

## HOME OF GASTRONOMIC EXCELLENCE

World-renowned Swiss chef Anton Mosimann gives his insights into the culinary specialities Switzerland has to offer

**"SWISS CUISINE** draws inspiration from neighbouring countries and so varies greatly across the different language speaking regions: French, German, Italian and Romansh. You can go from one area to another and the same thing will taste completely different.

"The beauty of Swiss food is that it comes from a tradition of home cooking. It is rooted in the farmhouses and is all about local produce and family. Slow cooking is very important, people used to leave the meat in the oven while they worked the farm. We are all slow cooking in restaurants these days as it produces the best flavours, but it's nothing new in Switzerland.

"Each of Switzerland's cities has its own speciality dishes that reflect its geography. Basel, on the Rhine, is known for its fresh salmon: poached, served whole and with a white wine sauce. And the city's German influences can be recognised in delicacies such as leckerli honey biscuits.

"Bern is famed for the Bernese platter: sauerkraut, cooked beans, sausages, boiled beef, knuckle of pork, mustard and horseradish sauce. It's a wonderful dish. For dessert, it's meringue with fresh cream, ice cream, or even hot chocolate sauce.

"French-inspired Geneva's speciality dishes are pike from the lake, grilled whole with butter and lemon as well as pork stew with prunes, rabbit stew, and artichokes stuffed with mushrooms, bacon and cheese.

"Lausanne is known for its excellent fish. The perch is poached in white wine with herbs or simply deep fried with homemade sauce gribiche. The sea trout is poached in white wine and served with fresh green

grapes. Lucerne's speciality is the vol-au-vent: puff pastry filled with veal in a light cream sauce with raisins and mushrooms. Also, from near Lucerne, the famous kirschtorte.

"Lugano draws its culinary influences from Italy with dishes such as risotto cooked in red wine,

panettone and busecca, a tripe soup.

German-inspired St. Gallen's delicacy is the Olma bratwurst, a veal sausage, it has such a delicate flavour that according to the butcher, it is considered an insult to serve it with mustard! In the mountains you can't beat traditional cheese fondue and, for a treat, spoil yourself with a chocolate fondue with fresh fruit; it really is quite decadent!

"Winterthur is also known for its local sausages as well as pork stew and the monastery tart, made with redcurrant jam and cinnamon. Finally, in Zürich, visitors must try the Zürcher geschneitztes: sliced veal and mushroom served in a cream sauce with fresh herbs and rösti.

"Whenever I go back to Switzerland, to my home in Montreux, the one thing I can't wait to eat is fish. The mountain glaciers flow into Lake Geneva and the water is so pure that it is an incredible source of fresh fish. I have a friend who goes out each morning and catches the most wonderful fish. For me, that is the ultimate: fish caught in the morning and on my plate by lunchtime, steamed for 30 seconds and drizzled with some olive oil, a little lemon juice and fresh basil. That is my treat!

"People returning from Switzerland are always enthusiastic about the food, they say how fantastic it was, how unexpected. It's wonderful to hear."

