

**Zeitschrift:** Helvetia : magazine of the Swiss Society of New Zealand  
**Herausgeber:** Swiss Society of New Zealand  
**Band:** 72 (2006)  
**Heft:** [5]

**Rubrik:** This and that corner

#### **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:** 24.01.2026

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

# This and That Corner



The Village of Gruyère

## Canton Fribourg / Freiburg

The history of Canton Freiburg is not so simple. They speak two languages - French and German - with very strong dialects; two denominations - catholics and protestants. The rivers flow into two basins. This canton is not flat, yet it has no high mountains.

Communications were very limited in the olden days as Canton Freiburg has no pass to the South, North, East or West. In the last centry the rail between Bern - Lausanne - Geneva was built through the canton.

Herdsmen, Alphorns, a bucket of cream, the Mountain Moleson in the background, and a castle ... this is the lovely village of Gruyère.

### The Gruyère Region

(source : Insight Guides Switzerland)

To the south of Fribourg is the Valley of Gruyère, through which the River Sarine flows. The valley is a microcosm of Switzerland: a plateau surrounded by mountain peaks, and right in the middle, in a commanding position, a small town with a chateau, whose lords have ruled the region for centuries. The whole Gruyère region is steeped in history.

Every year over a million people visit the small town of Gruyère and its chateau, some 30km from Fribourg. Just outside the town is the Fromagerie (Cheese Dairy), so clean that it looks more like a laboratory than the popular image of a rural dairy. The town has only one street, so can be walked through quickly. The chateau, no longer in private hands, has been turned into a major tourist attraction complete with restaurants and souvenir shops. The corridors once walked by counts and their ladies are now packed with tourists from as far away as San Francisco and Tokyo.

As in German-speaking Switzerland, a rich cow-herding culture has developed in the alpine foothills. Folk artists immortalised the Poya in colourful paintings, which decorated crossbeams and barn doors: many depict the cows, along with a horse piled high with luggage, a pig and several goats, zigzagging their way up the mountainside, accompanied by herdsmen with rucksacks and walking-sticks on their way to the alpine hut. A

fascinating collection of this farm art, so typical of the Gruyère region, can be found in the Musée Gruerien, in Bulle, a rewarding place to visit a few kilometres to the north of Gruyères on the road to Fribourg; the museum's exhibition of costumes and farm tools is also worth a look.

### Now a few recipes from this lovely region: Tomato and Cheese from Canton Freiburg

Cut the lid from 8 tomatoes. Empty the inside of the tomatoes (use for a sauce).

Mix 300gr of grated cheese, 2 eggs, pepper and nutmeg. Arrange in a buttered oven dish, and cook in oven until cheese is melted and tomatoes are cooked.

### Spread from Canton Freiburg

Mix 20mls of white wine and 1 tbsp of mustard powder and leave for one day.

Bring to the boil 200gr candied sugar, 1/2 litre water, 5 cloves, and 1 tspn cinnamon. Let cool for 15 minutes and remove the cloves.

Melt 200gr honey in water-bath and add wine and water mixture. Bring to the boil and add 125gr flour. Cook on low heat until smooth.

This is delicious spread on bread. Do not keep for more than two weeks.

Bon appetit  
Lisette

### Swiss and German Delicatessen

Munz Chocolates

Togenburger Kagi fretli

Hero Preserves and Roesti

Nowka Sauerkraut, Rotkraut,  
Gurken, Senfgurken, Sellerie Salad

Herring in tin

Organic Bread

Pumpernickel

Marzipan

Bahlsen Biscuits

Please ask for our Price List

# Impex

INTERNATIONAL TRADING LIMITED  
FINE QUALITY PRODUCTS

Ph 09 407 4277 - Fax 09 407 4278  
Free Fax 0800 4SWISS (0800 479 477)  
email: [impex@xtra.co.nz](mailto:impex@xtra.co.nz)  
PO Box 528, 13a Sammamish Pl, Kerikeri