



ENGLISH EDITION

# Fribourg Region

## Gourmet Travel







 **Vacherin<sup>®</sup>  
Fribourgeois**  
S W I T Z E R L A N D

# STRONG



[WWW.VACHERIN-FRIBOURGEOIS-AOC.CH](http://WWW.VACHERIN-FRIBOURGEOIS-AOC.CH)

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Printed in Switzerland, 2011





# Discover the canton of Fribourg

Welcome to FRIBOURG REGION, a countryside rich in culinary traditions overflowing with diverse, idyllic landscapes. FRIBOURG REGION and the Association for the Promotion of Regional Products invite you to discover the treasures of the region, which are as equally available in the countryside as on your meal table.

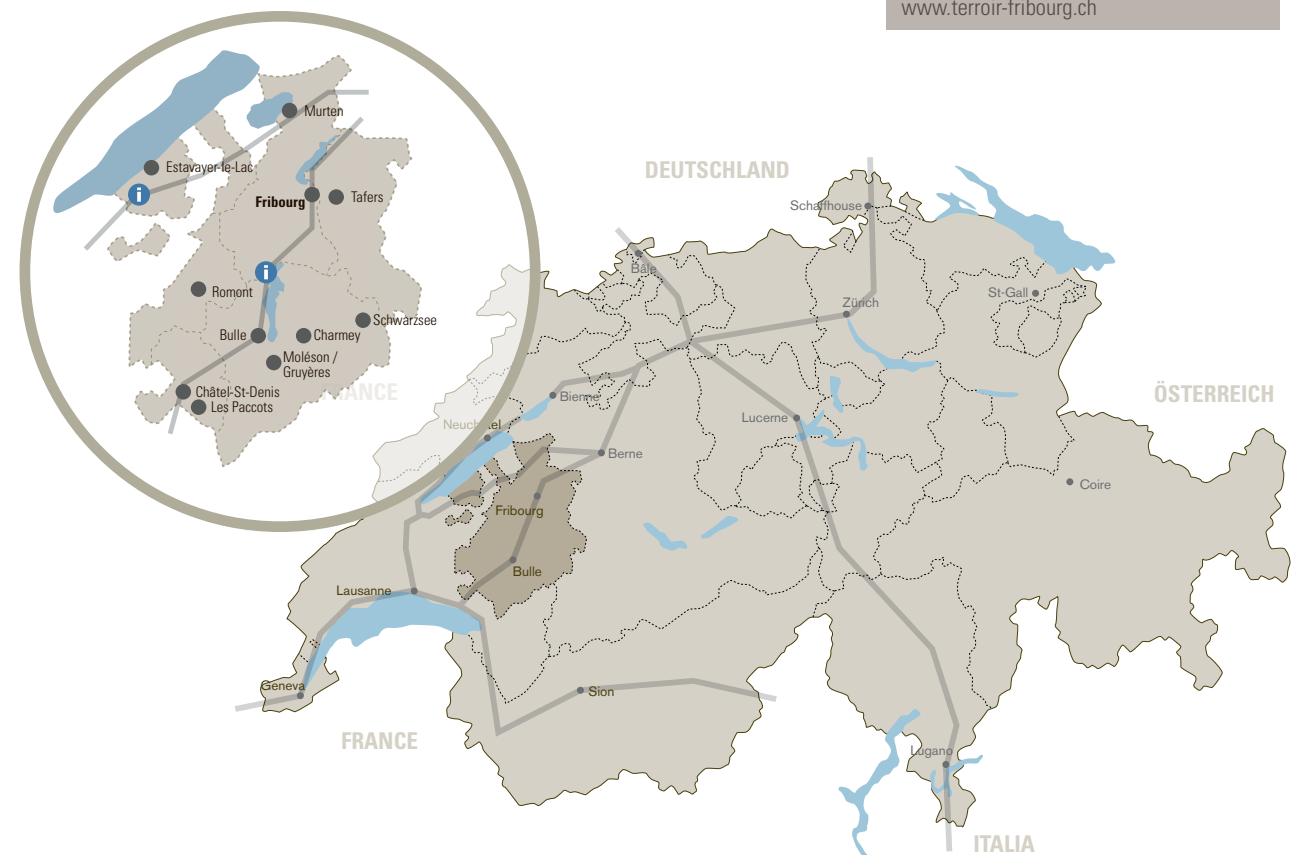
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### FRIBOURG REGION Information

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Ouvert 7 jours sur 7

### Produits du Terroir du Pays de Fribourg

Route de Chantemerle 41  
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[www.terroir-fribourg.ch](http://www.terroir-fribourg.ch)







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# Cheese a way of life

In FRIBOURG REGION, cheese is much more than a culinary tradition: it's a way of life. Widely present in all its forms on the table, it is also at the centre of the customs of the region. Why not come on a journey to discover the different specialties of the canton, through the high mountain pastures with their traditions, such as transhumance, the taking of livestock up into the alps in the spring and the bringing of them down for the winter.



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## The Gruyère AOC

Taking its name from the magnificent region from which it comes; Gruyère AOC has been produced in our region since at least the twelfth century. This cheese made from unpasteurized cow's milk benefits from the long traditional know-how of the master cheese makers and refiners.

It owes its distinctive taste, which is both subtle and sophisticated, to the quality of the pasture lands of the Fribourg countryside, to its traditional production methods and to an excellent maturation in the cellars, for up to 18 months. Each wheel is marked with the notation Gruyère AOC.

Despite the fact that the production area of Gruyère AOC extends to the various regions of French speaking Switzerland, 50% of the cheese are produced in the canton of Fribourg. From the many touristic opportunities which are available, for those who wish to discover the method of production of the cheese, educational routes to the demonstration cheese dairies passing by countless mountain cheese dairies, are a delight for the taste buds and the eyes.

Gruyère AOC enjoys a reputation which extends far beyond our borders. It not only occupies a place of honour on the cheeseboards

of the most sophisticated connoisseurs but is always ready for use in many culinary recipes.

[www.gruyere.com](http://www.gruyere.com)  
[www.lamaisondugruyere.ch](http://www.lamaisondugruyere.ch)  
[www.gruyere-alpage.ch](http://www.gruyere-alpage.ch)

### "Moitié-moitié" Fondue

Favorite fondue for Swiss people

For 4 persons

In the fondue pot, **Vacherin Fribourgeois AOC**, is always the partner of **Gruyère AOC**. It gives the famous "moitié-moitié" fondue its inimitable smoothness:

- Rub the fondue pot with a clove of garlic. Mix 3 teaspoons of corn flour in 3 dl of wine and bring to the boil.
- Add 400 g of grated Vacherin Fribourgeois AOC and 400 g of grated Gruyère AOC and melt over a low heat whilst stirring continually with a spatula. Add the kirsch and pepper according to your taste.
- Enjoy with small pieces of bread speared on a fork.



# Important to have a local presence

**Olivier Philipona**  
artisan cheese-maker, Vuadens

Olivier Philipona welcomes us to his cheese dairy at Vuadens, in the heart of La Gruyère.

This family man produces the two flagship products that are Gruyère AOC and Vacherin Fribourgeois AOC, as well as the double cream of La Gruyère, sérac\* and traditional yogurts.

Hard-working and conscientious, Olivier Philipona knows all about cheese-making, having been a chalet herdsman from his youngest days: "That's where I got the bug. In a chalet with no electricity, conditions were more difficult, but there were plenty of good times", he remembers.

I make fresh cheese from cow's milk that are much enjoyed as well as the cheese known as Colombettes (after a historic chalet in La Gruyère), which I invented. I called it like that because I felt it important that the name of a cheese carry a local connection.

Running one of the largest cheese dairies in the canton, Olivier Philipona's cellars can stock up to 4000 cheese, each one around 35 kilos in weight.

His business also allows him to welcome groups for visits, demonstrations and tastings. "I particularly enjoy having visitors. There is an authentic

atmosphere here and I love to demonstrate my passion for the craft. When I manage to get certain tourists to understand that there are no holes in Gruyère AOC, then I am happy", jokes the cheese-maker.

\* A ricotta-like whey cheese



## The Fondue Train

Want to get away from it all? The "La Gruyère" Retro-Train takes you back in time and immerses you in the authentic ambiance of travel from a bygone era. Embark for a gastronomic adventure in the heart of the Intaymon, whilst enjoying a delicious fondue and the not-to-be missed meringues with Gruyère double cream.

