then have this delicious dish brought to them from the valley of the Linth."

The Glarus veal sausage controversy finally came to an end in 1992. Since then, the new Swiss food law has allowed bread to be added to sausage meat. The people of Glarus can now enjoy their veal sausage quite legally. Everywhere in Switzerland.

The oldest written evidence we have found that Kalberwurst is produced in the canton of Glarus is a good 150 years old. In the description "Der Kanton Glarus" (The Canton of Glarus) from 1846, the authors already mention the Kalberwurst as "peculiar to the Glarnerland".

The common explanation for the origin of this special recipe is that during the famine years in Glarus at the beginning of the 19th century, meat, which was in short supply, was stretched with stale bread. Thus the Glarus veal sausage would have been born out of necessity. However, since the great crises in the 19th century were grain crises and white bread in particular was unaffordable at the time, this origin story is rather unlikely. The addition of white bread, egg and milk rather points to a Glarner luxury variant of the veal sausage. Also in the above mentioned book "Der Kanton Glarus" the authors praise the nutritional conditions of the factory population and the middle class in the larger Glarus villages. Meat was served at least once a week.

However, nothing has been proven. It is also possible that the special recipe simply came from the imagination of a resourceful Glarus master butcher. And apart from that, it is not unusual to mix the sausage meat with non-meat ingredients, or rather to stretch it. In Graubünden, potatoes are also used in the sausage, and in the vegetable-rich Valais, beetroot.

Veal sausage was already a festive dish in the 19th century. Together with mashed potatoes and dried and cooked plums, it is still the traditional Landsgemeinde menu today. Its sale increases significantly before Landsgemeinde Sunday, as the speciality is cooked in private households as well as in inns.

In 2011, the Glarner Kalberwurst was awarded the IGP seal and has also been protected under trademark law since the same year. The products are controlled by the Friends of Glarus Veal Sausage Association.

## PRODUCTION

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Almost half of the sausage content consists of veal, the milk makes up another third, but the bread only about four percent. The sausage is seasoned with salt, pepper, mace, nutmeg and onions. In order to give the sausage meat a sufficient consistency, cutter additives must be added nowadays, since the meat is no longer processed while still warm from slaughter. Since the first decades of the 20th century, the sausage meat has been made with a blitz machine; before that, the meat had to be minced as finely as possible by hand with a chopping knife. First the butcher processes white bread, milk and eggs in the Blitz to a dough. Then he uses the same machine to make the meat emulsion. A certain amount of ice must be added to the veal and sausage meat so that it is not heated too much by the rotation in the machine. When the meat has already been ground into a relatively fine sausage meat, the butcher adds the bread dough and spices to the sausage meat mixture.

The sausage meat is then filled into the beef casing using the syringe, a fully automatic sausage filler. The two ends of the sausage are twisted off by hand.

The raw sausages have a maximum shelf life of three days. That is why they are only produced in small quantities. In particular, the smaller butchers sell their veal sausages exclusively in the raw state. In order to extend the shelf life, the larger butcher's shops heat the sausages for half an hour at 75 degrees, pack them airtight and then pasteurise them. This means that the sausages can be kept refrigerated for ten days.

## CONSUME

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After the Second World War, Glarus veal sausage was mainly eaten on Sundays and public holidays in winter. The reason for this was the short shelf life of the sausages. Before refrigerators were also available in private households, the veal sausages had to be eaten quickly. That is why the butchers produced exclusively for the weekend. On public holidays, butcher's shops even opened on Sunday so that really fresh sausages could be put on the festive table. Another special feature: at the turn of the 19th and 20th centuries, master butchers gave their customers one or two veal sausages as a gift for the New Year, as *Guetjahrgschängg*. This is also the reason why the veal sausages became the traditional lunch on New Year's Day.

Today the sausages are consumed all year round. However, they are particularly appreciated on special cantonal festive days such as the Landsgemeinde, the Näfelser Fahrt, the Chilbi and in summer as grilled sausage. As a rule, the veal sausage is eaten cooked and in a white onion flour sauce together with mashed potatoes and cooked, dried plums.

## ECONOMIC IMPORTANCE

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In 2006, there were ten butcher's shops in the canton of Glarus producing 30 tonnes of veal sausages each year. In 2013 there were still seven butchers.

## ... OTHER

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Glarus veal sausages are even available in the USA! In the town of New Glarus in the state of Wisconsin, founded by Glarus emigrants in 1845, the Glarus speciality has also been available for some years. The butcher's shop *Hoesly's Meats* in New Glarus produces them as *Old World Sausages*. Hoesly's parents emigrated from Glarus to New Glarus and began making Swiss meat specialties there. These sausages are now a must at any *typical swiss dinner* at the *New Glarus Hotel*!

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- © Swiss Association of AOP-IGP, photo Glarner Kalberwurst IGP.



# Glarus net roast

## IN BRIEF

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Glarus net roast is a roast of veal and pork formed into a roast and wrapped with a fat net of pork (mainly) or veal and tied with a string.

As the name suggests, Glarner Netzbraten is a speciality from the canton of Glarus, which is also predominantly produced and consumed in this canton.

The name roast seems strange, because a net roast does not have much to do with what we normally think of as a roast. It does not consist of a whole piece of meat. The butcher does not classify it as "meat" - as he does with roasts - but as a "meat product to be eaten hot". It is probably the shape and the cooking method that have given it the name roast. In terms of the production method, it is more like a sausage, as the main ingredient is sausage meat, which is very similar to that of the St. Gallen Bratwurst. And why the addition of the net? The formed sausage meat is not wrapped in a casing like a sausage, but in a net. The net is also a difference to its closest relative, the meat loaf. In order for the sausage meat to hold together, it is placed in a cake mould. What's more, the netted roast is seasoned with table salt, while the meatloaf is seasoned with nitrite curing salt. This results in a slightly different color. The meatloaf is pink because it reddens very slightly due to the curing salt. The net roast, however, remains bright white like a veal sausage.

## DESCRIPTION

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Roast meat formed into a roast, which is wrapped in a net and tied with string. The Glarus net roast is produced in a weight of 500g, 750g or 1kg. Rarely - for larger occasions - also with a weight of 2 kg.

## INGREDIENTS

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Veal and pork, bacon or rind, calf's head block, water or milk, spices; fat web (omentum majus) of pig (mainly) of calf.

## HISTORY

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There are hardly any written sources on net roast. However, since many butchers in Glarus are still family businesses today and the recipes are passed down from generation to generation, the butchers can take a relatively long look back: "My grandfather was already making Glarus net roast. So it has been produced since at least the 1920s," says one Glarus butcher interviewed. This figure is confirmed by another butcher in the canton of Glarus. He, too, is a family business in which the grandfather was already producing the net roast. And indeed: in a Glarus recipe book from 1908, the net roast is documented in writing. There is also a recipe for Netzbraten in a Basel cookbook from the same year. So its tradition goes back at least 100 years!

## PRODUCTION

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The production of the net roast is very similar to that of the St. Gallen bratwurst. First, a sausage meat is made. Fresh veal and pork - in a ratio of 2:1 - bacon, calf's head block or rind are processed with cooking salt into a viscous and fine sausage meat. The calf's head block is a calf's head freed from fat and cartilage, which is processed together with salt and bulk in the flash to a cohesive sausage meat, the block. To prevent the meat from becoming too hot for the net roast due to the high speed of the blitz, the butcher adds cold liquid, called bulk. This can be ice, water or milk. In addition to table salt, phosphate and glutamate are added. Onions, pepper and mace, the grated seed skin of the nutmeg, provide the seasoning. The milk gives the Glarus net roast its beautiful brown colour and fine flavour during roasting. The butcher then uses the sausage filler to shape the sausage meat into the typical Netzbraten shape: Unlike a sausage, however, it has no casing! The further production steps are the actual characteristic features of the net roast. For now it is wrapped in the net. Today, the net usually comes from the belly of the pig. "In the past, we used calf nets. But nowadays, since calves are usually fattened more heavily, we usually use the finer pig net," explains the master butcher. Once the roast is in the net, the butcher ties it artfully with string: first around the outside, then using a loose knotting technique from the bottom to the top.

## CONSUME

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The roast tastes best fresh from the butcher. It should be consumed quickly after purchase, after three days at the latest. Glarus net roast is popular in the canton of Glarus on Sundays and festive days. In some families it is traditionally eaten at Christmas or New Year's Eve.

The roast is seared in the frying pan and braised until it is cooked. It is usually served with a brown gravy, vegetables and mashed potatoes or noodles.

## ECONOMIC IMPORTANCE

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Every self-respecting butcher in Glarus produces Glarus net roast, usually on a daily basis. The production volume increases significantly before weekends and festive days. According to the butcher's estimate, the ten producing butchers in the canton of Glarus sell about 5 tonnes of Netzbraten per year (around 2006).



