



CULINARY DELIGHTS

BENICHON, THE NON PLUS ULTRA MENU

It is not easy to avoid the tempting culinary specialities in this area. They are intertwined with the rural traditions that still exist today. The citizens of Fribourg attach great importance to serving their regional products in a manner that enhances their aesthetic appeal. The undisputed crowning glory is the large Bénichon or Kilbi meal, which gives thanks for the harvest and celebrates the reunion with the family after the Alpine season. Apart from small variations, the traditional sequence of dishes has not changed since 1852:

Cuchaule AOP (saffron brioche), Bénichon mustard; butter bouillon, boiled beef; lamb ragout with raisins, mashed potatoes, poire à Botzi AOP; smoked farmer's ham, saucisson, cabbage, beans, leg of lamb, mashed potatoes, beetroot salad; cream in a wooden vessel and meringues, fruit, small cakes, puff pastry tarts, biscuits with sugar crystals, pretzels and anise biscuits. The wholesome Bénichon family meal can be tried in numerous restaurants from August onwards. www.fribourgregion.ch

SPECIALITIES TO DIE FOR



Fondue "moitié-moitié". The winning recipe for four persons is as follows: Rub the fondue pot with a clove of garlic. Mix 400 g of grated Gruyère AOP and Vacherin fribourgeois AOP (insiders swear by a mixture of mature cheese and mild cheese), 1 teaspoon cornflour and 3 dl white wine. Slowly bring to the boil whilst stirring continuously. Continue stirring gently until the cheese is silky smooth. Season to taste with a touch of pepper and serve immediately with bread. Bon appétit!



Chocolate. There are two iconic addresses for gourmets. The chocolate factory Maison Cailler in Broc, the most frequented tourist attraction in Western Switzerland. And in Fribourg, it is tempting to stop at Chocolat Villars for a sweet treat.

THE KING OF FONDUE



Raoul Colliard is internationally renowned as an authority on fondue. The place of pilgrimage for cheese lovers is his easily accessible alpine tavern La Saletta, above Les Paccots, at 1,499 m above sea level. He has amassed innumerable tales since spending the busy Alpine summers up here as a child. Raoul likes to present them to his guests together with the regional specialities. Fortunately only delight stays, they have zero calories!

BÉNICHON MENU



Once a year the entire canton of Fribourg celebrates Bénichon, the harvest thanksgiving festival that also celebrates the homecoming after the Alpine season. In 2019, the Bénichon or Kilbi Festival in the Fribourg Region will take place in Ecuwillens. This is when everyone comes home, when town and country, locals and visitors come together. Living traditions reinterpreted, the eight-course Bénichon menu remains unchanged!

FONDUE TRAIN



Travel through La Gruyère in the historic fondue train, with a delicious cheese fondue „moitié-moitié” in front of you and then the legendary meringues with double cream. Amazing! www.tpf.ch

A DAY ON THE ALPINE PASTURES



Gruyère AOP and Vacherin Fribourgeois AOP never taste better than in their place of origin. A day on the Alpine pastures – and the taste of cheese will conjure up the most pleasant lifelong memories. In an Alpine hut above Charmey, visitors can participate in the working day of an Alpine farming family, from milking the cows and making cheese in the traditional manner, to tasting.

FRESH FISH

Instead of the hash browns divide between French-speaking and German-speaking Switzerland, there is a fish divide. The inhabitants of Western Switzerland love fish, and in this sense Fribourg is perfectly aligned with French-speaking Switzerland. Lake Murten and Lake Neuchâtel are home to 20 species of fish, including the wels and delicious edible fish such as European perch, zander, whitefish and brown trout. Some professional fishermen take guests on the boat with them, for example Claude and

Cyrille Delley on Lake Neuchâtel and Pierre Schaer on Lake Murten. Lake fish are very popular. For example, the restaurants Du Port or Le Rive Sud in Estavayer-le-Lac, the Bel-Air in Praz, the Du Port in Môtier, as well as the Eintracht restaurant in Murten and gourmet restaurants in Fribourg, offer excellent fish dishes. Children in particular believe that the fish they catch themselves taste best. Petri Heil provides the fish from her trout farm in the Gotteron Gorge, and the Buvette right next door takes charge of preparing it. Bon appétit!

WINE GROWER



Oenologist Marylène Bovard-Chervet is a 5th generation manager of the wines from the family-run estate Château de Praz in Vully. Expertly tended by her husband Louis Bovard, the well-protected grapes thrive on the sunny slope between Lake Murten and Mont Vully, with its fantastic views. Their joint aim is to produce top-quality, single varietal wines with a typical vintage character. Tastings on Fridays and Saturdays by appointment.

EVENTS



Visitors will realise on *21/22 September 2019* that Vully, the smallest wine-growing region in Switzerland, knows how to celebrate its Grape Harvest Festival in style. The festival takes place in the old centre of the village of Praz, which is served by shuttle buses, scheduled boats from Murten and the loveliest hiking and cycle paths. Fans of craft beers can visit the Handcraft Beer Festival: its foamy head will settle in the capital Fribourg on *30/31 August 2019*.

BREWER



There are small breweries in the Fribourg Region that specialise in craft brewing. They open their doors for tastings, guided tours and brewing courses.