[www.la-gruyere.ch](http://www.la-gruyere.ch)  
[www.tpf.ch](http://www.tpf.ch)



## Vacherin Fribourgeois AOC

A cheese as symbolic as Gruyère AOC, Vacherin Fribourgeois AOC is produced exclusively in the villages and alpine pastures of FRIBOURG REGION. This semi-hard, cows' milk cheese is fine and creamy. This delicious cheese may be eaten from a dish, as an entrée or as a dessert, and is particularly famous for being used in fondue.

### Origins

Vacherin Fribourgeois AOC takes its name from "Vaccarinus", a word derived from Latin, meaning "little cowherd". The latter assisted the cowherd in milking and caring for the cattle. Thus *le vacherin* indicated a small cheese, which the cowherd produced for his personal use. Although this cheese had been known since the Middle Ages, it was not until the 19th century, with the arrival of village cheese dairies, that Vacherin Fribourgeois AOC began to increase in popularity. It continued to expand its growth up to 2005, when it was awarded the "Appellation d'Origine Contrôlée" and arrived at the success it enjoys today.

[www.vacherin-fribourgeois-aoc.ch](http://www.vacherin-fribourgeois-aoc.ch)



### Fribourg Fondue

- For 4 persons
- Particularly aromatic and creamy, Fribourg Fondue is made from a selection of Vacherin Fribourgeois AOC cheese at different stages of maturation. Easily digested, it is served warm, accompanied by potatoes or bread:
- Rub the fondue dish with a clove of garlic before pouring in 2 dl of water and heating over a low flame.
  - Add 800 g of grated Vacherin Fribourgeois AOC, stirring continuously with a spatula for 20 to 30 minutes. Add pepper according to taste.
  - Place the fondue dish on the warmer over a tea light burner. In order to retain a creamy consistency and a balance of flavour, the mixture should not exceed 50 °C.
  - Enjoy with small pieces of bread or potato on a fork.



## A few specialities

From amongst the numerous cheese specialities that abound in FRIBOURG REGION, three are showcased here: Mont Vully, Beaumont and Mutschli.

### Mont Vully

Taking its name from the mountain that dominates the magnificent region of the three lakes, Mont Vully is a particularly aromatic, semi-hard cows' milk cheese made in the village of Cressier. It is thanks to the enthusiasm of Ewald Schafer that this cheese first became available in 1994. The idea was to create a typical cheese exclusive to the village of Cressier, at the same time diversifying the gastronomic offerings of the FRIBOURG REGION countryside. It met with success.

#### The flavours of wine

Available in three varieties, Classique, Bio and Réserve, Mont Vully is recognisable by its ivory colour and the bunch of grapes stamped on its rind. The distinctive characteristic of this cheese is that it is rubbed with Pinot Noir from the slopes of Mont-Vully throughout its maturation. This process gives it its inimitable, delicious taste.

#### At table

Delicious on its own, Mont Vully is an essential for the cheeseboard of the most discriminating gourmet. But it can also be used in other ways, in salads or hot dishes.

[www.montvullykaese.ch](http://www.montvullykaese.ch)



### Mutschli

A small, cows' milk cheese from the alpine pastures, Mutschli is available in several varieties. Whether plain, with herbs, garlic or capsicum, it is a mild cheese, being relatively young. It remains only three weeks in the maturation cellar.

Mutschli was created some ten years ago by Karl Müller in his alpine cheese dairy in Plaffeien, in the district of Sense. Perched at more than 1300 metres, the chalet and its surroundings offer an unrestricted view of the Pre-Alps and the area is a paradise for hikers.

### Beaumont

This soft cheese, made from unpasteurised cow's milk, is produced in the districts of La Glâne and La Veveyse, in the west of FRIBOURG REGION. A speciality that has become local, Beaumont has been produced in our region since the beginning of the century. Its mild, slightly acid flavour means it can be used equally as a starter or as a dessert. It goes wonderfully well, quite simply, with a glass of wine and a piece of bread.





## The cheese dairy path

Why not set out to discover the very places where the mythical Gruyère AOC and Vacherin Fribourgeois AOC are made? Two itineraries are on offer, linking La Maison du Gruyère in Pringy with La Fromagerie d'Alpage (Alpine cheese dairy) at Moléson Village or the other way round. A walk of around two hours via les Reybes or la Provêta through pasture land, forests and beside streams. And always with the majestic Moléson, rising to 2002 meters, as a backdrop.

Ask for a walking form at one cheese dairy and a certificate will be handed to you on arrival at the other cheese dairy. Along the way, educational notice boards reveal some of the secrets of cheese making.

La Fromagerie d'Alpage at Moléson Village, an alpine chalet dating from the 17th century, houses a restaurant, a shop and a charming museum, reproducing the atmosphere of yesteryear.

The demonstration cheese dairy at La Maison du Gruyère in Pringy allows you to discover how Gruyère AOC is made, 3 or 4 times per day, according to the season. The highlight comes when visitors participate in the interactive exhibition, awaking all their senses together.

### A favourite

If you choose the route via les Reybes, you will inevitably come across the Les Mongeons alpine refreshment hut. Marcel and Odile welcome

you there into a warm, family atmosphere. From May to the end of September, come and taste the delicious dishes of the region, whilst taking advantage of the magnificent panorama. Delicious food cooked in a wood-burning oven within an authentic alpine chalet: ambiance guaranteed!

[www.moleson.ch](http://www.moleson.ch)

[www.lamaisondugruyere.ch](http://www.lamaisondugruyere.ch)

[www.alpagesetchalets.ch](http://www.alpagesetchalets.ch)



## "Poya" and "Désalpe"

A true expert on the traditions of the Fribourg countryside, Jean-Nicolas Philipona unveils the details of a very popular custom in the Gruyère Region: La Poya and La Désalpe, which mean, in patois, the ascent to and descent from the alpine pastures.

Each year, to the sound of cow bells, the herds return to the high mountain pastures at the end of Spring, in order to spend the summer grazing there.

The herd of cattle are at the head of the procession, followed by the "train de chalet". Drawn by a mule or a horse, this traditionally blue cart contains all the implements necessary for cheese-making, such as the boiler or the milking stool.

The end of September signals the time for the Désalpe, when the herds are decorated with flowers. The atmosphere is very festive, as the désalpe means the end of work and pay day for the armaillis (herdsmen).

The costumes assume a significance particular to this occasion: as if time had stood still, the men wear the bredzon\* and the women the dzaquillon\*.

La Poya has also given rise to a pictorial art that is typical of the region. The representation of the herds climbing to the alpine pastures serves to decorate the pediments of farms, but also to demonstrate their attachment to the pastures.

La Poya is particularly in evidence in Estavannens. Since 1956, about every 15 years, in the month of May, the great traditional festival of la Poya has taken place in this small village in Gruyère. The lure of the festival is such that thousands of spectators go to take part, amply demonstrating their attachment to local traditions.

\* Male and female traditional working attire



[www.fribourgregion.ch/events](http://www.fribourgregion.ch/events)  
[www.poya2013.ch](http://www.poya2013.ch)



## The Gruyère Pays-d'Enhaut regional park

Between Vaud and Fribourg, the Gruyère Pays-d'Enhaut regional park extends over some 500 km<sup>2</sup>. It borders the shores of Lake Geneva, encompasses le Pays-d'Enhaut and two important valleys of La Gruyère (La Jogne and L'Intyamou). It has some 12,500 inhabitants. The Park enjoys the federal designation of "Parc d'importance nationale".

The Park constitutes a remarkable low-altitude area. It affords a wealth of scenery that bears witness to centuries of human activity, both rural and forestry. In parallel with activity on the land, its attraction as a tourist destination was asserted in the 19<sup>th</sup> century. It has continued into the 21<sup>st</sup> century with the introduction of a new kind of tourism, sustainable, respectful of nature and of heritage.

### Predominantly milk and cheese products

Park land products are predominantly milk- and cheese-related. The three cheese, *Le Gruyère AOC*, *L'Etivaz AOC* and *Le Vacherin Fribourgeois AOC* are found here. Park products also include meat, medicinal plants, brandies, breads, honey, vin cuit, cider, meringues, chestnuts... the list goes on, proof of the gastronomic abundance to be found here.

The Park works hard for the products of its land: it has prepared a product label that will guarantee to consumers the provenance of such products, that are made out of respect for the environment. Beef and several cheese will be the first to carry this Park brand.

