

# SWISS CULTURE FROM HOME



## Early February 2022

Dear Friends of Switzerland,

We hope you are safe and well. There is a lot to celebrate this month, from Black History Month, to the Swiss athletes participating in the Winter Olympic Games, to the start of Carnival. *Fasnacht*, as it is known, is celebrated throughout Switzerland before the beginning of Lent. A key element of every *Fasnacht* in Switzerland is the delicious sweet *Fasnachtschüechli* (Carnival fritters)—and you can try them for yourself with the recipe below!

Please continue to check our website, social media channels, and events calendar, where we are providing regular updates, for more cultural content. Have you found something we're missing? What would you like to see more of? Let us know—we would love to hear from you.

We hope you continue to enjoy, stay safe, & stay healthy!



## Join Us!

## Black History Month February 2022

### Online Content

Join the Embassy of Switzerland to celebrate Black History Month 2022. Next week, as part of our virtual programming, we will be introducing [William Bejedi](#). The Swiss artist is a gifted singer, dancer, choreographer, director, and producer from the Canton of Valais. Tune in on [YouTube](#) and check out our [social media](#) channels to learn more about William Bejedi's life, sources of inspiration, and work.

## Sports

## Olympic Winter Games 2022

February 4-20, 2022

The Winter Olympic Games begin February 4, and this year 168 Swiss athletes will participate, displaying Switzerland's passion for winter sports across 13 disciplines. Winter sports are a part of Switzerland's heritage and history. Did you know that one of the very first Winter Games was hosted in St. Moritz, Switzerland, in 1928? Follow along as we cheer on our Swiss athletes!

Read about the Swiss athletes [here](#).



## Meanwhile in Switzerland...

## Fasnacht (Carnival)

While here in Washington, DC, we associate the month of February with even colder winter days and cozy evenings at home, in Switzerland February marks the beginning of the carnival season in most cantons. D' *Fasnachtziit* ("carnival season", in Swiss-German) officially begins on November 11 at 11:11 am, but is not celebrated until the month of February. The festivities—a final hurrah before the season of Lent begins—include music, group costumes, traditional sweets, and street parades. Depending on the canton, celebrations can last up to a week!



[Source](#)



[Source](#)

## Cuisine

## Fasnachtsküchlein or Carnival Fritters

*(Adapted from about.ch)*

Until the 20th century, many household kitchens did not have stoves, so pastries had to be fried in lard instead of baked. For this reason, *Fasnachtsküchlein* are made of a sweet dough and fried. These delicious fritters are then dusted with powdered sugar. Known as *merveilles* in the Romandie (the French-speaking area) and *fritelle di carnevale* in the Italian-speaking parts of Switzerland, the sweet pastry has many different regional names in Swiss German: *Fasnachtskiechli*, *Chilbiblätz*, *Hondsfläde*, and *Chneublätz*. No matter what you call them, these treats taste more or less the same—delicious!

### You will need:

For 12 cakes:

- 200 g. white flour
- 1 tsp salt
- 2 eggs
- 3 tsp cream
- 1 kg coconut fat or other deep-frying oil
- some confectioner's sugar

### Directions:

- 1) Put flour on a table or in a bowl; add salt, eggs, and cream, and mix well.
- 2) Knead until the dough is soft and even.
- 3) Rinse a bowl with hot water, cover the dough with the bowl and let it sit for about 30 minutes.
- 4) Cut the dough into 12 equally sized pieces and cover the table with flour. Roll out the pieces of dough as thinly as possible.
- 5) Heat the coconut fat or deep-frying oil in a pan to 180°C (350°F) and put one of the 12 pieces of dough in the pan and form a *rosette*.
- 6) Fry the piece on both sides until the fritters are slightly browned. Then drip off the fat or oil and repeat with the next piece.
- 7) Sprinkle confectioner's sugar evenly over the fritters.

Enjoy!

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