

**Zeitschrift:** Helvetia : magazine of the Swiss Society of New Zealand  
**Herausgeber:** Swiss Society of New Zealand  
**Band:** 12 (1947)  
**Heft:** 3

**Artikel:** "Fondue"  
**Autor:** [s.n.]  
**DOI:** <https://doi.org/10.5169/seals-942969>

#### **Nutzungsbedingungen**

Die ETH-Bibliothek ist die Anbieterin der digitalisierten Zeitschriften auf E-Periodica. Sie besitzt keine Urheberrechte an den Zeitschriften und ist nicht verantwortlich für deren Inhalte. Die Rechte liegen in der Regel bei den Herausgebern beziehungsweise den externen Rechteinhabern. Das Veröffentlichen von Bildern in Print- und Online-Publikationen sowie auf Social Media-Kanälen oder Webseiten ist nur mit vorheriger Genehmigung der Rechteinhaber erlaubt. [Mehr erfahren](#)

#### **Conditions d'utilisation**

L'ETH Library est le fournisseur des revues numérisées. Elle ne détient aucun droit d'auteur sur les revues et n'est pas responsable de leur contenu. En règle générale, les droits sont détenus par les éditeurs ou les détenteurs de droits externes. La reproduction d'images dans des publications imprimées ou en ligne ainsi que sur des canaux de médias sociaux ou des sites web n'est autorisée qu'avec l'accord préalable des détenteurs des droits. [En savoir plus](#)

#### **Terms of use**

The ETH Library is the provider of the digitised journals. It does not own any copyrights to the journals and is not responsible for their content. The rights usually lie with the publishers or the external rights holders. Publishing images in print and online publications, as well as on social media channels or websites, is only permitted with the prior consent of the rights holders. [Find out more](#)

**Download PDF:** 17.01.2026

**ETH-Bibliothek Zürich, E-Periodica, <https://www.e-periodica.ch>**

1947  
AN INTERNATIONAL COMPETITION FOR MUSICAL  
PERFORMERS IN GENEVA

After the great success of the 2nd International Competition of Musical Performers in Geneva, in which have participated 354 candidates belonging to 33 countries, the Organizing Committee has decided to carry out another International Competition in 1947. This is to take place from September 22nd to October 5th and will comprise the following categories:-

Singing, Piano, Violin, Clarinet and Trumpet.

Young artists, between 15 and 30 years, from all countries may compete. Money prizes amounting to 10,500 Swiss francs are foreseen. Enquiries are given already now by the Secretariat of the International Competition for Musical Performers in the Conservatory of Music, Geneva, Switzerland.

The prospecti containing the rules and programmes of the International Competition for Musical Performers are ready and shall be sent gratuitously on request by the Secretariat of the Competition, at the Music Conservatory, Geneva, Switzerland. The list of the jury is formed by eminent foreign and Swiss musicians. Applications shall be accepted not later than 1st August, 1947.

• • • • •  
IN PRAISE OF SWITZERLAND.

As reported by the Associated Press, at a press conference, Mr. Hoover, who is now Chairman of the U. S. Commission on Food for Europe, praised Switzerland's food distribution system and care of the war-victimized children. Said he:-

"Never has so little a nation done so much for humanity in all history.

Switzerland has performed a gigantic task in most able fashion, not only caring for children, but also in caring for the great mass of refugees and soldiers who were prisoners of war."

• • • • •  
"FONDUE"

"Fondue originated in Switzerland. It is simply scrambled eggs and cheese combined in certain proportions which time and experience have disclosed."

This is a quotation from the great Brillat-Savarin's *Physiologie du gout*. And he goes on to give the recipe found in the papers of Mr. Trolliet, Bailiff of Mondon in the Canton of Berne.

In actual fact, the real name of the little town of Mondon is Moudon; it is situated in the Canton of Vaud, and fondue is not made with eggs. The remainder of the statement is correct!