# Glarus Schübli

## IN BRIEF

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Glarner Schübli is a boiled sausage made from beef, pork and bacon. The special thing about Glarner Schübli is that it is usually sold "green", i.e. the sausage is sold fresh, neither smoked nor cooked. The boiled sausage is produced in the canton of Glarus, but it is also consumed in other parts of German-speaking Switzerland.

The Glarner Schübli is very similar to the Appenzeller Siedwurst on the outside, but the sausage meat of the Siedwurst is finer and is seasoned with caraway.

Before we take a closer look at Glarner Schübli, here is some general information on the term "Schübli", which covers a whole range of different sausages.

"Häsch Schübli i de Ore?" is a well-known saying in eastern Switzerland, but it is not to be taken literally. It means that someone is hard of hearing or does not want to understand what is being said. A glance at the eighth volume of the Idiotikon, published in 1920, explains how this expression came about: a Schübli, it says, is, among other things, the name of a cotton flock for plugging the ears. In addition, the Idiotikon lists a number of other terms, all of which have a connection with darning. Presumably the sausage, derived from this meaning, also received its name. Schübli is defined in the Idiotikon as "a sausage of coarse structure". Now, as already mentioned, there is a whole range of different sausages which carry the name Schübli. Common to all these "Schübli sausages" are the same basic ingredients: Beef, pork and bacon. The coarse texture is also a common feature of Schübli, as butchers and experts will confirm. However, this has changed in recent years. "Today, consumers want less bacon and rind. Therefore, the Schübli is no longer necessarily a coarse sausage," says one expert. There is also an urban-rural difference in structure, as another expert explains: "In the city today, the sausages are generally finer."

In addition to these similarities, there is also a major distinguishing feature within the Schübli family: the method of production. On the one hand, there are the raw sausages such as the Bauernschübli or the Toggenburg Bauernschübli, which are usually consumed cold, and on the other hand, the cooked sausages, which are usually simmered in water or grilled. These include the Augustiner, Bassersdorfer, Glarner and the well-known St. Galler Schübli.

The first documents on Schübli can be found as early as the 13th century. Exactly what these early Schübli looked and tasted like remains unclear; the only thing we know for certain from the sources is that they were smoked. It is unlikely to have been a raw or scalded sausage in the modern sense, as experts believe that these two techniques only emerged north of the Alps in the last 300 years.

## DESCRIPTION

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Slightly curved, white-pink cooked sausage, approx. 20 cm long and 120g in weight.

## VARIATIONS

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The weight of the sausage may vary.

## INGREDIENTS

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Beef and pork, bacon and rind, spices (pepper, nutmeg, coriander, garlic), cooking salt, pork casing

## HISTORY

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Schüblig have been 'peculiar to Glarus' since at least the middle of the 19th century, as can be read in 'Gemälde der Schweiz - Der Kanton Glarus', published in 1846. A Schüblig recipe described from the same period is "of the kind made by Löwenwirt Blumer". What is striking about this recipe is that the sausages - in contrast to today's Glarner Schüblig - are smoked: "One night around the oven to dry them out and the other day into the fireplace, where they are left to hang for 2 days." Also in the large-scale, all-Swiss study of everyday life from the 1930s and 1940s, recorded in the "Atlas der schweizerischen Volkskunde" (Atlas of Swiss Folklore), the Schüblige located in Elm in Glarus are "somewhat smoked" - probably primarily in kitchen smoke.

In contrast to the Bauernschüblig, these were sausages of "second quality", which were "prepared from lungs, heart, waste meat and bacon with the addition of cow meat", the atlas continues. These indications suggest that the Schüblig mentioned is a precursor of today's Glarner Schüblig. For the composition mentioned here has hardly any parallels with the sausage made by the butcher interviewed: "Our Glarner Schüblig was never made with lung. And we only use the best quality meat today." The upheaval probably took place between the 1930s and 1950s. A 1960 reference book for the butchery trade states, "Glarner Schüblige are not smoked."

## PRODUCTION

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Beef and pork are processed into a pink sausage meat with the addition of spices and table salt. The regular addition of ice or water prevents the sausage meat from becoming too hot. If the temperature were to rise above 12 degrees, the sausage would lose its bite. When the sausage meat is fine enough, the sausage maker adds cold bacon and rind and continues to run the flash on a lower rotation until the sausage meat is viscous and has a nice shine. The finished sausage meat is now much lighter in color, almost white. The sausage meat is now filled. Nowadays it is usually filled into pork casings, but sometimes dried beef casings are used, as was the case in the past. How is the sausage seasoned? "Fresh raw material is the best seasoning," explains the master butcher, "and we also use table salt, pepper, nutmeg, coriander and a little garlic."

The sausage recipe hasn't changed much over the years. What has changed, however, are the machines." The master butcher shows an old photograph, on which you can see the first flash machine of the traditional butchery: "We had a flash since about the 1920s, but it could not cut the sausage meat as finely as today's machines for a long time" (which was due to the technology or the number of revolutions). In contrast to most other Schübligen, the freshly produced Glarus sausages are usually sold "green", i.e. the sausage is sold fresh, neither smoked nor cooked. The usual weight per sausage is 120 grams. They are sold in pairs, tied with a wooden stick at the ends. Wholesalers also sell the sausages; these have to be kept for longer and are therefore corrugated and pasteurised.

## CONSUME

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The Glarner Schüblig is an everyday product, it is popular as lunch or dinner, but also as a snack. It is typically eaten with potato salad, Zigerhörnli or simply with a piece of bread. By the real connoisseurs without mustard, because as the master butcher says, a good sausage does not need mustard. The Schüblig is also offered at the Landsgemeinde, but this is not as compelling as the two classics Netzbraten and Kalberwurst. As a rule, Schüblig is eaten hot and cooked, but recently it has also been grilled.





## Glarner Birnbrot (Glarus pear bread)

### IN BRIEF

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The elongated round Glarus pear bread, like the Toggenburg and Graubünden pear breads, as well as the Lucerne pear buns and the pear buns, belongs to the large family of pear breads and pear buns.

A rough distinction is best made on the basis of the *Atlas der schweizerischen Volkskunde* (Atlas of Swiss Folklore), which was published in 1950 but refers to a national survey from the 1930s. It distinguishes four ways of making them, which can be reduced to two main types: 1. the fruit mass is spread on a rolled-out dough and rolled with it. 2. the fruit mass is mixed with dough and at the same time wrapped around the outside.

Glarner Birnbrot, like Toggenburger and Bündner Birnbrot, belongs to the second category, whereby the dough mixed under the filling is a Ruchbrot dough, but a yeast dough wraps the compact mass on the outside. There are only slight differences between the Glarus and Toggenburg pear bread in the seasoning and the mixing ratio. The big difference to the Grisons version lies in the preparation of the filling: In Glarus and Toggenburg the dried pears are cooked and then strained and mixed with the other ingredients to make the filling, whereas in Graubünden the dried pear slices are soaked overnight in rosewater or Birnenträsch.

There is a greater difference between this and the Lucerne pear loaf, which belongs to the first category: by rolling, the pear loaf is not round but rather oval in shape and the filling is softer than that of the pear loaves without the addition of dough. Thus, a clear distinction can be made between the two terms 'Birnbrot' and 'Birkenweggen': "bread" refers to those pear pastries in which the filling provided with dough is wrapped by the dough, while "Weggen" stands for those pear pastries in which the filling and the dough are rolled. The terms 'Birnbrot' and 'Birkenweggen' cannot therefore be used synonymously, particularly in relation to the four varieties just mentioned, which are the best known nationally.

Pear breads and pear pastries are not made all over Switzerland. Pear pastries are hardly known in western Switzerland or Ticino. The information on the distribution of pear pastries from the folklore atlas is still largely valid today. According to this, the main production areas are in eastern, northern and central Switzerland as well as in Graubünden. In addition, the atlas clearly divides the two different names - Birnbrot and Birnenweggen - geographically: "In Northern Switzerland, as in Lucerne and Zug, Birnwecken predominate. Starting from (...) Graubünden, the area of Birnbrot extends to Lake Lucerne (...), including Glarus and Appenzell. (...) On St. Gallen soil, Birnbrote sometimes appear alongside Birnwecken."

### DESCRIPTION

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The elongated baked pear bread consists mainly of a compact pear filling, which is enclosed in a thinly rolled yeast dough. While in Glarus and Toggenburg the pears are cooked and strained and mixed with the rest of the filling, in Graubünden the dried pear slices are soaked in rose water before being made into a filling.

The Luzerner Birnenweggen is somewhat flatter and oval. In addition, the fruit mixture, which is not mixed with bread dough, is spread on a rolled-out dough and rolled with it.

## INGREDIENTS

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Filling: Ruchbrotteig, dried pears (cleaned, cooked, strained), candied orange peel, candied lemon peel, tree nuts, figs, sultanas, often also apple slices, sugar, pomace/cherry (sometimes also wine) as well as a spice mixture of coriander, cinnamon, star anise, anise and cloves.