[www.pnr-gp.ch](http://www.pnr-gp.ch)



## Thierry Beaud, goatherd

Welcome to the chalet "Les Chaudzes", where Thierry Beaud and his wife, Nathalie, keep a herd of around 200 goats. Perched at nearly 1500 m, this alpine chalet is situated in the heart of the Intyamou valley, above the charming village of Lessoc.

Each Spring for the past 5 years, the Beaud family has climbed to the high mountain pasture, staying there for around 5 months. A mobile cheese dairy, characteristic of the area, has been installed. The specialties produced by Thierry and Nathalie Beaud are made right here, then briefly stored, before leaving to be delivered everywhere throughout the Fribourg area.

### Summer in the fresh air

With a herd that numbers 111 milking goats and 86 chamois kids, work is non-stop on the high mountain pasture. "I get up at 5 in the morning for the first milking session. This takes around 2 hours. Then, I do the same thing again in the evening", explains the goatherd. Each goat gives an average of 4 litres of milk per day.

In their cheese dairy on wheels, Thierry and Nathalie Beaud make not less than 200 cheese per day. An occupation they are passionate about: "Here, we love the fresh air. The work is varied and you follow the whole sequence from A to Z, from the milking to the sale of the product", says the enthusiastic Beaud couple.

Alpine cheese is particularly valued for the characteristic flavour that comes from the fresh alpine grasses.

The fresh cheese known as "P'tits Bibis" and "Cœur de chèvre" make up the cheese dairy's offering. The "Cœur de chèvre" is a semi-hard goat's cheese, matured for 2 months in the cellar. Try tasting these

delights up on the high mountain pasture itself: the mountain air and the grandeur of the panorama, that's pure happiness.

[www.terroir-fribourg.ch](http://www.terroir-fribourg.ch)







# Bénichon

## a delicious festival

The Bénichon is without a doubt the most popular festival in FRIBOURG REGION. Born of a living tradition, it may freely be admitted that there are as many recipes for the Bénichon menu as there are families that prepare them. Despite these variations, the same festive and unifying spirit reigns everywhere. Let us discover some of the dishes that make up the menu.

The traditional Bénichon-swing is a joy for children.  
© Photo Glasson Musée gruérien Bulle



## History and traditions of La Bénichon\*

The festival of the Bénichon has a religious origin: from the Latin "benedicto", which means blessing, the Bénichon corresponds to the anniversary of the church's consecration.

However, the religious festival was followed by secular festivities, very ancient and vivid by comparison, which lasted three days. The secular festival was assuming too much significance, according to the authorities. They tried to put limits on the timing of the Bénichon. They fixed the festival at the second Sunday in September for the majority of the canton and at the second Sunday in October for the alpine regions.

From that time, the festival took on a new dimension: it marked the end of work in the fields for the September Bénichon and the return of the herds to the plain after a summer on the mountain for the October Bénichon.

Thus, the Bénichon meal marks the time of reunions. Family and friends meet again around the table.

If the oldest mention of the Bénichon menu, as we know it today, dates from 1852, many products have been known for much longer,

for example, the cuchaule\*\*, which was cited in 1558.

The Bénichon is still today a traditional festival, valued and constantly reinvented by the people of Fribourg.

Hay cart race in Charmey, traditional market and procession at Châtel-St-Denis, Bénichon fair at Romont, shooting at Fétigny, Vernay or Rueyres-les-Prés, folklore market at Ecuvilens, tracto-bénichon++ at Corserey or even hurling the cuchaule – or at least a reproduction of it made of spruce – at Attalens, the Bénichon festivals break new ground. If many families carry on the tradition of the Sunday meal, other tasty alternatives are enjoying success: many restaurants offer a Bénichon menu.

Reference:  
"Chantons, dansons, bénichonnons. Hier et aujourd'hui"+++, by Anne Philipona Romanens and Jean-Pierre Papaux, La Sarine Editions, published in September 2011.

\* Autumn festival celebrated in the canton of Fribourg  
\*\* Brioche-type bread with saffron  
\*\*\* A variety of pear  
+ "Cuisine and traditions of the Fribourg region"  
++ an exhibition of agricultural activities  
+++ "Let's sing, dance and celebrate La Bénichon. Yesterday and today"

## The Bénichon menu

Cuchaule, Bénichon mustard, Butter

\*\*\*

Bouillon, beef stew

\*\*\*

Lamb ragout with grapes, Mousseline potatoes, Poires à Botzi AOC\*\*\*

\*\*\*

Smoked ham à la Borne, sausage

Cabbage, haricot beans

Leg of lamb with garlic, puréed potatoes

Red carrot salad

\*\*\*

Bénichon delights

Cream in a tub, meringues

Basket of fruits

Beignets, Cuquettes, Croquettes, Bricelets, Pains d'anis



## The indispensable bricelet (a waffle type biscuit)

Numerous delights are encompassed within the Bénichon meal, such as beignets, cuquettes, croquets, bricelets and pains d'anis. Each more delicious than the one before, let us look for a moment at the preparation of bricelets, which requires particular expertise.

Denise Bongard, a member of the Fribourg association of countrywomen, represents the "Au Bricelet d'Or"\* group, which brings together eight ladies from the region, who are masters in the art of making this highly symbolic biscuit.

### Recipe

from the book  
"Cuisine et traditions au pays de Fribourg"

**Ingredients:** 1 litre double cream, 650 g sugar, 7 dl white wine or 5 dl white wine and 2 dl water, 1 dl kirsch, around 900 g flour, pinch salt.

Mix the cream and wine together and dissolve the sugar by stirring into the mixture. Add the salt and flour and mix to a smooth paste. Allow to rest for 1 to 2 hours. Add the kirsch at the last moment. Use a waffle iron to cook and roll out immediately. Allow to cool and keep in a sealed box.

"As we are all countrywomen, we use our own cream, which we skim and leave to rest for 2 or 3 days", explains Denise Bongard. In preparing the dough, a bricelet specialist uses a little less flour than indicated (700 to 800 g), in order to produce quite a fine dough and also prefers to mix the wine with water.

At first sight, the recipe may appear to be child's play, but do not be fooled! The rolling out stage is very delicate. With the aid of her waffle iron, Denise Bongard demonstrates her expertise. The biscuit is peeled off and then wound directly around the bricelet wand, which gives it its distinctive shape. The preparation of the dough is quite simple, but the rolling technique is precise and takes considerable expertise. In the end, you have a light, airy delicacy, a real delight.

## Sweet or salty?

Denise Bongard's bricelets also come in savoury flavours. The recipe differs a little and the biscuit is not rolled out. With sesame, caraway or poppy seeds, or simply salted, these bricelets are not yet as widespread as their rolled equivalents. However, they are gaining in popularity, since, as Denise Bongard concludes, "served with an apéritif, they are really delicious".

\* "Golden Waffle"

[www.terroir-fribourg.ch](http://www.terroir-fribourg.ch)

## The queens of la Bénichon\*



## Cuchaule

True queen of La Bénichon, cuchaule bread has the honour of opening the festivities at the famous meal. The particular secret of this brioche-type bread is the exotic touch lent by the addition of saffron. With its amber colour it has a taste found nowhere else. Let's go to Châtel-Saint-Denis in FRIBOURG REGION, where Thierry Grand gives us some of the secrets of its preparation.

"The recipe has remained practically unchanged since the time of my grandfather", explains the baker. On his worktop, the master baker arranges the principal ingredients: flour, milk, butter, sugar, salt, yeast, egg and the pinch of saffron, which stands out from the other ingredients because of its flaming colour.

Following several stages of preparation meticulously undertaken by the master baker, the famous cuchaule is ready. Ready to be savoured at any time of day and in all forms. For cuchaule is not only delicious accompanied by the famous Bénichon mustard, "but it can also be enjoyed with Gruyère AOC, fillet of smoked trout or some jambon de la borne \*\*", explains Thierry Grand.

\* Autumn festival celebrated in the canton of Fribourg

\*\* local smoked ham

## Bénichon mustard

This preparation, which resembles a sweet-and-sour spicy preserve is made with vin cuit (with a pear base), mustard flour, sugar and spices such as aniseed, cinnamon and cloves.

