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SWISS CUISINE AMONG THE FINEST OF THE CONTINENT.

One of the most pleasant discoveries tourists make in Switzerland during their stay is that Swiss cooking — from the major hotels to the modest chalets — is among the finest and least expensive on the continent.

In fact, today Switzerland is as famous for its cuisine as it is for its beauty.

In the French speaking part the world famous cheese of Switzerland is blended into a unique specialty called *Fondue*, which is prepared at the table in a caquelon, an earthenware chafing dish. Fondue is actually a national favourite and each region prepares it differently. Gruyère cheese is used. The earthenware dish is first rubbed with a clove of garlic. Then a designated amount of Gruyère is added, depending on how many people it is being made for. Salt, pepper, nutmeg and white wine is added in exacting proportions. Finally, Kirsch, a white cherry brandy, is slowly added to the Fondue while it is slowly brought to a boil over a low flame.

People are not only delighted by the rich, tangy flavour of Fondue, but they enjoy the social atmosphere with which the dish has been traditionally consumed. The Swiss have been eating this cheese specialty the same way since the Middle Ages. Everyone is supplied with a plateful of fresh, crusty bread. Then each diner dips a piece of the bread into the chafing dish holding the Fondue. People usually find this an exciting eating experience.

Travellers who have a penchant for pork are sure to enjoy the favourite meal of Berne — *Bernerplatte* — a platter of smoked and slightly salted pork with sausage or tender ox-tongue heaped on to a mountain of sauerkraut.

In Zurich visitors find the food served in the old Guild Houses delicious and the atmosphere, particularly the windows ornamented with heraldry, charming. The menu offers "*Zürchertopf*", a variety of meats with rice; "*Leberspiessli*", succulent liver

grilled on the spit; various kinds of fish and a selection of "*Chüechli*", some of the finest cakes found on the continent.

Hungry tourists visiting the Canton of Grisons invariably stop for a hearty meal of "*Bindenfleisch*", wafer-thin, savory slices of air-dried meat eaten with a large piece of wholemeal bread and washed down with Veltliner. Also very popular is the local Engadine liver sausage and the "*Gitsi*", a ragout of young goat eaten with polenta and followed by an "*Engadinertorte*" pastry.

Fish is abundant in Switzerland. From its fresh water lakes comes a rare fish-fancier's delicacy, the "*fario trout*", which is small and red-flecked in colour. Another gustatory delight is the "*ombrechervatier*", and the river eel whose liver is a delectable treat. The "*fera*" of Lake Geneva is in the salmon family, but with a more pronounced flavour. And throughout the rest of the country there are many other finny dishes that are recognized as eating experiences.

Although it is not generally known, Switzerland makes some of the most elegant wines on the continent. There are special regions in the country devoted exclusively to the cultivation of vineyards. In these localities wine-making has become a skilled craft and a major industry.

Tourists find the originality of Swiss culinary preparations an unsuspected discovery when they visit Switzerland.

(*Amerikanische Schweizerzeitung*).

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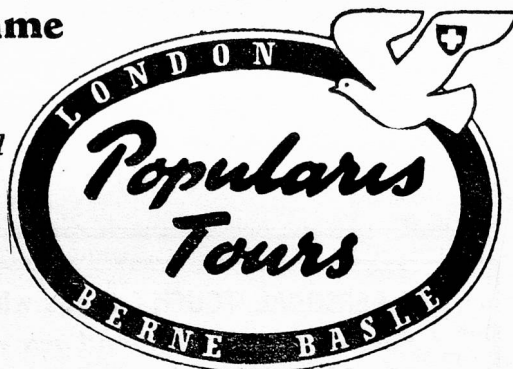
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