Whipping dough: milk, yeast, sugar, salt, butter, white flour

## HISTORY

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The Glarus pear pastry, which today is valued as a delicacy, probably originated before the late Middle Ages due to a shortage: In pre-Alpine and high-Alpine areas, which from the late Middle Ages onwards lived mainly from livestock farming, there was sometimes a shortage of expensive flour. To stretch the bread, they simply added dried pears and other dried fruits to the flour dough. It is no coincidence that the other well-known pear pastry regions - Toggenburg, Graubünden and Lucerne - also fall into pre-alpine or high alpine regions.

Pear bread was popular mainly because of its long shelf life. Often, therefore, a large quantity was baked at once. From these initially rudimentary breads, stretched with dried pears, typical Christmas and New Year pastries have developed over time, refined with numerous spices and other additives. A clear upgrade of the pastry. "On Altjahrabend you will find the whole country, in the houses of the richest as well as in the huts of the poor, the family gathered around a Nidel and home-baked Birebrot", the Idiotikon quotes a related source from Glarus.

A vivid picture of pear bread baking, as was customary well into the 20th century, is conveyed by the recollections of a Glarner born in 1885, which have been handed down in the essay "Festliches Brauchtum im alten Glarus" (Festive Customs in Old Glarus): "Uffe Winter hät me Bire gchauft und teere luh (dörren lassen). Mä hät doch möse Birebrot ha uf Wienacht und Nüjahr. Every housewife would have her own recipe for the spices, the brandy, nuts, berries and everything else that belonged to it. The bread was also weighed with a cradle and if the mother was sure that it was a little cheese (not the least), then everything was done to accompany it. Bread would not have been eaten all year round as it is now."

In the 20th century, the production of pear loaves gradually began to shift from home to professional bakeries. This has led, on the one hand, to pear breads now being baked and consumed not only on winter festive days but all year round and, on the other hand, to a conscious marketing of the pear bread produced in the region for centuries as a Glarus speciality under the now familiar name of Glarner Birnbrot.

In the Glarus cookbook by Othmar Blumer-Paravicinis, recently edited by Susanne Peter-Kubli and written in the middle of the 19th century, three different pear bread recipes can be found. This diversity, even within a single region, is typical of pear bread production. To this day, there are no binding guidelines or original recipes on the exact ingredients or the spice mixture.

As a regional speciality, 'Birnbrot' is located in Glarus as early as 1929 in Helene Guggenbühl's 'Schweizer Küchenspezialitäten' (2nd edition), but is not yet explicitly presented as Glarner Birnbrot. This first occurs in the 1944 reference book "Der Schweizer-Bäcker" (The Swiss Baker), in which Glarner Birnbrot is presented alongside a Toggenburg and a Graubünden Birnbrot and the Birnenweggen. Twelve years later, the Richemont trade journal also pointed out under the title "Birnbrote - ein begehrtes Wintergebäck" (Pear bread - a sought-after winter pastry) that the differences between the Glarner and the Toggenburger Birnbrot lay only in the spice mixture and the addition of ingredients. In the enclosed Glarus recipe, aniseed stands out as a spice, while the Toggenburg Birnbrot is additionally provided with preserved plums and apple jam.

## PRODUCTION

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"For about 140 years, the basic principle and ingredients of pear bread have hardly changed," the visiting baker sends ahead before he starts shaping the loaves. Back then, his great-great-grandfather opened a bakery in Ennenda, the village opposite Glarus, on the other side of the Linth. In fact, the hand grips and composition would hardly have looked any different a century and a half ago: On a rectangular cut out and very thinly rolled out piece of yeast dough, the baker lays the compact filling in an oblong shape. The sheet of dough has previously been coated with water so that the dough sticks nicely when the filling is subsequently covered, first the narrow sides, then the long sides. On the baking tray, the seam must be on the underside so that it does not burst open during baking. Equally important are the small holes pierced in the sides and lid of the bread, through which the heat generated inside can escape and the dough remains crack-free.

Shaping pear breads is not witchcraft. The high art of pear bread baking lies rather in the production of the yeast dough and above all the filling, which today every bakery (and in former times every household) produces after its own, proven recipe. And at this point there is still a difference to the earlier production of pear bread. Until the 1980s, the halved and peeled pears were soaked in lukewarm water and left to stand overnight. The following day they were boiled until soft, then passed through a passevite and finally mixed with the other ingredients - Ruchmehl dough, walnuts, sultanas, marc schnapps, sugar, candied lemon peel and candied orange peel as well as a spice mixture consisting of coriander, cinnamon, star anise, anise and cloves - to make the filling. The Ruchmehl dough gives the filling the right consistency, so that the mass is neither soggy nor thick and moist. Today, the tedious step of preserving is avoided and instead practically all bakeries use a pre-prepared pear mass produced on a natural basis, which has led to the fact that the differences between the individual pear breads are no longer as great as they were three decades ago. "In addition to the reduced production effort, the pear mass brings the further advantage of offering consistently good quality," explains the baker, "whereas in the past there were large fluctuations, depending on the quality of the harvested pears. Today, you can compensate for such fluctuations by mixing pears of inferior quality with those of high quality." Before the breads are finally placed in the oven at 210 degrees Celsius for a good half hour, the outer surface is brushed with beaten egg, giving the dough a nice sheen.

## CONSUME

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The pear bread was a traditional Klaustag and Christmas time pastry until after the Second World War. In the meantime, the breads with the pear filling are available all year round.

The slice of pear bread spread with butter tastes best with a cup of milk, coffee or tea. Only at first glance the combination of pear bread and cheese fondue seems adventurous, but the two tastes complement each other perfectly, the baker promises emphatically. The pear bread also goes well with a glass of red wine. And last but not least, the fruity Glarus pear bread is a real power bar with its nutrient-rich and sugary filling. Thus, a hopeful Glarus junior runner preferred to eat a pear loaf before his competitions.

## ECONOMIC IMPORTANCE

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The great advantage of pear bread is its long shelf life. Whereas most other breads are dry and hard after just a few days, pear bread can easily be eaten for a month thanks to its compact, moist filling and the alcohol it contains. A fact that makes the bread an ideal culinary souvenir.

In many Glarus bakeries, pear bread is one of the leading products. The bakery in Ennenda produces between 300 and 400 loaves per week, some of which are sold to various cheese dairies and dairies in the region via a partner retailer. By the way, the pear breads are available in different sizes: In Ennenda you can get pear breads of 300, 400 or 600 grams.

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# Glarner Pastete (Glarner Pastetä and Beggeli)

## IN BRIEF

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The Glarner Pâté, often called the "Queen of Glarus specialities", is a sweet pastry made from puff pastry, half of which contains an almond filling and half a plum filling. It has a round, flowery shape and is made in the canton of Glarus.

The production of the Glarner Pâté was supposedly a very cheerful affair. People are said to have whistled and sung along with it. But not to pass the time, as one might assume! The whistling and singing had rather an economic background: One wanted to prevent with it that the expensive almonds were eaten.

## DESCRIPTION

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The Glarner Pâté is a round, about 5 cm high dessert pastry made of puff pastry, which is filled half with an almond and half with a plum mixture. The diameter of the pasty varies from approx. 20 - 30 cm.

## VARIATIONS

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The little siblings of the Glarus pâté are called "Beggeli". Their name refers to the former baking vessel, the basin, which means cup in Glarus dialect. Outside the canton of Glarus they are usually called Glarner Pastetli. They are filled with either plum or almond paste.

## INGREDIENTS

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Classic puff pastry; almond filling made from finely grated peeled almonds, eggs and sugar. The plum filling from dried, finely grated plums, eggs, sugar. The mixture is sweetened with a little applesauce. Apart from the almonds and the dried plums, which are nowadays mostly imported from Spain or the USA, most producers use local products.

## HISTORY

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In the Glarus census of 1837, the results of which were published nine years later by Oswald Heer and J.J. Blumer, the "Lande Glarus" counted over 2500 craftsmen: among them were twelve pâté bakers.

There are various theories about the origin of pâté. Since pâtés have their origins in France, it is assumed that Glarus officers who served in France in the mid-18th century brought the pâté to Glarus (in French-speaking Switzerland, we know the galette à la frangipane, an Epiphany cake made of puff pastry with almond filling, which is quite comparable and originates from France). In another theory, a certain Anna Aebli-Oertli from Ennenda is considered to be the possible "bearer" of today's recipe. She is said to have received the pâté recipe from her deceased cousin as a dowry in 1858. With this recipe, the young couple also laid the foundation for the Aebli generation of bakers, which is still familiar to many Glarner, as it existed until 1968. The time frame of both theories seems to make sense. Because at the beginning of the 20th century at the latest, Glarus pie was one of the classic Glarus festive dishes, as is clear from the folklore account from 1900 on the religious and secular festive customs in the Canton of Glarus. The pastry, then also known as

Glarner Torte, which is "filled with almonds on one half and with juice (jam) on the other", was one of the Shrovetide pastries, but was also served on the Glarus cantonal holiday, Fridolinstag, on 6 December or simply at coffee get-togethers.