To prepare a fondue you need a "caquelon" which is a shallow, glazed earthenware pot with a handle. Rub the inside thoroughly with a clove of garlic and place therein seven ounces of good-quality cheese for each guest. For lusty appetites eight or nine ounces might not be too much. The cheese must first be diced, not grated. Needless to say, it is of the utmost importance to choose the right kind of cheese, and this involves a knowledge only acquired through experience. What you need is a good rich Gruyere or a Jura, and you can add a quarter of Emmenthal to make it less strong if any of your guests are squeamish.

For each ration of seven ounces, add a small Bordeaux glass of white wine. What kind of wine? . . . That is another delicate point, for this connubium of wine and cheese is a matter which involves touchy local patriotism. The natives of Neuchatel will tell you that nothing could place their wine; but at Geneva and in the Canton of Vaud you will hear the same story. All I can say is that the wine must be dry and genuine, and have a somewhat persistent bouquet.

For each ration of seven ounces you must also take as much white flour as will cover the tip of a knife and stir it thoroughly into a liqueur-glass of kirsch. Also a tiny pinch of bicarbonate of soda.

Heat the pot over a moderate flame and start heating the mixture at once. Do not stir with a circular motion, for this would result in a horrid, indigestible, rubbery ball; and what we want is a rich smooth cream. Beat diagonally with a wooden fork to make all the particles amalgamate perfectly. Beat without stopping, and remove the pot from the fire when the molten mixture starts to bubble. Pour in the kirsch with one hand, while still beating with the other; then mix in the pinch of bicarbonate to make your fondue lighter.

The phase of operations just described can be carried out in the kitchen, on the gas range. At this point your work is done. All that remains is to sprinkle the surface of the fondue generously with pepper and place this gastronomic masterpiece on the table, a small table with an adjustable spirit dishwarmer in the centre. The table may be laid for two or three; four is the perfect number. For six persons it is better to make two fondues. In front of each one there is a plate with a sufficient ration of bread broken into small pieces - not cut, for the pieces would not be so absorbent. Grasp your fork in your right hand and spear a bit of bread; dip it in the smoking-hot cream and move it around until it is covered with a thick coating; then convey it religiously to your lips. What a succulent morsel!

Each guest dips in turn. No other dish in the world is more sociable, one might even say fraternal. One should partake of it among pals. It would not be right to prevent the ladies from enjoying it, but the fondue does not inspire gallantry. Nor does it require you to get all dressed up; a dinner jacket would be absurd, and you can even address it in your shirt-sleeves.

Fondue is a meal in itself. It may be followed by a slice of ham or sausage, an apple and a cup of good, hot coffee. Real connoisseurs and strict traditionalists do not drink wine with fondue, for they know that this might give them indigestion; they rightly advocate a glass of kirsch at half time. But they are not averse to drinking before - to get an appetite - and after - to slake their thirst - and also for the pleasure of drinking each other's health according to the local custom.

It is incredible that there are tourists who visit Western Switzerland and leave without tasting fondue. They would even go to Athens and not see the Parthenon!

\* \* \* \* \*

The Fundamental Principles and Forms of Representation  
of the People of the Swiss Confederation and the Swiss Cantons.

CONFEDERATION AND CANTONS.

The Swiss Confederation is a democratic Republic, composed of 22 sovereign States or Cantons, which are not mere provinces of a Central State. In view of this sovereignty of the Cantons, which is maintained beside the sovereignty of the Confederation, Switzerland is a union of federated States.

Thus there is a double sovereignty in Switzerland, a federal one and a cantonal one. Under these circumstances it naturally became necessary, to determine as precisely as possible the objects, upon which each of the two sovereignties can legitimately exercise its authority, i.e. to define the competences of the Confederation on one hand, and those of the cantonal Governments on the other hand. The entire Home Policy of Switzerland is dominated by the necessity of protecting or defending both of these sovereign authorities, in order to avoid any prejudice to the federal form of the State.

In a State, which ethnographically is so little homogeneous as Switzerland, political concord can only be based upon a highly developed cantonal autonomy, which alone is able to mitigate inevitable divergencies of public opinion.