### A very popular competition

At Estavayer-le-Lac, the Bénichon festivities begin the last weekend of August with a Bénichon mustard competition. The town welcomes gourmets for a tasting session of traditional mustards from throughout the canton. The "Master Moustardiers", twelve in number, make up the jury and they designate the best mustards in the amateur and professional categories from amongst the hundreds on offer.

The sweet-and-sour preserves all stand on the secret of their making. Each has its own recipe, handed down under the seal of family secrecy and skilfully refined and improved by successive generations. Taste, texture and consistency are three aspects judged by the "Master Moustardiers". At the end of the tasting session, the most subtle preparation takes the title of the "Best Bénichon mustard in the canton of Fribourg."

[www.benichon-fribourg.ch](http://www.benichon-fribourg.ch)  
[www.estavayer-payerne.ch](http://www.estavayer-payerne.ch)



# Permission of exuberance

Judith Baumann  
Chef, Cerniat



Who better than Judith Baumann to talk to us about La Bénichon, the Autumn festival celebrated in the canton of Fribourg? For more than twenty years, this lady has created an original cuisine at the restaurant Pinte des Mossettes above Cerniat. She has produced many Bénichon menus.

Judith Baumann, tell us what La Bénichon means to you.

You know, where I come from, there was no very strong tradition of La Bénichon. I rediscovered the tradition at the Mossettes, a special meeting place. I was always touched by La Bénichon, the offering side of it moves me. We celebrate the tradition of love for the Gruyère Region. A special moment, absolutely festive. Nature's gift, with everything we have placed on the table.

Where do you think this revival of interest in the fla-

vours of old, especially in the Bénichon menu, comes from?

I think this return to tradition comes from a lack of points of reference, everyone is a little lost these days. There is a kind of nostalgia for the past, as for a lost paradise. It reminds us of a time when all was well. Milk was good, cows had horns....

How do you reinvent La Bénichon?

You cannot reinvent La Bénichon like a product... Nobody would have the idea of doing fish. However, I was including the dimension of wild plants. And I was adapting things to make the meal more easily digestible. As I cook according to my mood, there have never been two identical Bénichons. There are fluctuations, "resonant variations". I like to say that it's the bouillon that gives it the "wow" factor. I am no

musician, but for me, tastes are very resonant, I mean flavours....

I am a very instinctive person, I have no recipe cards and I allow myself to be inspired. When a dish is said to be "good", it can't be explained why, it's just a feeling. The art of cooking involves all the senses. It's a discovery, an encounter with the product and the history it has to tell.

How do you explain the diversity of products coming from FRIBOURG REGION?

There is a kind of permission to be exuberant, to enjoy oneself, that is not found

elsewhere. Here, we have the land. Look at the Gruyère region! There is a kind of magic to it. Take the delicious Gruyère double cream, for example: you can tell the story of the pastures from it!! It has a language. There is also a kind of fondness for food that is very much present in the tradition of the canton, a culinary sensitivity.



## Smoked Pork Products

There are several delights produced from the pork smoking chimney, such as ham, the Fribourg sausage, bacon and other sausages. It is a special chimney in which various pieces of pork products are suspended. It is associated with an ancient method of salting and smoking that has been used in the canton since the Middle-Ages.

Back then this technique was preferred for purposes of conservation. Today, if the tradition lives on, it has more to do with the delicious taste that is conferred on the product by this method. Thanks to the know-how of the master butchers and the love for tradition in the Fribourg countryside, the delicious products from the smoking chimney have been preserved, for the great pleasure of lovers of good food.

## Smoked ham and sausage

Source:  
Cuisine et traditions au pays de Fribourg.

**Ingredients:** 1 ham of 4.5 to 5 kg, smoked in the smoking chimney, together with a large sausage or two small ones, 1.5 to 1.8 kg cabbage, preferably curly kale, 1 large bouquet garni with leek, parsley, celery and possibly a stick of Maggi, a few carrots according to taste, salt and pepper.

### Method:

- Soak the smoked ham for one to two days in cold water. The day before or during the morning brush it and rinse it with warm water and then possibly cook it for 30 minutes to remove the salt.
- Throw the cooking water away. Put the ham in warm water in a large pot with the bouquet garni and a little salt. Boil gently allowing 20 to 30 minutes cooking time per kilo.
- One hour before cooking is finished, add the cabbage which has been previously blanched and possibly a few carrots. Cook the sausage separately for 40 to 50 minutes over a low heat. To serve, thinly slice the ham and sausage, arrange on a warm dish with the vegetable garnish.

One can also serve steamed beans sprinkled with parsley and flakes of butter which also form part of the Bénichon menu.



## Local smoked ham

Christophe Wicht, of Prez-vers-Siviriez, demonstrates the very special way that jambon de la borne, or local smoked ham, is made.

First the ham is dry-salted. It is left to rest for 6 weeks with a mixture of salt and spices. "It is important that the salting is done dry, in order to retain the firm, typical shape of the meat", explains the master butcher.

It then goes to the cleaning area: Here, the ham is scrubbed by hand, in order to remove all the salt deposits. Next to this area is the ripening room. It is here that the ham will "mature" for one week.

Then comes the famous curing stage. For 3 weeks without interruption, logs of beech and fir are burned. Thick smoke rises to a room on the next floor, "la borne", where the hams are hanging.

Once the ham is salted, cleaned, ripened and finally smoked, it is sent to the ware-

house, where it stays for a few more days. In all, more than ten weeks are necessary to produce this ham with the special taste.

In common with many Bénichon\* products, jambon de la borne is eaten throughout the year. Here is some advice from the expert: "try it with a good cabbage soup, it makes an ideal and excellent starter".

\* Autumn festival celebrated in FRIBOURG REGION

[www.bouchers-fribourgeois.ch](http://www.bouchers-fribourgeois.ch)  
[www.terroir-fribourg.ch](http://www.terroir-fribourg.ch)



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## Poire à Botzi AOC

A delicious accompaniment to the ragoût d'agneau (lamb stew) of the Bénichon meal, Poire à Botzi AOC is a typical Fribourg variety and also the first Swiss fruit to benefit from an AOC label. It takes its name from the patois "botset", which means "bunch". This little pear, in fact, develops in clusters of up to five fruits, advises Michel Losey from Sévaz, like the well-informed professional he is.

If the Poire à Botzi AOC is also profoundly linked to the Bénichon, it is because it was always harvested at the same time as the great celebration of Autumn, that is, mid-September. Each farmer had a Poire à Botzi tree in his orchard and could thus enhance his Bénichon meal with these luscious and tasty marvels. For the pear reveals its most surprising flavours when it is cooked. A caramelized taste that goes equally well with main dishes as with desserts.

### A delicate cultivation process

Only some twenty farmers grow this fruit in the region. Very sensitive to its surroundings, it acquires its flavour according to the place where it is cultivated. Thus a pear growing near a forest will not have the same flavour as one growing near a field of rape. Its cultivation demands much care and supervision. The period of maturation is also very short, no more than a few days. The harvest is, therefore, a true race against time.

[www.poire-a-botzi.ch](http://www.poire-a-botzi.ch)



## Poire à Botzi AOC

**Ingredients:** 1 kg Paires à Botzi AOC, 200 to 250 gr white sugar, 2 dl red wine, 2 dl water, 1/2 stick of cinnamon, 8 to 10 cloves.

### Method:

- Place the sugar and water in a large saucepan.
- Allow to boil in order to obtain a clear syrup.
- Pour in the wine and stir to blend into the syrup.
- Add the Paires à Botzi, the cinnamon and cloves.
- Cook over a medium heat for around 30 minutes (according to taste).

### Suggestions:

Serve as a dessert with vanilla ice cream, meringues and double cream, or as an accompaniment for lamb, ham or game.  
Bon appétit.

Pierre-André Ayer is one of the many Fribourg chefs de cuisine recognized by their peers. His book, "Authentic", perfectly sums up his excellent, refined cuisine, firmly anchored in the Fribourg countryside. He reveals to us a delicious recipe based on the Botzi AOC pear, a product which is emblematic of our regional gastronomy.