If you study the recipes from the early 20th century, you will see that the almond filling was standard at the time, while the plum filling could also be raspberry or an unspecified "confiture". The flowery shape is also likely to be more recent, as the recipes of the time speak of a simple tart tin.

## PRODUCTION

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"Even if a few machines are used today, the production of Glarus pies has remained commercial over all these years," knows the president of the cantonal association of master bakers. "In some cases, it is even produced at home." Even in commercial production today, most of the work is still done by hand. The peeling of the almonds, their grating in the stone mortar, the pitting of the dried plums and the rolling of the puff pastry: all this has been done by machine since the 1960s. Both the almonds and the dried plums are grated and ground or processed in a blender and then made into a pie filling. As this is a very laborious process, most bakeries today prepare a larger quantity of the fillings. The puff pastry is rolled out with a machine to its desired thickness. For the edge, the baker places a slice about 1cm thick on the side. The thinner top and bottom are then cut out with a flower-shaped template. Now the baker covers the edge of the bottom with the thicker parts of the dough. The edge parts rise during baking and give the Glarner Pâté its typical shape. Before attaching the lid, the baker fills the base halfway with the almond mixture and halfway with the plum mixture. For decoration, the lid is cut in the middle with an oval and decorated in circles with various knife cuts. The "unbaked" pie is now about 2 cm thick. For large orders, the pies can be frozen in this form like records placed on edge. After baking, the pâté is generously sprinkled with icing sugar. Then the Glarus coat of arms, the Fridolin, is placed on top and the Glarus pie is ready.

## CONSUME

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The Glarner pâté is still eaten with pleasure on festive occasions: In addition to Shrove Tuesday and Fridolin's Day, Landsgemeinde and especially Christmas have been added since the beginning of the 20th century. As the President of the Cantonal Association of Master Bakers explains, the pâté has been one of the typical Christmas pastries since the 1950s at the latest. It was sent by post all over Switzerland. It is said that many industrial companies ordered up to 300 pâtés at Christmas time. Rising postage costs and increased mobility are possible reasons for the decline. Today, Glarus pâté is still eaten most at Christmas, but no longer exclusively: it is now a year-round product. "A year-round product, but not an everyday product," as the president of the cantonal association of master bakers specifies. "In everyday life, whether on hikes or as a snack, the "Beggeli", the little siblings of the pâté, are consumed." Today, most pâtés are sold directly: Hiking tourists and locals alike appreciate them as souvenirs.

## ECONOMIC IMPORTANCE

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The Glarner Pâté should bring in a good chunk for the local bakers. The president of the cantonal association of master bakers estimates that the Glarus pâté accounts for around ten percent of the total turnover of the producing bakery.



## ... OTHER

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It seems strange when some people in Glarus call the small version of the pâté "Öpfelbeggeli", as these are filled with plums or almonds, but not at all with apples. The name probably goes back to the beginnings of Glarus pie baking, when applesauce and raisins were still used to make pies.

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## Glarus alp cheese (country cheese)

### IN BRIEF

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Glarner Alpkäse is a full-fat semi-hard cheese made from raw milk. A loaf weighs between five and seven kilos. The cheese dough has no holes. Depending on the ripening phase, Glarner Alpkäse is available on the market in mild, spicy and mature form.

Like all Swiss alpine cheeses, Glarner is also subject to the agricultural term ordinance. According to this, alpine cheese may only be produced on a recognised alpine farm during the alpine season. The untreated raw milk must come from cows that can graze freely on an alpine pasture.

Glarner Alpkäse is particularly widespread in its home canton. It is also available to some extent in the rest of eastern Switzerland and in the Zurich area via wholesalers and retailers.

Glarus alpine cheese belongs to the family of semi-hard alpine cheeses, which are already on the market after two to three months. Eastern Swiss and most Central Swiss alpine cheeses belong to the same family. Alpine cheeses from the Bernese Oberland, Vaud or Obwalden and Fribourg, on the other hand, are hard cheeses that ripen longer and are somewhat more versatile in taste.

Glarner Alpkäse has been entered in the register of "protected designation of origin" (AOP) since 2014. A specification, which has been deposited with the Federal Office for Agriculture, contains the requirements that must be met in the production and storage of Glarner Alpkäse AOP.

### DESCRIPTION

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Glarner Alpkäse is a full-fat semi-hard cheese made from raw milk. An alp cheese wheel weighs between 5 and 9 kilograms and has a diameter of 28 to 32 centimetres.

### INGREDIENTS

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Raw milk, lactic acid bacteria cultures, rennet. Later salt and water for the salt bath and care of the rind.

### HISTORY

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"The production of fat cheese only really took place from around 1770 [...]. In 1869, cheese with a fat content of 48% was produced for the first time on Alp Ramin" (aop-igp.ch; April 2017). The first written mention of a full-fat cheese from Glarus Alps is in 1846 in the historical, geographical and statistical work "Gemälde der Schweiz. Der Kanton Glarus": "It is estimated that the total production of cheese in the Alps is about 2000 quintals annually. (...) Of the fat cheeses a considerable quantity is exported, but on the other hand so much (...) is also brought in." Alpine cheese also appears in the cookbook of Othmar Blumer-Paravicini, which was written in the middle of the 19th century. It is presented there as "country cheese", as it is still sometimes called today in reference to the "country" of Glarus. As one historian writes, Landkäse rarely appeared on the table at that time because it was comparatively expensive and mainly exported, as the information from the "Painting of Switzerland" confirms.

The fact that sources about Glarus alpine cheeses only appear in the 19th century is a big difference to most other mountain cantons, where full-fat rennet cheeses can be traced back to the 15th or 16th century. At that time, the technique of rennet cheese-making began to appear in the Confederation, making it possible to produce cheeses that contained fat and were therefore of interest to the trade. Since then, in most of the mountain cantons of western and central Switzerland, the

alpine dairymen have relied on lucrative fat cheesemaking, while in the canton of Glarus - or so the sources seem to indicate - low-fat Schabziger and high-fat butter were produced. This thesis is supported by the importance of butter production in the Glarus region. In farming circles there, butter was used as a means of payment until well into the 20th century. For example, alpine rents were paid in the form of butter and not in the form of cheese as in other mountain regions.

Today, Glarner Alpkäse has emerged from the shadow of Schabziger. Since 2000, when a cooperative marketed more than half of the production, Glarner Alpkäse has become a commodity for the local market as well as for wholesalers and retailers in the surrounding region. Today, many alpine farmers produce alpine cheese rather than Ziger, because the cream produced in Ziger production can no longer be sold as well as it used to be.

## PRODUCTION

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Glarner Alpkäse belongs to the family of semi-hard alpine cheeses, which all go through the same production process. The fact that there are nevertheless differences in taste within the family is due to various reasons. For example, as with all cheeses, the taste of semi-hard alpine cheeses changes depending on the degree of ripeness. If it is sold after two to three months, it is pleasantly mild. If it is left to mature for longer, it becomes spicier and, after six months, gradually becomes more tangy. In addition, the raw milk from each alp has its own typical taste, depending on which alpine herbs the cows eat. Finally, the lactic acid bacterial cultures with which the raw milk is inoculated before further processing are mainly responsible for the taste. They give Glarus alpine cheese its typical flavour through the fermentation of the milk sugar and the subsequent breakdown of protein. The majority of Glarus alpine cheesemakers obtain their cultures uniformly from the aforementioned cooperative, so the differences in taste are correspondingly small.

Glarner Alpkäse is made from a mixture of evening milk stored and cooled overnight and fresh morning milk. The evening milk is skimmed in such a way that the desired full fat content is achieved. This means that the fat content in the later dry matter of the alpine cheese should be at least 45 percent.

The next production steps lay the foundations that make Glarner Alpkäse a semi-hard cheese. The aim is to extract a large proportion of the 87% water contained in the milk. The foundation stone for this is the rennet process. Half an hour after the cheese maker has added the rennet, an enzyme from calves' stomachs, at 32 degrees, the milk has curdled. The curdled milk separates into liquid curds, also known as whey or curds, and solid cheese grains, which contain mainly fat and protein. In order to remove additional liquid from these cheese grains, the cheesemaker cuts them to the size of a coffee bean in the case of Glarus alpine cheese. The curd is then heated to 45 to 47 degrees with constant stirring, which causes the grains to contract further. This "burning" also has an effect on the bacterial cultures. Only the bacteria desired for Glarus alpine cheese are activated at this temperature to subsequently form the typical alpine cheese flavour characteristics. "If we were making a hard cheese, we would have to cut the grains even smaller and heat them to over 50 degrees in order to extract even more liquid from them," explains the cheesemaker. Hard cheeses can be stored for a correspondingly longer time.

The cheese maker then stretches the grains into a round cheese mould, the so-called Järb. The remaining whey is pressed out of the cheese with a weight for 24 hours - another measure to remove liquid. On the alp visited, this is how 20 Glarus alp cheese loaves of around 6.5 kilograms each were made from 1100 litres of milk. After pressing, these loaves are placed in a salt bath for another 24 hours. The salt extracts water from the rind and settles there, resulting in the formation of a rind. In addition, the salt slowly migrates into the cheese dough and thus acts as an aroma carrier.

