

Zeitschrift: Swiss review : the magazine for the Swiss abroad
Herausgeber: Organisation of the Swiss Abroad
Band: 24 (1997)
Heft: 1

Inhaltsverzeichnis

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Cover:

Cervelats with bread, and a local wine to go with it – this too is a typical Swiss meal. Hardly any other cuisine is as diverse as the Swiss.
(Photo: Max Baumann)

IMPRESSUM

Swiss Review, the magazine for the Swiss Abroad, is in its 24th year of issue and is published in German, French, Italian, English and Spanish in more than 20 regional editions. It has a total circulation of over 320,000. Regional news appears four times a year.

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Publisher, Editorial Office, Advertising: Secretariat for the Swiss Abroad, Alpenstrasse 26, CH-3000 Berne 16; Tel: 41 31 351 6100, Fax: 41 31 351 61 50, Postal Cheque Account (Swiss National Giro): 30-6768-9. Printed by: Buri Druck AG, CH-3084 Wabern.

Internet: <http://www.revue.ch>

No. 1/97 (14.02.1997)

At Christmas my grandmother always roasted a rabbit. Every year my grandfather had to decide whether it was a success or not. In order to judge, he took the best bit. He knew all about rabbits because he bred them behind the house.

On ordinary days, he liked best eating pig's face and pig's tail. My grandfather was a farmer's son, and so he was used to the simple old food from a typical Swiss kitchen.

We too were thinking of hacktätschli (hamburgers), älp-lermagronen (noodles with cheese), hörnli (round pasta) with apple sauce, rösti, sauerkraut and boletus mushrooms, all typical of the homeland, when we worked out the contents of this issue of Swiss Review. It is about eating and drinking in Switzerland, and this in the full knowledge that every canton – yes, and even every village – has its own specialities. This means that we cannot claim to be exhaustive, just as we are avoiding exotic extravagance. But nor do the recipes which we are presenting to you contain much in the way of artificial seasonings, flavourings and stabilisers. We are presenting to you good natural food, and the right wines to go with it.

The four cooks who are our guests are experienced chefs. But we did not select them or their dishes by consulting the Guide Michelin. We followed our noses, even though – and this cannot be gainsaid – everyone has their own taste.

It is also true that if you want to see into the soul of a people, you must watch them at table. For eating and drinking are part of our culture. Anyone who wants to cook like a Swiss must pretend they are like us. And the same rule goes for the Swiss whenever they try out Asian, Italian, French, Greek or Turkish dishes.

Caraway, coriander, cinnamon, nutmeg, pepper, vanilla, saffron. Looking in my spice box, I find something wonderful. Half the world is eating with me. So is there, in fact, uniquely Swiss cuisine?

Just read on. And trust in your taste buds and your nose. They will surely transport you to us here in Switzerland. We invite you to explore eating and drinking as an adventure. We clink glasses, say 'Cheers' and 'En Guete'!



Alice Baumann

Alice Baumann