[www.fribourgregion.ch/gaultmillauen](http://www.fribourgregion.ch/gaultmillauen)



Pierre-André Ayer



## Poire à Botzi AOC Chutney

**Ingredients:** 1 kg poires à Botzi AOC, 100 g brown sugar, 100 g sugar, 70 g chopped onions, 10 g grated ginger, 50 g currants, 140 g sherry vinegar, 20 g tomato puree, 6 g salt, 1 cinnamon stick, 1 stick of liquorice, 2 cloves of garlic, chopped, 100 g vin cuit

### Method:

Peel and cut the pears, add the other ingredients and mix them well. Vacuum pack the mixture and leave to marinate overnight in the refrigerator. The next day, steam for approximately 2 hours. After having opening the pack and drained the juice from the pears, reduced the juice to a syrupy consistency. Finally add the pears and finish cooking.





## Meringues with La Gruyère double cream

The dessert par excellence of the Bénichon\* meal, meringues and Gruyère double cream go perfectly together. At Angelo Rime's bakery in Botterens, they have been making meringues that are highly appreciated in the region and even beyond, since 1946.

"It was at the time of Lausanne's Expo 64 that Botterens meringues began to be very much in demand", explains Marie-José Christmas, daughter of the founder. "After this time, we made nothing but meringues. Production is mechanised today, but at the time, Dad beat the whites of egg by hand and used a piping bag to fill the meringues. But the process, whether by hand or machine, does not alter the taste; the important thing is the quality of

the raw materials. In the beginning, meringues were made to use up the whites of egg left over when only the yolks were used in patisserie work."

### Expertise

Astonishingly, there are only two simple ingredients involved: whites of egg and sugar. But make no mistake, the making of meringues requires a skilful blend of subtlety and expertise. With only 50 grams of sugar to one white of egg, Botterens meringues are particularly light and airy, but also very fragile. "Many get broken, but that's just how it is", states Marie-José Christmas.

With its pearly appearance and its crunchy centre, the meringue may be enjoyed on its own, topped with La Gruyère double cream or with fruit. According to taste, it also goes wonderfully well with a little ice cream or sorbet.

\* Autumn festival celebrated in the canton of Fribourg

[www.terroir-fribourg.ch](http://www.terroir-fribourg.ch)



## Hiking for the gourmand

We are on the way to the Fribourg Pre-Alps, in the region of Les Paccots, which attires itself, both winter and summer, in its most spectacular finery in order to welcome nature lovers. A renowned winter sports station, Les Paccots becomes a paradise for hikers in summer. With staggering panoramas, marked footpaths and numerous refreshment stalls and restaurants, these surroundings offer the ideal framework for discovering the countryside of FRIBOURG REGION. Home-made soup, a rustic board of food or meringues topped with Gruyère double cream, so many mouthwatering traditional dishes.

The gourmet path offers four routes combining hiking with tasting. Planned to give maximum flexibility in several variations, there is something for all tastes and all ages.

The **"Petit Gourmand"**: an hour's stroll that is particularly well suited to families with young children. Three stops are suggested along the 5 km walk. The **"Sentier Famille"**: a 7 km walk, including discovering the animals at the Chalet Incrota and at the Cabane du Petit Oiseau. A guaranteed hit with the little ones, but also with those who are not so little. The **"Sentier des Bûcherons"**: The only non-circular walk, this 9 km path offers unrestricted views of Lake Geneva, the Alps and the Jura. The **"Sentier Panoramique"**: At 13 km, this is the longest route. At between 1000 and 1500 metres, the walk includes 4 stops at alpine refreshment stalls and mountain restaurants.

And for the adventurous, the offer "A break for Food-Lovers" will delight enthusiasts: following the "sentier Famille" over two days, this rustic trip offers the possibility of sleeping on straw in the alpine pastures.

[www.les-paccots.ch](http://www.les-paccots.ch)







# Wines

Welcome to the charming vineyards of Cheyres and Vully. Taste some excellent wines in a rustic setting whilst enjoying the pleasant climate by the lake. The Vully region and the Lake Murten Region are also well known for the preparation of pastries, such as the Vully tart and the Nidelkuchen.



## Stopover in le Vully...

**Etienne Javet**

President of the association Vully winemaker,  
Winemaker, Lugnorre

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... a region as famous as the products it offers. Situated on the sunny slopes of Mont-Vully that overhang Lake Murten, the vineyards of le Vully straddle the cantons of Vaud and Fribourg. Representing 150 hectares of vines, 102 of which are on Fribourg territory. Some twenty types of grapes are grown here, principally Chasselas and Pinot Noir.

In this superb setting, a number of activities are offered. Let yourself be tempted by a cruise on the lake or by a visit to one of the numerous cellars in the region, particularly by following the wine route. It is also the route for food lovers, with events for gourmets taking place annually towards the end of June.

A meeting with Etienne Javet, a wine-grower and cellar owner from Lugnorre:

**Etienne Javet, what is your philosophy?**  
Quality, quality, always quality. To work with respect for the product. We should like to make more wine still, fill our cellars with all that we produce. And to be able to excel for ever-increasing quality, at the same time producing the wine in a more balanced way, through employing different techniques, such as biodynamic agriculture.

**Let's talk about your wines...**

We try to produce wines that are subtle, full of character and harmonious. Notably our Chasselas "l'Origine", a classic wine but produced somewhat differently. The grapes are harvested very ripe, almost at the point of being over mature, then they are processed totally sur lie (retaining the brewers' yeast). Our "L'autre Terre", a Pinot Noir matured in oak barrels, is more the kind of way I want to go. A wine with more substance, more winy. As always,

you need a balance between strength and subtlety. This wine goes wonderfully well with red meat, Swiss bison, for example, as it brings complexity to the dish with its fruity and woody character. .

**How important do you think the land is these days?**

People are tired of the mass-produced products on offer, and need to rediscover an identity in what they eat. Particularly in Fribourg, where the land is very steeped in tradition. You see this in the great diversity of what is available throughout the canton.

[www.levully.ch](http://www.levully.ch)  
[www.vin-vully.ch](http://www.vin-vully.ch)





## Cheyres AOC wines

The Cheyres vineyards extend for 14 hectares along the shores of the Neuchatel lake. It is not only an entirely Fribourg vineyard, but it is also the only one situated on the south shore of the lake. The region benefits from a microclimate which is very favourable for wine production. Historically, a wine growing village, today Cheyres attracts many tourists thanks to its proximity to the lake and the Grande Carrière nature reserve. The largest bog in Switzerland, it supports a quarter of the flora and fauna of the country.

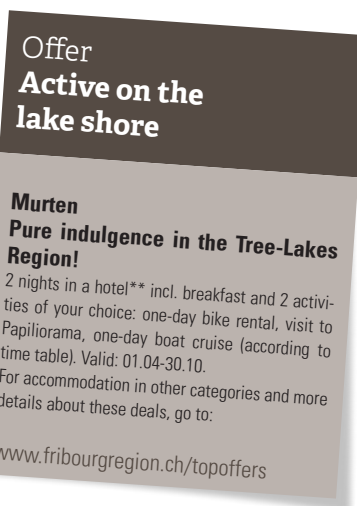
### Joined in partnership

The Association of Broyard wine producers has 25 members and manages an estate of 10 hectares, "The size of the estate does not allow us to earn a living from it, these wine producers are really passionate people", explains Roland Pillonel, director of the association. These wine producers welcome you to their cellars twice a week to discover their nectars, primarily of the Chasselas and Pinot Noir. The association also offers spirits, especially those made from quince, Botzi AOC pears or plums, all originating from the region.

### Our favourite

For Roland Pillonel, this is the "Grivevin" which delights his palate the most, "it is a collection of Pinot Noir, Gamaret and Garanoir matured for several months in oak casks. It gathers all the flavours together that typify the region, but here, we prefer to speak of originality rather than of speciality.

[www.advb.ch](http://www.advb.ch)



## The Famous Vully Tart

This speciality is so well known in the region from where it originates that one simply speaks of "the tart". Historically, it is difficult to know when or how this pastry was born. Several recipes have passed from mothers to daughters over the decades. Tradition has it that some communities took on the responsibility for the preparation of these tarts to celebrate major events. For instance, a women's association or the dressmaking group meeting by the communal oven to prepare hundreds of the tarts throughout the night.

### Several Versions

The original version of the Vully tart is a sweet speciality, but there are also several other varieties. Salty, with lardons and cumin, or with almonds, like those at the Guillaume de Sugiez bakery, "Generally speaking, the production process is very precise. The resting time of the pastry and also that of the cooking must be strictly adhered to", explains Gilles Guillaume. To be closest to the authentic tart, there are several rules that must be complied with, "We make holes in the pastry which are known as 'wells of love'. These wells of love are made with the fingers."