Now the ripening begins in the storage cellars. About four weeks in the cellar on the alp, then in the large storage cellar of the cooperative, where the loaves are regularly transported. The aim of the ripening process is to create ideal conditions for the bacterial cultures to break down the protein and lactic acid into aroma-active substances as desired. It must not be warmer than 15 degrees in the cellars, otherwise the cheeses could become misshapen and too soft or the taste too sour. A

high humidity of over 85% is also necessary, because in the case of Glarner Alpkäse the ripening process is also influenced from the outside: salted water is smeared onto the fresh cheese wheels with brushes, creating a natural smear flora consisting of bacteria, yeasts and moulds. This smear flora breaks down lactic acid, promotes aroma and flavour development, supports rind formation and protects the cheese from mould and other undesirable microorganisms.

## CONSUME

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Glarner Alpkäse is available in shops almost all year round, depending on how long stocks last from the previous season. Glarner Alpkäse is mainly consumed as a side dish with bread. However, it is also suitable as a fried cheese, in a gratin or cordon bleu as well as a fondue cheese.

## ECONOMIC IMPORTANCE

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The total production of Glarner Alpkäse is a good 130 tonnes. Around 70 tonnes are marketed by the cooperative. After 30 days, the cooperative also takes over the storage of the alp cheese loaves in its large storage cellar. The remaining 60 tonnes or so are marketed by the alpine cheesemakers themselves, who store their loaves in farmhouse cellars in the valley after they have left the alpine pastures.

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## Glarner Mutschli (Alpine cheese)

### IN BRIEF

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The Mutschli is basically a small, semi-hard and full-fat cheese made from cow's milk. Weighing between 500 grams and four kilograms, Mutschli loaves are smaller than those of alpine cheese (5 to 15 kg) and even tiny compared to an Emmentaler loaf (over 100 kg).

There are also sheep's milk or goat's milk mutschli. Mutschli are often flavoured by adding garlic, peppercorns and other spices or herbs. Certain Mutschli are even provided with a rind. The variations within the term are considerable, which is why mutschli is less a clearly defined variety than a general term for a small, usually very mild, quickly matured and rather soft cheese.

Mutschli are produced on practically all alpine farms in Switzerland, but also in valley cheese dairies. The alpine dairymen sell their Mutschli directly from the farm, usually as whole loaves. Mutschli are also available from retailers and village shops, but they are not sold in wholesalers because the variety mentioned above makes uniform marketing difficult.

According to the fourth Idiotikon volume, published in 1901, the term Mutschli has three main meanings: Animal without horns, thick head and finally something small, roundish. There are two culinary derivatives of the latter main meaning. On the one hand, for the small, semi-hard alpine cheese, on the other hand, especially in Central Switzerland, for a small, round roll or the cut of a loaf of bread. So you should always be careful whether the Mutschli refers to an "Alpkäsi" or a "Brötli". Don't order or buy the wrong Mutschli unintentionally.

### DESCRIPTION

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The Mutschli is a full-fat semi-hard cheese made from raw milk (in cheese dairies also from thermised or pasteurised milk), rarely also a soft cheese. Weighing between 500 grams and four kilos, the Mutschli loaves are smaller than those of the alpine cheese. There are also Mutschli made from goat's or sheep's milk, and they are often flavoured with garlic, pepper, other spices or herbs.

### INGREDIENTS

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Raw milk, lactic acid bacteria cultures, rennet. Later salt and water for the salt bath and care of the rind.

### HISTORY

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There are practically no historical sources about the Mutschli. However, as the Idiotikon entry mentioned above proves, the term was already known in the 19th century. One reason why the mutschli was hardly mentioned can also be found in the Idiotikon: "(...) the [mutschli] made in turned wooden models in the houses and on the alps are no longer traded, but are used only for domestic consumption". Mutschli was not (and in principle still is not) intended for export trade and is accordingly of less economic importance than other types of cheese which were known to a larger clientele through trade.

In general, it seems questionable whether the Mutschli were ever a commodity. In the 19th century, it was not the weight but the number of exported cheeses that determined the amount of the duty. It therefore made little sense to produce small wheels of cheese if they were intended for trade. It can be assumed that Mutschli were mainly produced for home consumption.

A characteristic feature of Mutschli to this day, largely due to the small size of the loaves, is that they are ready to eat after just a few weeks. The short ripening period of the Mutschli is exploited by the mountain farmers today not only for self-sufficiency but also economically: The sale of Mutschli after two to three weeks, compared to the minimum storage period of two months for the larger alpine cheese, enables the alpine farmer to reap a quicker financial harvest from the milk used.

The Mutschli is probably related to the original Vacherin from the Alps in French-speaking Switzerland, which was considered a "Küherkäse", i.e. a cheese intended for the "Küher" or Älpler. The category of small cheeses, which were intended more for personal consumption, originally also included fried cheese from Unterwalden and raclette cheese from the Valais.

## PRODUCTION

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Subsequently, the focus is placed on the production of cow's milk mutschli on the Alps. In contrast to the talc cheese dairies, which sometimes also use thermised or pasteurised milk, the alpine dairy farmers only use raw milk for production. Alpine mütschlis have a correspondingly fuller flavour because the raw milk has more of its own aroma.

On the Alps, the Mutschli is usually a kind of by-product of the alpine cheese dairy, as the production process is identical for both cheeses at the beginning. A small part of the processed raw milk is skimmed off for Mutschli production, so to speak, and the large remainder is used for alpine cheese.

The first step in the production of Mutschli is cheese-making, the process by which raw milk is turned into a cheese mass. In the first step, the dairyman adds lactic acid bacteria cultures to the raw milk, which are then mainly responsible for the formation of flavour: They ferment the lactose and break down protein and lactic acid during the ripening phase. Because the cheese mass is less dry in the case of Mutschli than in the case of alpine cheese, the bacterial cultures find a very fertile breeding ground, which accelerates the ripening and flavour formation. Since different bacterial cultures are used on the alps depending on the canton, and sometimes even on the alp, the differences in taste between the Mutschli are correspondingly large.

The next production steps lay the foundations that make the Mutschli a semi-hard cheese. The aim is to remove some of the 87% water contained in the milk. The cornerstone for this is the rennet process. Half an hour after the cheesemaker has added the rennet, an enzyme from calves' stomachs, at 32 degrees, the milk has curdled. It is now blended, whereupon the "curd" occurs: the curdled milk separates into liquid curd, also called whey or curd, and solid cheese grains, which contain mainly fat and protein.

In order to extract liquid from these cheese grains, the cheese maker cuts them to the size of a coffee bean. The curd is then heated under constant stirring. It is precisely at this point that the production of Mutschli cheese is separated from that of alpine cheese. As soon as the curd has reached a temperature of about 40 degrees, a certain part is taken out of the "Kessi" and put into small moulds called "Vättere". Meanwhile, the rest of the curd is heated in the kessi to about 45 degrees for semi-hard alpine cheese or to over 50 degrees for hard cheese. The cheesemaker: "The higher the curd is heated, the more liquid is extracted from the cheese grains, because they contract more and more. This then has an effect on storage: Drier cheeses can be stored and aged much longer." The firing also has an effect on the bacterial cultures, because the higher the temperature rises, the fewer - especially unwanted - cultures survive. This requires very careful, clean work on the mutschli, because otherwise the wrong bacterial cultures suddenly interfere with the formation of flavour, resulting in bitter, inedible mutschlis.

Now the ripening process begins in the storage cellars. This requires ideal conditions so that the bacterial cultures break down the protein and the lactic acid into aroma-active substances as desired. It must not be much warmer than 15 degrees in the cellars, otherwise the loaves could become misshapen and soggy or the taste too sour. A high humidity of over 85% is also necessary, because the ripening of Mutschli is also influenced from the outside: by slightly salted smear water. This causes a smear to form on the surface of the cheese, in which microorganisms are active.



After just two weeks, the Mutschli is ready to eat, but still very mild in taste. After three months, a Mutschli is finally mature, from this moment on it only becomes sharper in taste and at some point inedible.

## CONSUME

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Thanks to its handy size and mild aroma, the Mutschli is very popular with tourists. They like to bring Mutschli home as a souvenir from a trip or holiday in the Swiss Alps.

In autumn, Mutschli loaves are sometimes also available in (mainly local) shops.

