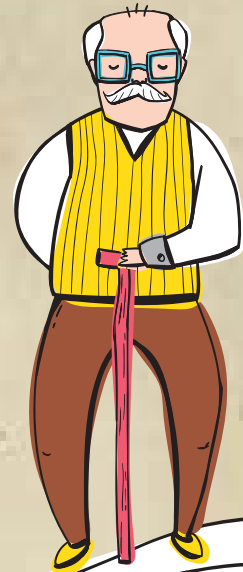


All about the GRITTIBÄNZ

Switzerland has many different names for its traditional bread man, including Grättimaa, Brötige Maa and Grittibänz. The Grittibänz is a yeast bread made in the shape of a small person. It is traditionally decorated with raisins and sugar crystals. But you can let your imagination run wild and decorate it with anything ovenproof and delicious!

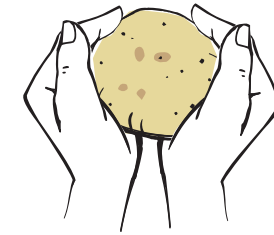
Where does THE NAME COME FROM?



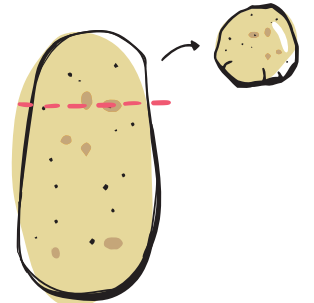
In the olden days, infirm men with splayed legs were referred to as "Gritti" or "Grätti". And "Bänz" is short for Benedict. As Benedict was such a common name in those days, people sometimes said "Bänz" instead of "man". So Grittibänz would have referred to an "infirm man with splayed legs" – not a particularly friendly term! Fortunately, these days the name simply refers to a delicious yeast bread.



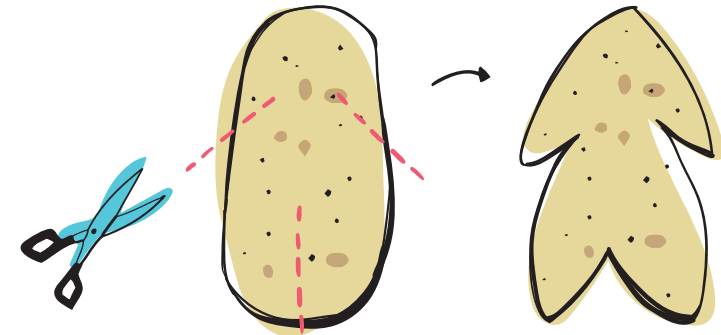
SHAPING THE GRITTIBÄNZ



1 Shape a piece of dough into a roll.



2 Remove $\frac{1}{4}$ for the head, shape into a ball and set aside.



3 Cut into the lower third of the roll to make the legs. Cut into the upper third at the sides to make the arms. Now place the head on top of the body and decorate!

little Tip

Many recipes use raisins for the eyes and buttons. If you're not a fan of raisins, you can use chocolate chunks, cranberries, seeds or nuts instead.



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