Enjoy it without moderation with a glass of Traminer du Vully.

## The Nidelkuchen, the speciality from Murten

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The Nidelkuchen is a cream tart the conception of which is totally unique. This pastry is produced exclusively at the Aebersold bakery, in the heart of Murten. For three generations, this family has refined its taste, quality and simplicity.



### Production

The distinctive feature of the Nidelkuchen is that at least five thin coats of cream are added to a light raised pastry base. The first three coats are lightly acidulated and sweetened and are added during the cooking. These form a fine coat of caramel, which softens when the last two coats of Gruyere double cream are added. A clever mixture that makes this tart a creamy delight that melts in the mouth.

[www.nidelkuchen.ch](http://www.nidelkuchen.ch)





# Fish

The numerous lakes which cover the territory of the FRIBOURG REGION include those of Neuchâtel and Murten. An angler and a chef will enable you to discover the local gastronomy. River fish are not the only ones, as there are two fish farms that allow you to fish for delicious rainbow trout yourself.



## Fishfarm from the Gottéron valley

Enter into the special atmosphere of the Gottéron valley, an area dear to the Fribourg inhabitants for its historical heritage and its special setting. A couple of steps from the historic old town of Fribourg, the valley offers a place of relaxation and a splendid get away. One can see for one's self the chamois that have chosen to live on the cliffs. Several hiking routes are offered along the river which provides its name. Between wooden staircases and footbridges, the gorges offer an idyllic setting for family picnics. It is in this valley that seems to stretch out its arms where Jacques Bossy and his fish farm are located.

The third generation to operate the site, Jacques Bossy mainly produces rainbow trout. Offered whole or filleted, fresh or smoked, trout from the Gottéron valley are then prepared in thousands of different ways. According to the fish farmer, who offers a selection of recipes on his Internet site, the best is blue trout (see the panel). "Cooked in foil or paper, with a little white wine and butter and decorated with a few vegetables, it is regal!" confirms Jacques Bossy.

Recently, it has been possible to fish for trout yourself. A pond and some fishing rods are available for budding anglers. Why not cook your trout yourself in one of the numerous picnic areas which line the walking trails?

[www.pisciculturedugotteron.ch](http://www.pisciculturedugotteron.ch)



## Blue Trout

For 4 persons

**Preparation:** 15 mins

**Cooking:** 40 mins

**Ingredients:** 4 trout, 40 cl white wine, 10 cl vinegar, 2 carrots, 3 onions, 2 cloves of garlic, 1 bouquet of flat leaved parsley, 40 g common salt, pepper.

- Have the trout cleaned by the fishmonger.
- Peel the carrots and cut into slices. Peel and thinly slice the onions and cloves of garlic.
- Pour the wine into the cooking pot with 40 cl of water.
- Add the carrots, onions, garlic, parsley and half of the salt. Season with pepper and bring to the boil.
- Cook for 30 minutes. Strain the court-bouillon and leave to cool.
- Dissolve the rest of the salt with the vinegar in a small pan.
- Bring to the boil and put aside.
- Arrange the trout in the pan sprinkle the boiling vinegar over them then add the cooled court-bouillon.
- Put the pan on a low heat and cook for 10 minutes.
- Drain the trout, arrange them on a dish and serve them accompanied by steamed broccoli, lemon slices and a sauceboat of melted butter with lemon.



# We want localized food products. The real ones.



## Lake Murten

Situated at the foot of Mont-Vully, surrounded by vineyards and charming villages, Lake Murten is picture postcard perfect. An ideal setting for the numerous fishermen of the region, both professional and amateur.

As often as time permits, Yves Lauper weighs anchor for Praz. Armed with several fishing rods and different hooks, this amateur fisherman scours the waves of the lake in search of his catch. "Here, we fish mostly for perch, pike and zander. These are also the best fish to eat", explains Yves Lauper. Fillet of perch meunière remains the speciality of the region and many lakeside restaurants offer this typical dish.

To be able to eat fish freshly caught from the lake really is a blessing, a fact of which Yves Lauper is conscious: "Not only is the freshness guaranteed, but also the flesh is so tender that you only need a fork to cut it. When the fish are smaller, they can simply be fried, delicious as a starter", he says with delight. For Yves Lauper, who has been fishing the lake since he was a small boy, "it's the calm and the beauty of the place that I love, the vineyards, the view of the mountains, it's magnificent".

[www.murtentourismus.ch](http://www.murtentourismus.ch)

## Fillet of perch meunière aux amandes

For 2 persons

**Preparation time:** 10 mins

**Cooking time:** 5 mins

**Ingredients:** 200 g fillet of lake perch, flour, oil for cooking, a little butter, 1 dl good white wine, 1 tsp shallot, very finely sliced, 50 g butter, a little lemon juice, salt and pepper, 4-5 tsp grilled flaked almonds, lemon slice for garnish, parsley

Make sure there are no bones in the fillets. Wipe the fillets with absorbent kitchen paper, salt and pepper lightly and flour them at the last moment, patting them well to remove the surplus flour. In a pan, heat a little oil to which a knob of butter has been added. When the fat is hot, cook the fillets, skin side first, then lower the temperature and cook on a low heat for 2 mins each side (depending on the size of your fillets, they should be very lightly browned, but no more). Do not allow them to become dry!

Remove the fillets from the pan and keep them warm (wrapped in tinfoil in an oven preheated to 100 °C). Remove the remaining fat (leaving just a little in the pan), brown the shallots gently and deglaze with the white wine. Add a squeeze of lemon juice (according to taste) and allow to reduce. When mixture is reduced to ¼, add the butter and mix well to produce a good sauce. Arrange the fillets, cover them with the butter and sprinkle with the grilled flaked almonds and a little parsley. And that's it!



Welcome in the biggest grocery store of gourmet specialities of Western Switzerland. These labels guarantee regional agri-food quality products with certified origin. For more details about our products and producers please visit: [www.paysgourmand.ch](http://www.paysgourmand.ch)





## Estavayer-le-Lac

Local gastronomy here is represented by Claude Maillard, a chef from Estavayer-le-Lac, who wonderfully blends together the various products that are typical of the region. The chef recommends to you a delicious lake fish, accompanied by Vully asparagus and a veloute of Cheyres AOC wine, an authentic culinary journey in the heart of the lakes region.

Explore the charming medieval city of Estavayer-le-Lac, where it is pleasant to stroll in its historic centre. What's more it doesn't lack water sport activities thanks to the numerous beaches situated on the shores of lake Neuchâtel.

[www.estavayer-payerne.ch](http://www.estavayer-payerne.ch)



Claude Maillard

### Fillet of palée from lake Neuchâte, Vully asparagus, capers and dried tomatoes, veloute with Cheyres white wine

For 4 persons

4 fillets of palée, dressed and cut into segments

**Garnish:** 1 kg green Vully asparagus, 2 soup spoons of capers, 8 quarters of dried tomatoes with olive oil, 1 peeled raw tomato, cleaned and diced, 100 g clarified butter, Seasoning

**Sauce:** 2 shallots, 1 knob of butter, 2 dl Cheyres white wine, Ground 4 berry pepper, 1 dl fish stock, 2 dl cream (35%)

Begin by sweating the shallots and ground pepper with the butter. Deglaze with the white wine then add the stock before reducing the mixture by  $\frac{3}{4}$  over a gentle heat. Add the cream and reduce to the desired consistency. Then pass through a fine sieve and place aside.

Just before serving, you can finish your sauce with a dash of white wine and a little cream.

Cook the asparagus in salted water, refresh them after cooking and keep the tips.

Roast the fillets with the clarified butter in a non stick pan, firstly on the side with the skin for 3 minutes and then 1 minute on the flesh side.

At the last moment, toss the asparagus, the tomatoes and the capers in a pan with a little clarified butter. Dress the plate with a little sauce at the bottom then delicately place the pieces of fish, then the rest of the garnish. Serve the rest of the sauce separately.

Accompanied by creamed Charlotte potatoes with olive oil, this dish will reveal all its flavours. Enjoy with a glass of Chasselas de Cheyres or Pinot Gris du Vully Fribourgeois.



## Fish Farming in Gruyère Region

Situated in Neirivue, in the magnificent Intyamon valley, the Gruyère fish farm brings together all the elements which are ideal for spending some enjoyable family time: an idyllic setting, premium quality trout and the opportunity to catch a fish yourself in the fish pond. Albert Bossy developed it in a natural setting to welcome lovers of angling, an activity which attracts more and more participants. All the materials required are supplied on site.