## ECONOMIC IMPORTANCE

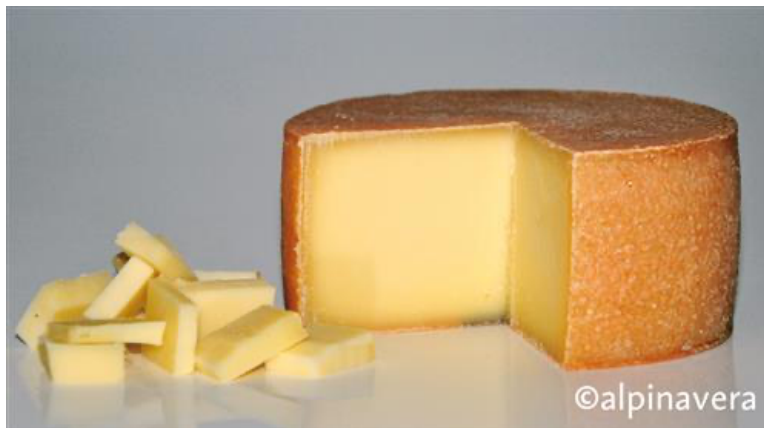
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Mutschli production is clearly overshadowed by alpine cheese production. However, it is becoming increasingly popular. This is due to the economic advantage of the short ripening period, which means that the cheese can be consumed more quickly. In addition, the mild, refreshing taste of the Mutschli seems to be very popular with consumers, as various alpine farmers reported independently of each other.

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## Sapsago (Glarnerziger, green Ziger, green herb cheese, Sap Sago)

### IN BRIEF

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Schabziger is a matured sour milk cheese made from Ziger, salt and Zigerklee or Ziger-Chrut (Hegi). It is produced in the canton of Glarus and consumed throughout Switzerland and abroad.

Schabziger should not be confused with Ziger. Normal Ziger is made from whey, also called sirte, the almost fat-free residual liquid that is produced during cheese production. This whey is heated and acidified, whereupon it coagulates. This coagulated milk protein is skimmed off. After the residual water has drained off well, the mass is formed into bales or blocks.

### DESCRIPTION

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Schabziger is a matured sour milk cheese which is used grated for seasoning and refining dishes. It is cylindrical and available in different weights (100 and 200 grams). It has a greenish shimmer due to the addition of cumin. Its taste could be called idiosyncratic, whereby one can taste the added cumin.

### VARIATIONS

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Ankeziger (mixture of Schabziger with 40-50 percent butter) Glarner Schabziger grated in small shakers.

### INGREDIENTS

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White milk creeper, Salt, Creeping Clover (*Trigonella caerulea* or *Trifolium melilotus-caeruleus* L.)

### HISTORY

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A recent monograph mentions a source from 1310 as the earliest written reference to Schabziger, but without further details. The oldest written sources we have found on Schabziger date from the 15th century. The fact that it was offered at the Zurich market in 1429 and that it served as a supply for the troops in the Waldshut War in 1468 can be read there, as can the decree of the Glarner Landsgemeinde of 1463, which regulated the production and quality requirements of Schabziger. This also included a stamp of origin, which every Schabzigerstöckli had to bear from that time onwards and still bears today - more than 500 years later! Schabziger was therefore already a commodity in the 15th century.

There is much to suggest that it took some time for Schabziger to become established as a commercial product, so its origins go back much further than is evident from the sources. There is a widespread theory that the development of Schabziger is linked to the obligations of the people of Glarus towards the monastery of Sädingen. It was probably between the 9th and 12th centuries that the people of Glarus had to deliver white Ziger to the Sädingen monastery. According to the latest research by historian Beat Frei, "there were over thirty alps in the Glarus region that did not belong to the monastery. It is possible that the production of Ziger was more common there than on the Sädingen Alps."

The nuns are said to have begun to spice the rather bland Ziger. The exact spice used at that time has been the subject of debate among experts for some time. Some assume that horned clover was used, which crusaders are said to have originally brought back from the Orient. In any case, the herb must have been green in colour even then, as the sources distinguish between green and white goat's milk from this time onwards. In 1395, the people of Glarus bought themselves out of the Säckingen monastery, and from 1400 until at least the 17th century, according to sources, they cultivated zigerkraut - it is now said to be *Trifolium melilotus-caeruleus* L. - in their own lowlands, as documented in a travel report from 1688: "Darnach sind wir wider gen Glarus spazieret durch schöne wiesen und ganze Ächer mit zigerkrut (...) wird der berühmte Schabziger davon gemacht." In the meantime it is grown outside the canton, in Lachen SZ. Today, Schabziger is a purely Glarus product. Until a few decades ago, Schabziger was still produced in Sarganserland, Appenzell, Toggenburg and Zurich; however, in the sources it is not considered equal to Glarus Schabziger.

Schabziger was one of the typical Glarus trade products from very early on, and from the 16th century it was even exported to distant countries. "Thus it is those peculiar products of the country" - the chronicler quoted here also includes the slates as well as tea later - "which have transformed the people of Glarus from a pastoral people into a trading people". At the end of the 17th century, Glarus merchants even built ships in which they carried the goods across the Linth and the Rhine to Holland. There the goods were sold on. In this way Schabziger reached the East and West Indies. In the middle of the 19th century, Germany, Great Britain, the Netherlands, Russia and the USA were the most important export countries. However, more than half of the quantity produced was sold in Switzerland, one twelfth in the canton of Glarus itself. "Hey! Who buys the Zigerstöggli? Wäärli, it's steibeihert. Chänd, try it now! What it costs is worth it." This and other sayings could be heard on the streets for a long time. They came from the Ziger men and women, who travelled all over Switzerland and other European countries with woven baskets on their backs and dressed in a traditional costume blouse. This method of distribution probably dates back to the Middle Ages, and it is thanks to it that Glarus Schabziger is known throughout the world. By 1943 there were still about 30 salesmen on the road, covering over 50 percent of Swiss consumption with Schabziger in this way. The copperplate engravings of the artist David Herrliberg give an indication of the great fame of the Ziger sayings. In his series "Zürcherische Ausruff-Bilder", which was created in the middle of the 18th century, the Zigermandli and its sayings was one of the motifs. As a relatively cheap product, Schabziger was often served throughout Switzerland in the 19th century. Presumably, however, not quite as often as with the day labourers employed on the Linth plain in 1817: They were served Schabziger for breakfast, lunch and dinner.

But to call it a poor man's food would be an exaggeration, a Glarus historian comments on the common cliché. In 1900 a priest describes a peculiar dish made with Schabziger that was very popular at the time, the so-called "Ziger-Chläb", whose name - if you look at the dish - becomes understandable, since it consisted of a kneaded Schabzigermasse that was mixed with dried and crushed apples and pear slices as well as cream and spices. According to the priest, it requires "superhuman digestive powers". But the name is deceptive, it does not come from glue, the term Chläb refers to a black and white spotted cow, and the edible Chläb is also spotted.

The history of Schabziger shows that the people of Glarus were constantly striving to secure the monopoly. One expression of this is the founding of GESKA in 1924. The seven largest Schabziger producers at the time founded the company with the aim of making Schabziger a single brand with joint marketing. Since 2003, GESKA has been both a marketing and production company, the only remaining Schabziger factory.

## PRODUCTION

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Lean milk, salt and Zigerklee - these are the ingredients of Stöckli. Not only because of the ingredients, also the production of the Schabziger takes a special position in the cheese production. Only a few cheese specialities are still produced today by heat-acid precipitation. The used sour, also called Etscher, causes on the one hand the protein precipitation, on the other hand also the fermentation.

The two-stage production process is also typical of the production. The first step is the raw Ziger production, which takes place in alpine dairies. Unlike other Ziger productions, which are based on whey, skimmed cow's milk is used for Glarus raw Ziger. The skimmed milk is heated in a copper

kettle to about 90 degrees and "precipitated" by slowly adding a lactic acid culture. When the surface turns a yellowish green, the process is complete: The milk is separated into Ziger and Scotch. The Ziger now contains a remarkable 30 percent protein. Carbohydrates and fat are hardly left.

When the Ziger has been skimmed off the bulkhead, it is placed in shallow basins, the Gebesen, to cool. Still warm from the hand, it is then filled into Zigerstands, the fermentation tanks, where it remains for four to twelve weeks to mature. In the second production step, the raw Ziger is brought down to the valley in Glarus, to Geska AG. "It's a product that lives," says the producer. He quickly notices the difference between a Rohziger from the alp and one from the valley. "The one from the alp is stronger in taste." But to ensure that consumers can rely on consistent quality, the Rohziger are mixed. The raw sausage is first ground by machine with the addition of salt. The mass is then pressed into silos. During this process, the cheese loses more liquid and is thus made more durable in a natural way. This process takes three to eight months. During this time the Ziger continues to ripen and undergoes butyric fermentation, a process that is feared in cheese processing but typical of Schabziger. The Ziger is then ground again and mixed with the powder of Zigerklee. The finished Schabziger, the "Stöggli", is sold pressed in its typical cylindrical-cone shape.

The method of production has remained the same over the centuries, but the methods have changed a little. For example, Schabziger used to be a lot harder, very dry and accordingly had a long shelf life - it is said to have been 1.5 years. From the 1970s, the recipe was continuously refined and thus made "easier" to use.

## CONSUME

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Schabziger is polarizing: Either you hate it or you love it, there is very little in between, as already a quote from the 18th century shows: "Even the Swiss do not have the same opinion about the Schabzieger. Some cannot eat it, indeed cannot even bear the smell of it; others, however, praise it as a delicate food."

