

The Bénichon Menu

It's a privileged moment in the festive calendar of Fribourg, the Benichon is nicely done mix between festivity and taste. It's also an incredible choice of local products, a come back to the nature and to a family or friend's meal togetherness.

Etymologically, the Benichon is the „blessing“. This event has been celebrated since the 15th century during the parish fair and anniversary celebrations honouring the patron of the church. At the mercy of the patron saints, hardly no Sundays without Benichon.

Three days of festivity, with some rhythmic beaks on the dance's bridges and also some big swings, which are awesome memories of this wonderful celebrating.

- Cuchaule and sweet sour Benichon's mustard from Fribourg
- Cabbage-soup or broth and boiled beef
- Borne's ham, smoked bacon and sausages, cabbage, carrots and boiled potatoes
- Lamb leg or lamb stew with grape, Poire à Botzi AOP (caramelized pear), mashed potatoes and green beans
- Gruyère AOP and Vacherin fribourgeois AOP
- Meringue and double cream
- Bricelets, anise's biscuits, cuquettes (flaky pastry), croquets and fritters

The Benichon's menu has evolved over time. It also varies depending the area and tastes of the dinner guests. It can be partly or entirely tasted.

For more informations, please visit fribourgregion.ch or contact us.