The activity doesn't require any particular skill and can easily be undertaken by beginners. Just a little patience and persistence and there you have it. The next step is to entrust these trout to one of the restaurateurs in the region who will prepare a special treat with them.

As well as whole trout and fillets of fresh or smoked trout, one can also find some smoked salmon trout there, as well as smaller quantities of arctic char.

It is worth noting that it is thanks to the quality of the spring water that fish farming has such a renowned reputation, a quality that is reflected in the firm flesh and tasty flavour of the trout.

"Floured and shallow fried, cooked in foil or paper, blue or grilled, there are a thousand ways to prepare trout" according to the fish farmer. Nevertheless, the expert offers a small tip: "Don't forget to grease the sheet of aluminium when you cook trout in foil, as it will stop the skin sticking".

[www.pisciculture-gruyere.ch](http://www.pisciculture-gruyere.ch)







# Chocolate

Smoothness par excellence, chocolate unites food lovers throughout the world. If Swiss chocolate enjoys such renown today, it is thanks to the continuous focus on quality and the creative spirit of the numerous pioneers. These values which have endured until today can be found throughout the canton, at large houses such as Cailler or Chocolat Villars as well as at the small scale artisanal producers.

## Chocolat Villars

Chocolat Villars is a trademark dear to the people of Fribourg. Founded in 1901 by Wilhelm Kaiser, the chocolate maker takes its name from the commune of Villars-sur-Glâne, where the factory was formerly established. More than a century of tradition and expertise underpin the success of this enterprise, which is also one of the last of the traditional, upmarket Swiss chocolate makers.

### A credit to the region

The Chocolat Villars assortment favours the typical products of Swiss and Fribourg gastronomy. Besides good Swiss milk, there are different kinds of chocolate bars or sweets to be discovered, with bricelets\*, "vin cuit", biscôme or the delicious double cream of Gruyère, too.

The size of the factory, which has kept within sensible proportions, not only allows a traditional philosophy to prevail, but also a rapid response to be made when it comes to innovation, one of the major assets of the factory since its beginnings. Mr Kaiser was, in fact, the creator of the first liqueur chocolate bar. Today, novelty remains a priority and delicious inventions regularly emerge from the maker. The first chocolate with coffee crisp, for example, or the first drinking chocolate with Gruyère milk.

In the factory shop, you can enjoy the authentic surroundings of Chocolat Villars, whilst enjoying a coffee.

\* A waffle-type biscuit

[www.chocolat-villars.ch](http://www.chocolat-villars.ch)  
[www.fribourgtourism.ch](http://www.fribourgtourism.ch)







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## At the heart of chocolate

Enter the amazing world of Maison Cailler at Broc. "Once upon a time", the fabulous attraction within, is an invitation to take a voyage in time and space involving all the senses. The atmosphere is very special from the start. Visitors follow a "time corridor", a gallery decorated with posters from the past and the present and with portraits of the great pioneers of the chocolate factory.

To the sound of constant music, visitors surge into the lift to take the plunge that awaits them. Nine rooms, each more surprising than the one before, describe the turbulent History of chocolate, from Aztec temples to the pastures of Gruyère by way of the French Revolution. Striking sound

and light effects keep the visitor spellbound, enlivening the narrator's account that guides the traveller through time. The great names of the History of chocolate are conjured up, beginning with François-Louis Cailler, the founder of the brand, but also Peter, Kohler or Nestlé, all pioneers who made milk chocolate a Swiss speciality. The expansion of the factory, the development of the assortment over the decades bring the spectator back to the present, or indeed, the future. The "Chocolate Center of Excellence" is introduced, an area that brings together the greatest experts in chocolate. Expertise, research and development, these are the creations of tomorrow that emerge within this centre.



In the large hall dedicated to production, you can discover what goes into the making of Cailler chocolate, from raw materials to the finished product: the sacks of beans, hazelnuts and almonds make you want to plunge your hand in. There are also milk churns, each marked with a name, which are the link with the region's producers and the origin of the smoothness of milk chocolate Cailler. 56 farmers contribute towards making Gruyère the essence of Cailler. Finally, you can watch the famous Cailler branche\* actually being made and have a taste. Equally, various implements allow you to discover the different facets of production in an interactive and playful way. The cherry on the cake, a tasting of a dozen kinds of confectionery delights the finest palate.

The chocolate Workshop enables all to reveal their artistic talents. Reservations may be made at [www.cailler.ch](http://www.cailler.ch). A choice of several workshops offers the opportunity to prepare and take away your own creations, in a professional environment. Details of the programme may be found on the website.

The Maison Cailler in Broc, also means:

- At the heart of La Gruyère, a passion for chocolate since 1898.
- A factory that annually produces between 16 and 18 million kilograms of chocolate, nearly 60% of which is destined for export.
- 11 million litres of milk.
- 5 million kilograms of cocoa beans.
- A profound attachment to the region of La Gruyère. Besides the collaboration with the farmers of the region, the exhibition showcases the pastoral landscapes of the Fribourg alpine pastures.

\* A narrow bar of chocolate

## The Chocolate Train

Welcome aboard the Chocolate Train which takes you to the region of La Gruyère and its delights. As well as the Gruyères Castle, this excursion enables you to visit two attractions in the region that cannot be overlooked, the demonstration cheese dairy and the Cailler chocolate factory. An exciting and varied activity.

[www.mob.ch](http://www.mob.ch)

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## Chocolate workshop



It was in the heart of the old town of Fribourg, a quarter renowned for its wealth of crafts of yesteryear, that John Lehmann decided to set up his chocolate workshop. As soon as you enter, you are lulled in the embrace of the chocolatey aromas. With its colours and decorations, his workshop is dedicated to creativity and conviviality.

An accomplished pastry-cook and confectioner, John Lehmann opened his shop "for his own pleasure". Together with Romain Leeman, his brilliant assistant, he works with top quality ingredients, creating ever more tempting recipes.

The assortment claims to be classic, but it is difficult to choose between the chocolate almonds, the different truffles and other filled amarettis. Does he have a favourite? "The rich chocolate cake... although everything on offer is a favourite", replies John Lehmann. The explosion of chocolate contrasts perfectly with the fondant texture, making this cake absolutely delicious.

There are chocolate sweets, too, available in many forms: Tisane, spices, or fruit shapes, there is something for all tastes. Chocolate, naturally, and there are many specialities evoking exotic flavours, but there are also products

that are typically regional, such as the delicious fruit cream, "pear-based vin cuit".

A house speciality is the practical workshop sessions, which are as much for adults as children. You can make sweets and take your creation away with you. There are also tasting workshops around bewitching themes such as the history of chocolate or the five senses. Epicureans take note!

What does chocolate go with best? "With good mood", replies our confectioner, quite simply.

[www.patisserie.ch](http://www.patisserie.ch)

# e-terroir.ch

## THE COUNTRYSIDE AT YOUR DOOR

### IN SEARCH OF AUTHENTICITY?







# Markets

Discover the world of delightfully bustling markets in Fribourg and Bulle. You will appreciate the ambiance as much as the tasty products from FRIBOURG REGION. Then en route for the Seeland, which is the real kitchen garden of the country, passing by a cider house and a press on the way. Finally, head for an artisanal brewery in order to sample its delicious beverages.

## The Markets

If it remains a place apart, a location or a spot which appears to be spared from the stress of daily life, it is the market. Here, one takes one's time. To go shopping is above all to stroll and make the most of a place and to meet and to share. There, one can exchange smiles, as well as points of view, or some recipes.

As the seasons go by, the market stalls are coloured in a 1001 ways. At the market, everything can be eaten or almost. Touch, feel, taste, bargain or ask for advice. The traders are great experts on their products and will be pleased to guide you, or indeed inspire you.

The special atmosphere of the market also lies in the close proximity between the customers and the traders. For example, for this vegetable seller, "people ask lots of questions, especially about the origin of the products. They want to find a certain traceability, a story on their plate. From our side, one is also very attentive, for example, I have added some rocket to my range, a product which is frequently requested."