"Schabziger-Hörel": Probably the most typical pasta dish with Schabziger. Normally they are served with fried onions and apple sauce as a side dish. In Switzerland, however, Schabziger is also popular with "Gschwellten" - warm potatoes - or spread on slices of bread in the form of Schabziger butter, the so-called "Schabziger-Brütli" in Glarus.

The consumption of Schabziger has fallen sharply. Whereas 1200 tonnes were consumed in 1913/1914, today it is around three times less. In Switzerland, especially in eastern Switzerland and the Zurich area, Schabziger is still consumed most frequently. As mentioned above, Schabziger was exported to other countries early on, from the 16th century at the latest. It is still the only Swiss sour milk cheese that is also eaten abroad.

Today, around 30 percent of the total production of around 330 tonnes (2013) is exported. Holland is the largest customer, followed by Germany. A small part goes to the USA and is sold there under the name "Sap Sago".

## ECONOMIC IMPORTANCE

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Economically speaking, according to the producer, Glarner Schabziger is still an important factor for the canton of Glarus today, although not to the same extent as in the past. "In an analysis it was found that up to now only a little over 3 million kilograms (15%) of the milk milked in Glarus was utilised locally. Of this, 9% was processed into raw Schabziger" (550 Jahre Schabziger; 2013).

## ... OTHER

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Schabziger is said to make you healthy! The doctoral thesis submitted in 1711 by Conrad Schindler with the Latin title "Caseo Glaronesium" attributes a positive effect on health to Schabziger. Schabziger was said to help with digestive and stomach problems and was good for anaemia. In the 19th century, the Zigerkraut was also said to have a good effect against Märzen spots and urinary complaints. Even today, the producer is repeatedly told of such positive effects. For example, several people have told him that their blood sugar levels have dropped thanks to Schabziger. However, a clinical examination has never been carried out to date.

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## Linth maize flour (Türgggen, Welchkorn)

### IN BRIEF

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Linthmais flour is a ground product obtained from a traditional food maize. This so-called Linthmais, a land variety with great genetic diversity, is planted exclusively in the Linth region, which includes the Schwyz districts of March and Höfe, the St. Gallen districts of See and Gaster and the Glarner Unterland.

In addition to the finely ground Linth maize flour, the coarser Linth maize semolina is also produced.

Linthmais flour and semolina are mainly found in the Linth region ([linthmais.ch](http://linthmais.ch)).

A very close relative of Linth maize flour is Rheintaler Ribel, also a ground product obtained from a traditional food maize. The name "Ribel" or "Ribeli" comes from a corn dish that was once very common in both the Rhine Valley and the Linth region. The dialect term "Riblen" refers to the process of rubbing and crumbling the maize mass in the frying pan. The biggest difference between Linth maize and Rheintaler maize lies in the colour of the kernels: in Linth maize they are yellowish to reddish, in Rheintaler maize beige to white.

Corn, which was already cultivated in Central America between 4000 and 3000 BC, found its way to Europe, Asia and Africa after Columbus' legendary voyage of discovery. Initially, in the 16th and 17th centuries, the corn plant, because of its high adaptability and productivity, was even more widespread than the potato, which was initially used more as a pot crop. Nevertheless, maize cultivation reached Central Europe from Asia Minor. There the crop, probably brought to the region by Portuguese traders, had already established itself in the 16th century. This geographical detour explains why maize was also known in Italy as "grano turco", in German as "türkisches Korn" and in the Linth region as well as in the Rhine valley as Türgggen and still is.

### DESCRIPTION

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A ground product made from Linth maize. Linth maize flour is available in three degrees of grinding: finely ground maize flour, medium-fine ground maize flour and the coarser maize semolina, which is suitable for polenta. The yellowish-reddish colour is characteristic.

### HISTORY

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It remains unclear when maize was first planted and processed into flour in the Linth region, as there is no information on this in the sources to date. However, the development is likely to have been similar to that in the Rhine Valley of St. Gallen. There, the first mentions of maize cultivation are found in tithe accounts from the 17th century.

The cultivation of maize in the Linth region is specifically mentioned in 1835 in Gerold Meyer von Knonau's work "Gemälde der Schweiz. Der Kanton Schwyz": "In the March, spelt [spelt], wheat and barley are the main products, some Turk's grain is obtained, all other types of grain are mostly unknown there."

The cultivation of maize in the Linth region had not least climatic causes. Heavy soils and high precipitation generally make cereal cultivation difficult. Fungal diseases in particular cause problems. Spelt and maize cope better with such a climate than wheat. This is why these two types of cereals were preferentially cultivated in the Linth region.

The maize was adapted to the climatic conditions over generations. Each village, even each family, selected its own seeds and propagated its own maize. This selection eventually resulted in a variety

of its own, the Linth maize, and within this variety an astonishing genetic diversity that has been preserved to this day and is revealed in various variations in the shape and colour of the cobs.

The increasing mechanisation of agriculture in the second half of the 20th century led to an increase in the cultivation of fodder maize, which gradually replaced the Linth maize until it disappeared completely from the cultivation plan of local farmers in the 1980s.

At the end of the 1990s, a farmer from Tuggen (SZ) went in search of original Linth maize seed. He found what he was looking for at a development and service company in the Swiss seed industry, which owned six inbred lines dating from 1959 to 1985. Within three years, the farmer succeeded in harvesting Linth maize that could be processed into flour. The "Linthmais" association was founded. Ten years later, seven producers were already cultivating Linth maize on an area of more than eight hectares, mostly crossed with another variety, however.

## PRODUCTION

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The whole grain of Linth maize is ground down to the outermost husk. It is therefore processed into wholemeal ground products. The vitamin and mineral salt content thus remains unchanged in the flour. In addition, the germ is ground, as is the case with Rheintaler Ribel, whereas for most other types of maize flour, such as polenta from Ticino, the maize kernels are degerminated in order to obtain so-called germ oil from the fat-containing germ. Linthmais flour as well as Rheintaler Ribel are consequently fattier than usual maize meal products and tastier, as fat is also a flavour carrier.

The actual production of Linth maize flour begins with sowing, which must take place from mid-April to mid-May at the latest, when the risk of late frost has passed. The Linth maize seeds must not be planted too densely. A rule of thumb is no more than eight plants per square metre. "This way, the individual plant gets plenty of sun and is well nourished," explains the farmer.

Fertilization of the female flowers by self-pollination finally occurs at the end of July and soon after the cobs become visible on the two to three meter high corn plants. The cobs, which are then completely scrawny, are ready for harvesting in the period from the end of October to the beginning of November, i.e. very late compared to other crops.

Harvesting is done with combine harvesters, which also defoliate and thresh the cobs. The freshly harvested maize kernels are dried in drying plants at a temperature of 40 to 50 degrees. At the end of the drying process, which lasts two to three days, the grains must have a moisture content of no more than 14 percent.

Before milling, the maize kernels are first cleaned in the mill for hygienic reasons, "to free them from dust and other dirt", as the farmer explains. In addition, the outermost grain husk must be removed. The milling itself proceeds in stages. In each stage, the grain is crushed in roller mills or a stone mill, and the crushed material is separated by so-called plansifters. These plansifters consist of many sieves arranged one above the other, through which the ground material can be separated into different finenesses: Starting with coarse-grained maize semolina, through medium-fine maize meal to very fine maize meal.

## CONSUME

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Bread is probably most often made from Linth maize flour, but the aforementioned maize dish "Ribel" made from medium-fine ground Linth maize is also produced in the region. The flour is left to swell with milk and a little salt for at least three hours. It is then roasted in a frying pan for around 20 minutes, with butter mixed in with the maize mixture. The ribel is eaten with a little sugar and dipped in coffee. Often plum or elderberry puree is also served.

Pasta can also be made from Linthmais flour. Other recent products include guaranteed gluten-free corn flour (corn contains hardly any gluten anyway), Linthmais cereal brandy "Liwhinthsky", corn gold beer, Linthmais tortilla chips.

## ECONOMIC IMPORTANCE

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Seven producers from the Linth region now grow this old, regional variety on a total of 8.5 hectares. However, only one hectare of this is planted with pure Linth maize; the remaining fields are cultivated with a cross between Linth maize and grain maize. In 2015, ten farmers cultivated 12 to 15 hectares with Linth maize in the canton of Schwyz; in Glarus and St. Gallen, no Linth maize is produced at this time. One farmer: "We are at home in a four-canton corner, so this varies all the time, and from my point of view it is difficult to assign us to one region."

The yield from one hectare of Linth maize cultivation produces about four tonnes of flour. Incidentally, a beer brewery from Einsiedeln is the main customer for the crossbred variety.