BEER TOUR THROUGH FRIBOURG



Janique Pastore expresses her passion for the historic and cultural heritage of Fribourg in her themed tours of the town. She leads the "History of Beer" tour into hidden corners of the 18th century, from the legendary era of the Cardinal Brewery to contemporary microbreweries. The journey of discovery naturally also includes tasting a few beers. www.dzin.ch

ENJOY VULLY WINES LOCALLY

With 152 hectares of vineyards, Vully on Lake Murten is the smallest of the large Swiss wine-growing regions. Chasselas (41%) and Pinot noir (28%), in addition to Gamaret, Merlot, Pinot gris and Chardonnay as well as Freiburger (Freisamer) and Traminer (Gewürztraminer) are grown. The wineries have enacted the "Vully Charter" to enhance the status of these two specialities. The wines are best

enjoyed in Vully: at least one wine cellar is open every Sunday *from April to October*, and all of them over the Whitsun weekend. Gourmets can set off on a "Balade gourmande" on *21 July* and on the "Route gourmande du Vully" on *29 June*. Visitors can enjoy walking on the vineyard path between Sugiez and Môtier all year round.

www.levully.ch

CHOCOLATE MAKER



She has the choccy job that other people can only dream about. Géraldine Maras is a prize-winning chocolate maker in the Maison Cailler, the Swiss Chocolate Factory in Broc. And this temple of sweet treats offers a workshop in which visitors produce wonderful treats themselves. Géraldine gives her tips for joyous creations made from chocolate and secret ingredients to chocolate lovers from all over the world to take home with them.

BAKING WORKSHOP



The legendary Bénichon meal starts with cuchaule AOP and Bénichon mustard. Gérald Saudan, from the eponymous bakery, informs participants in a workshop lasting about one hour about the styles and recipes for the sweet and tangy Bénichon mustard and the aromatic buttery saffron brioche. A wonderful happy hour with friends and an opportunity to become better acquainted with the traditional Fribourg cuisine. www.dzin.ch

THE DESSERT



Meringues with Gruyère double cream: One is light, sugary and fragile, the other is soft and creamy and melts in your mouth.

MUSTARD COMPETITION



Bénichon mustard may be best described as a sweet and tangy spicy preserve. The recipe requires concentrated pear juice (vin cuit), mustard flour, sugar and spices such as anise, cinnamon and cloves, as well as a pinch... But psst, that is a secret. A major competition takes place in Estavayer-le-Lac at the end of August, to award the title of "best Bénichon mustard in the canton of Fribourg".

LEGENDARY CAKES FROM LAKE MURTEN

Mixing up Nidelkuchen and Vully Tart is a sure recipe for disaster. Nidel means cream. The Abersold bakery has been producing the Murtner Nidelkuchen for three generations. They know exactly how to place five different layers of cream on the yeast dough to ensure that this unique creamy treat that tastes of caramel is a success. The Vully Tart has a

larger lobby, namely the wine growers in Vully. They consider the tarts to be an ideal accompaniment to wine. They serve the freshly baked tarts with an aperitif, as a savoury snack, with bacon or almonds or in the original version... and with caramelised sugar in the handmade "love wells". Visitors can buy Vully Tart at the Guillaume bakery in Sugiez and other places.

GOURMET RESTAURANTS



Gourmets read the Gault Millaut restaurant guide like a Bible. In the canton of Fribourg visitors can brandish a wooden spoon in the restaurant Des Trois Tours in Fribourg-Bourguillon managed by Alain Bächler with 18 G&M points, while La Pinte des Mossettes in Cerniat, Au Sauvage and the Hôtel de Ville in Fribourg each have 16 G&M points, as does the Käserei in Murten now. In Fribourg, trendsetters also frequent the Café de la Fonderie and Le Cintra.

BÉNICHON RESTAURANTS



Visitors are likely to be able to order the Bénéichon meal in the restaurant between August and November. The meal, which was originally served in a family setting, is available in the Café du Gothard in Fribourg or in the Hôtel de Ville in Bulle, for example. Farming families occasionally convert their farms into temporary taverns. A good address is the Ferme des Planchettes run by Marie-Jeanne Brönnimann in Onnens near Fribourg. A reservation is essential!

INSIDER TIP



La Pinte des Mossettes in Cerniat: even if the monks in the nearby Carthusian monastery remain silent, the herbal magic of chef Romain Paillereau will soon be on everyone's lips.

HERB FESTIVAL



La Gruyère is a veritable treasure trove of herbs. This is why a festival is dedicated to the medicinal, subtly scented and palatable plants. A market brings together artisans and many local suppliers of herbal products. There are talks, botanical walks and workshops. Vuadens near Bulle, 1/2 June 2019.

FONDUE ANYTIME AND ANYWHERE

Fondue is a sizzling love affair and can be enjoyed anytime and anywhere. Also in the beach bar "La Dérive", by the cable ski in Estavayer-le-Lac. In Murten, the ultimate address is called "Freiburger Falle". The sunset fondue on the summit of the Moléson or in the Alpine tavern "Le Vuipay" in Les Paccots is the ultimate culinary pleasure. In Cerniat, the Gros Chaumiaux Alpine cheese-dairy attracts visitors, and in Schwarzsee Raemy's goat farm offers a fondue made from goat's cheese. Fondue is served during a horse-drawn carriage ride or a round trip on Lake Murten. In Fribourg, the Café de l'Ange serves a fondue pot divided into three sections. The Café du Gothard, steeped in tradition, is also a sure bet.

CONTACT

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