### In Fribourg

Three markets take place each week in the town. The Saturday morning market, in particular is held in the magnificent square of the town hall, in the historic quarter of Bourg. Around 70 traders set up there and are mainly local producers. Caravans alternate

with different sizes of stands which stretch as far as the main street, another jewel in the historic heritage of the town. "Thanks to the market, the main street has regained its status of yesteryear. A bustling thoroughfare where the inhabitants enjoy meeting each other", says a neighbour.

Two other markets take place in the town on Wednesday morning. Rediscover the magic of the market stalls on the Place Georges-Python, or perhaps in the charming market on Rue du Simplon.

### In Bulle

Each Thursday up to 150 traders set up in the market square, between the Château and Church of St-Pierre-aux-Liens. Various artisans from the region share the square with the potters or the second hand book-sellers in a merry cacophony. In the summer, the traditional country market invites you to the square, multiplying the number of sellers by two. The excitement takes over the centre of the town. The numerous visitors, who come to stroll between the stands which are very diverse as well as colourful, do so to the sounds of the musical entertainment. Good atmosphere guaranteed.

[www.fribourgregion.ch/markets](http://www.fribourgregion.ch/markets)

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[www.fribourgregion.ch/topoffers](http://www.fribourgregion.ch/topoffers)



## The Vulcain Cider Farm

Here is another way to capture the flavours of fruit.

In Le Mouret, Jacques Perritaz keeps the traditional cider farm, Le Vulcain. A biologist by training, it was his passion for œnology that drove the craftsman to produce his own cider. The aim of the cider farm is clear: to capture the intensity of the flavour of the fruit and promote the diversity of produce from Fribourg in a beverage that is both delicious and refreshing.



He lays in supplies of apples, pears and quinces from the orchards of the region, which are managed organically. Ancient varieties, often unknown by the public at large, are found here, such as pomme raisin, midolette or pomme de Fer. "I'd really like to bring these rather neglected varieties back into fashion, make them better known", states the expert.

The cider is available in several vintages, bearing the delightful names of "Premiers Émois \*" or "Trois Pépins \*\*". A typical vintage, but also the favourite of Jacques Perritaz, is "Transparente": eloquent and intense, this cider works very well as an apéritif.

A piece of advice from the expert: in making fondue, cider can replace the white wine admirably, giving a lighter mixture.

\* "First Emotions"  
\*\* "Three Pips"

[www.cidrelevulcain.ch](http://www.cidrelevulcain.ch)

## The Belmont Cider Press

In Montagny-la-Ville, in La Broye, you can bring your own fruit from the orchard to the cider press to obtain a delicious drink from them. Apple, pear or quince juice hold no mysteries for André Pauchard, who is in charge of the Belmont cider press.

Says the expert, who sees to the quality of the raw materials: "We recommend picking directly from the tree, which avoid deterioration in the fruit. For apple juice, for example, there is no variety that lends

itself better than another. We advise mixing different kinds, to give an interesting balance between acidity and sweetness, for one thing."

The Belmont cider press and the neighbouring orchards both receive numerous visitors. "Both schools and simply private individuals come to watch the transformation", concludes André Pauchard.

[www.belmont-fruits.ch](http://www.belmont-fruits.ch)

## The Seeland

The Seeland is a vast plain situated in the Three Lakes Region, part of which is located in the north of the Fribourg countryside. Specialising in market gardening due to its fertile soil and agreeable climate, it has been nicknamed, "The kitchen garden of Switzerland." A market garden trail makes it possible to walk or cycle in the middle of the fields, between the hedges and the canals. More than 60 varieties of vegetables are cultivated in this magnificent region, such as rhubarb and asparagus, two foodstuffs which typify the coming of spring.

### Rhubarb

The cultivation of this plant, classed as a vegetable by botanists, is a speciality that cannot be ignored by the farmers of the Seeland. There are six or seven varieties, including that from the Vully.

The crop can be harvested twice, the first at the beginning of April and the second from the month of May to mid June. It is carried out entirely by hand, "Rhubarb from the first harvest is often less acidic and less stringy. As for the colour, it has absolutely nothing to do with the taste. People think that the redder the rhubarb, the less acid it is. This is false!" explains Alexandre Javet.

Traditionally eaten in a tart or stewed, rhubarb can also be really enjoyed with savoury dishes. The favourite of Alexandre Javet? "Tiramisu with rhubarb: the balance between the mascarpone and the acidity of the rhubarb is a real success!"

### Asparagus

Although several varieties exist, it is the white asparagus which is primarily cultivated in the Seeland. It grows completely under the soil, which gives it its subtle or delicate taste. If you follow the market garden trail, you will automatically reach the fields of Beat Notz, the farmer at Kerzers.

"White asparagus is a speciality of the village. Plenty of visitors from Neuchâtel

or Berne come here to taste our asparagus." The trick to really enjoying the flavour of asparagus? "Ideally, it should be harvested in the morning and eaten in the evening. The cooking is also very important: 12 minutes in boiling water, before being removed from the heat. They should then be left, still in the water for around 10 minutes. When they no longer float, they are ready." To be enjoyed with a hollandaise sauce.





## Real ale

The number of artisanal breweries is blossoming steadily throughout the region. Among them, the Samaritan brewery in the historic old town of Fribourg (known as the Basse-Ville), is where Alain Morand receives us. "The Dzodzet", the "Bolze beer" or the "Barbeblanche" are some of the evocative, mouth watering names of the beers.

## King of improvised solutions

It all began in 1993, when a group of friends decided to create a special place to meet, a place such as would be found nowhere else. And whilst they were at it, why not have their own beer on offer? If the idea of a "secret bar" did not last long, that of brewing their own beer took root, evolving by degrees into the brasserie we know today, whose popularity has grown by leaps and bounds. "My colleague began to brew beer in pans at home. After more than 50 attempts, our first recipe was born, the 'Old Cat', a highly fermented black beer", remembers the brewer.

The enthusiasts were quickly overtaken by demand and in 1998 progressed from pans to a 100 litre installation, entirely fabricated out of recycled materials. "We were students, we had no money at that time..." smiles Alain Morand. Once again, the two brewers, who had learned their craft on the



job, became victims of their own success. These days, there is a 1500 litre vat, installed on another site, which ensures continued production of La Samaritaine's beer.

At La Samaritaine brasserie, the original vat is still to be found, which allows the budding brewers to retain a certain creative flexibility. The place aims to be welcoming and offers demonstrations or tastings every Saturday.

## Favourites

"My favourites are 'Old Cat' and 'La Fleur de Sureau'. The latter requires

a lot of effort in the making, but I am very attached to it. This original creation offers the advantage of being appreciated too by people who are not beer lovers, as the elderberry flavour cuts through the bitterness. The wild elderberry comes from Mont Gibloux and we gather it ourselves. As it can only be gathered during one month of the year, we can only offer this beer for a few months, from May to September", concludes Alain Morand.

[www.evasion.ch/celine/brasserie.html](http://www.evasion.ch/celine/brasserie.html)

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[www.gouts-et-terroirs.ch](http://www.gouts-et-terroirs.ch)

\* Refer to the web site for the dates of the events to follow.





## And finally...

### The "Salon Suisse des Goûts et Terroirs" Convinced ?

To have an idea of the regional gastronomy not only from the FRIBOURG REGION, but also the whole of Switzerland, there is nothing like the "Salon Suisse des Goûts et Terroirs".

Each autumn, this national event always enjoys greater success. Some hundreds of exhibitors, with new arrivals every year, as well as the tens of thousands of visitors make this the must-visit gathering of the season.

Come and discover the regional jewels of our country, the entertainment, the competitions and the numerous tastings, all in a gastronomic and convivial atmosphere.

[www.gouts-et-terroirs.ch](http://www.gouts-et-terroirs.ch)



Leave it to us to tempt you with a gastronomic visit to the FRIBOURG REGION. The various types of accommodation like those for eating are numerous and are able to seduce visitors from every point of view. Spend the night by a lake or

in the mountains, on straw, in the trees or in the height of luxury in a chalet. Thanks to these many possibilities, FRIBOURG REGION is able to offer you the choice of an "à la carte" stay.

Thanks to the label "specialités fribourgeoises" let yourself be guided to the four corners of the canton. Just like an illuminated path, the acronym of Flora the friendly cow will identify the approved restaurants and alpine refreshment stops. Look on the site for the list of these establishments as well as the list of all the local specialities from the region.

[www.fribourgregion.ch](http://www.fribourgregion.ch)  
[www.terroir-fribourg.ch](http://www.terroir-fribourg.ch)

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