## ... OTHER

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During the Second World War, the farmer recounts a story told to him by older residents of Tuggen, Plan Wahlen, a programme to promote Swiss food cultivation, had provided for the cultivation of wheat in the Linth region. Some farmers in Tuggen, however, did not adhere to the plan and continued to plant corn. They were dubbed "cultivation sinners" by the authorities. However, when it was realised that the maize yield was higher than that of wheat due to the climate, the complaints about the "cultivation sinners" fell silent and they were allowed to continue.

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## Magenträs / Trietolt (Glarus spiced sugar)

### IN BRIEF

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The Magenträs is a very finely ground spiced sugar that is used to flavour sweet dishes. In addition to sugar, it contains exotic spices such as sandalwood, cinnamon, nutmeg, cloves and ginger. The Magenträs has a characteristic reddish shimmering color.

Magenträs is manufactured and mixed in selected pharmacies in Schwyz and Zurich. However, the largest and best-known Magenträs producer is in the canton of Glarus. Magenträs is also widely distributed beyond the production area, especially in the canton of Uri. The speciality is hardly known in the rest of Switzerland.

In addition to the term Magenträs, there are other expressions for the spiced sugar: Triätpulver or Trietpulver, for example. The words Träs, Triät and Triet all derive from the High German term "Trisenet", which describes "a coarse powder", as can be learned from a pharmacist's encyclopaedia at the end of the 18th century. The terms "Trietolt®" and "Glarner Gewürzzucker" go back to the Glarner manufacturer mentioned above.

### DESCRIPTION

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Very finely ground, reddish shimmering spiced sugar. Mainly used for seasoning desserts.

### INGREDIENTS

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Sugar, sandalwood, cinnamon, vanillin sugar, nutmeg, cloves, ginger

### HISTORY

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Spiced sugar has been known in Switzerland since the 16th century at the latest. This is attested to by written sources quoted in the Idiotikon, the Swiss German dictionary. Exotic spices and sugar from the countries of the Indian Ocean were considered absolute luxury products in Europe at that time. A powder made from such spices and sugar was probably only affordable for the wealthiest classes. Obviously, however, there was an alternative made from less expensive ingredients, as a source from 1588 quoted in the Idiotikon points out: "Nime bülferet eichlen 1 lod, petersamen 1 lod, mache daraus ein dresin von zucur und gibs dem menschen yn, mit win." Instead of exotic spices, acorns and parsley seeds were used. According to the Idiotikon, the mixture was a remedy for bladder ailments.

As can be seen from these sources, in the 16th century spiced sugar was used less for sweetening food and more as a medicine. Because of its supposedly digestive and stimulating effect, it had a firm place in health teachings. This is also confirmed by the German dictionary of the Brothers Grimm. There the powder is presented as a "treat" and a "medicine" in equal measure, of which a "specialisation" exists as "stomach powder" or "laxative". The common name Magenträs is still a reminder of this today.

The "Träsent powders" in recipe books of the 18th century show great similarities to today's Magenträs. In the cookbook of Dorothea Welti-Trippel from Zuzach from 1751, eight (!) variants of "Träsent" appear, some of which consist of up to twelve different crushed spices. Compared to the 16th century, spices and sugar were no longer pure luxury goods in the 18th and 19th centuries. Improved transport facilities made it easier to import them. In addition, sugar was cheaply cultivated on a large scale in the Caribbean through slave labour. When beet sugar was discovered in Europe

in the middle of the 18th century and sugar could finally be extracted in an industrial way, the price of sugar fell for good. Spiced sugar was still partly used medicinally, but increasingly found its way into dessert recipes.

The most famous dessert is the "Triätschnitte" from the canton of Zurich. It is a "refined variant of the bread slices formerly favoured by toothless old people, soaked in wine, (...) which covers a reddish sheen", describes folklorist Conrad G. Weber. For the well-known Swiss cookbook author Marianne Kaltenbach in 1996, it is a "really nice, old-fashioned Zurich dessert or Zvieri". As various written sources show, the Triätschnitte was known in Switzerland as well as in Swabia at least since the 18th century.

## PRODUCTION

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"Sugar, sandalwood, cinnamon, vanillin sugar, nutmeg, cloves, ginger", is listed on the Magenträs packaging of the spice mill we visited in Glarus. In order to produce a digestible Magenträs, two points are central: a good mixing ratio and the quality of the spices used.

"We do not source our spices in the countries of origin, but through traders in Germany and Holland," explains the spice mill operator. "This ensures quality assurance that complies with European food regulations."

Before you mix the spice sugar, you need to grind the spices in question. And each spice individually. The nutmegs, "nails" and dried ginger pieces delivered in heavy sacks are emptied into a funnel and fed via a pipe into the electrically operated mill one floor below, where the individual spices are ground into powder and collected in plastic drums. By covering all the openings of the mill with tightly woven, funnel-shaped cloths, a large proportion of the fine dust produced can be captured. The cinnamon is stored separately from the other spices and is ground in a separate mill due to its intense odour.

"You need a lot of experience, a good nose and imagination for the mixture," comments the company manager and smiles: "Or a recipe handed down from a great-grandfather." His blend is still held true to this day. "We deliberately use vanilla sugar and not pure vanilla. On the one hand, their brown color would drown out the reddish glow of the sandalwood, and on the other hand, our magenträs wouldn't keep for more than two years because the higher fat content makes the spiced sugar go rancid faster." Furthermore, Swiss granulated sugar is used. A very special spice is sandalwood, which is hardly used in food today, but primarily as an incense and fragrance. This spice is not ground in Glarus itself, as it is not allowed to be imported into Switzerland as a whole log.

The precisely weighed spices and the granulated sugar are emptied into a large chrome steel barrel. This is clamped to an electrically driven so-called Rhön wheel, which turns the barrel upside down and sideways. Inside the barrel there is an upright grid. The spices and the sugar are mixed again and again - until a balanced mixture is created, in which the cloves and the cinnamon clearly stand out, but behind them also the lemony ginger, a light vanilla flavour and the powdery sandalwood come to the fore.

## CONSUME

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Magenträs can be used in many different ways to flavour desserts. A classic - apart from the Triätschnitte - is also the buttered bread sprinkled with Magenträs. When the Magenträs combines with the fat of the butter, the reddish glow of the sandalwood becomes even more intense. And anyone who has always wondered why Zigerkrapfen from the canton of Uri have a slight red shimmer now knows the answer.

Basically, Magenträs can be used wherever sugar would otherwise be used. The exotic spices provide additional flavour: for example, in a fruit salad, on a fruit roll, in whipped cream, in coffee or tea, as well as in chocolate cake.



## ECONOMIC IMPORTANCE

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For the spice mill in Glarus, the Magenträs is a connoisseur's product and the company's flagship. However, the economic significance of the spiced sugar is rather low.

The Magenträs is available in three different sizes: in paper bags of 30 grams, in sprinkling tins of 120 grams and in plastic boxes of 800 grams. Incidentally, the paper bags are adorned with the same motif as over 100 years ago when the spiced sugar was first produced in Glarus.

## ... OTHER

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In the 187th volume of the Oeconomische Encyklopädie by J. G. Krünitz, published in 1845, one learns that the Triätschnitte were not only eaten as a dessert or Zvieri. Here they are recommended as a side dish to "roasted turkeys, capons, etc.".

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# Glarus Spinach Zoggel with Schabziger Cheese

## IN BRIEF

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Another speciality from Glarus is spinach Zoggel with Schabziger, also better known as a variation of Knöpfli (a sort of pasta / known also as Spaetzle)

## INGREDIENTS

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Flour, butter, eggs, milk, cream, Schabziger, spinach, garlic, olive oil

## PREPARATION

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Melt 20 g butter in a pan and leave to cool. Mix the flour, melted butter, eggs and milk together with the olive oil into a smooth batter and beat until it bubbles.

In a large pan with plenty of salted water, make buttons from the dough and let them slide through a sieve into the cooking water. When the Knöpfli rise to the surface, remove with a skimmer, place in a bowl and keep warm.

Defrost the frozen spinach or wash the fresh spinach well and drain. Put the garlic clove through a press in a frying pan and saute in the remaining butter on a mild fire. Add the spinach and simmer until there is only a little water left. Mix the cream into the spinach, add the Knöpfli and simmer for another 5 minutes on a low heat.

Season with salt and pepper and serve with the grated Schabziger.

## LITERATURE

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# Glarus Ziger-Hörnli

## IN BRIEF

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Fine pasta recipe Glarus style is vegetarian and finely prepared in a creamy cheese cream.

## INGREDIENTS

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Butter, Hörnli, nutmeg, pepper, cream, salt, Schabziger, onions

## PREPARATION

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Roast onions: Mix onion rings with flour in a bowl, season. Fry in butter over medium heat for 5-8 minutes until golden brown.

Apple slices: Simmer slices with sugar and water for 5-8 minutes.

Zigerhörnli: Bring cream and milk to the boil, remove pan from heat, add Emmentaler and Ziger, season. Stir until a creamy sauce is formed. Cook Hörnli in boiling salted water until al dente, drain, let drip off, mix with sauce. Garnish with fried onions and chives. Serve with apple slices.

## LITERATURE

