

Papal favourites served up in new recipe book



Member of Swiss Guard features dishes from various countries.

From an Argentinian dessert that translates as "milk candy" to Polish ravioli, a member of Vatican's famed Swiss Guard on Tuesday (Oct 21) unveiled a range of recipes of dishes favoured by popes.

David Geisser, 24, who joined the elite Vatican security corps a month ago launched his cookbook *Buon Appetito, Guardia Svizzera* (Bon Appetit, Swiss Guard)



in Rome.

It includes recipes for dishes such as the Dulce de Leche a milk-based dessert created in Argentina a century ago which made its way to the Vatican's tables in 2013 with Pope Francis.

There is also the Polish pierogi, or dumplings of unleavened dough traditionally stuffed with potato filling, sauerkraut, meat, cheese or fruit – a nod to the late pope John Paul II – and Bavarian delicacies favoured by Pope Emeritus Benedict XVI.

"A soldier can only fight and wage war when he has eaten well, and enough," said Daniel Anrig, the head of the Swiss Guards. – AFP Relaxnews