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Media information – Specialities.

Heading on a culinary voyage of discovery: From “Mostbröckli” (Swiss cured beef) to “Vollmondbier” (a locally brewed aromatic treat) to “Fenz” (a warming Swiss delicacy made with butter, milk and flour).

## **A PARADISE FOR THOSE WHO ADORE ALL THINGS SAVOURY**

The people of Appenzell know a thing or two when it comes to culinary delicacies. World-famous brands have their origins here, as do a number of innovative niche products. The beautiful region of Appenzell is a paradise for connoisseurs who want to know where the meat or cheese on their plate comes from. The cuisine served in this Swiss region – which probably has more restaurants per square mile than anywhere else in Switzerland – is strictly as nature intended.

Over 600 restaurants spanning 160 square miles can be found in the two cantons, which are among the smallest in Switzerland in terms of population size. Given that the region contains 26 municipalities, each one contains an average of 23 restaurants where the hungry patrons of Appenzell can indulge their senses. Appenzell is, by its very nature, a culinary heavyweight. Lush green meadows for the happiest cows and hens, Alpine herbs used in tasty cheese, roaring streams with sparkling water and lively trout, lush forests for care-free game, flavoursome mushrooms and juicy berries.

### **Feasting between (and on top of) breathtaking summits.**

The popular hiking region of the Alpstein mountain range is absolutely peppered with inns. Even between the steepest rock faces, there is always an attractive little spot just waiting to spoil its guests with exquisite local produce. The “Eggli” mountain inn between Steinegg and Fähnernspitz, for example, serves fresh egg and meat dishes from its own farm. The “rösti” – deliciously crisp potato cakes – served at “Gasthaus Bollenwees” taste twice as good, thanks to the unobstructed view of idyllic Lake Fählensee. Its name – so the legend goes – comes from the story of an Alpine dairyman and his animals, which were grazing on the Alp next to the

lake when they became pinned down by a terrible thunderstorm. A terrible landslide buried the whole herd. The dairyman rubbed his forehead and exclaimed: "Do het's mer gfählt ond öbel gfählt" ("My luck has run out!").

Simply fascinating: the revolving restaurant on the "Hoher Kasten" mountain opened in the spring of 2008. For those who want to sit in comfort at their table while enjoying the magnificent 360-degree view with local dishes.

At the "Meglisalp" mountain inn above Wasserauen – situated at 1,517 metres above sea level – time has simply stood still. Appenzell specialities such as "Fenz" (a dish made with egg, milk and semolina), "Chääs-Mageroone" (cheese macaroni), "Häselbei-Zonne" (warm blueberries), "Chöngeli-Broote" (roast rabbit) and many different goat's milk products brought to you by the dairy producer Mathias Koch are all served here. For over 30 years, the Koch family in Conten has been producing fresh cheese, milk and whey products from Appenzell's famous breed of white goat.

### **Hey you! On the trail of the best-kept secret.**

The Appenzell region, its cows and its cheese have been an unbeatable trio for centuries. Milk in all forms and varieties – from butter to cheese, cream, whey and yoghurt – has long helped local residents to survive the lean (war) years, and still forms the centrepiece of every meal in this mountainous world. It is nothing short of a flagship staple, and with its zingy, tart aroma – Classic, Surchoix or Extra – has even achieved world fame: Appenzeller cheese. The publicly accessible dairy in Stein offers a vivid introduction to its production process. This place can boast seven million visitors over 30 years – and yet no one has ever got their hands on the secret recipe for its legendary herbal delicacy. All you would have to do is take a very close look at the show dairy in Stein. This is where the world-famous Appenzeller cheese is produced. The cheese-making process can be followed closely – from the milk's preparation, to the warehouse where the final product is allowed to mature. Information boards, equipment you can touch and cheese-related ingredients that you can taste all ensure a spontaneous, one-to-one experience.

At the Hotel Hof Weissbad, you can watch the professionals up close as they are hard at work forming a block of cheese at an open fire with the help of age-old tools such as the "Brecher" (stirring instrument made of wire with a wooden handle), "Kessi" (an open vessel made of copper) and "Werb" (a vessel for pressing and shaping the fresh cheese).

Cheese plays a key role in the region's hearty cuisine as a seasoning or flavour enhancer. One delicious treat is the "Chääsflade" (cheesecake), spiced with coriander and aniseed and served with sour cider (apple wine). The Appenzell "Chäshappech" is a type of omelette made of cheese, flour, milk, beer and eggs and fried in oil.

### **Made from lean beef shank with a fine layer of fat.**

The Appenzell region also takes great pride in its sausages: the wide selection is more lavish than anywhere else – "Bauernschübli", "Pantli", "Landjäger", "Siedwurst", "Bratwurst" and

“Schübli” with little bacon cubes – all this can be found on the menu of almost every restaurant. A real showpiece of the Appenzell region is the “Mostbröckli” – a raw piece of meat, which is stored in dry salt and seasoning mixture, before being smoked and dried. It is often enjoyed as an appetiser.

### **Delicious treats for foodies.**

The region’s traditional specialities – to which songs have even been dedicated – are baked here according to recipes that have been handed down over the generations: “Birnenweggen” – a traditional pastry filled with dried pears. Also, “Chrempfli” (a pastry that is enjoyed at political commune meetings) can also be proud of its large following.

Weissbad is the birthplace of the filled gingerbread biscuit, a delicacy whose reputation is known both far and wide: The “Appenzeller Bärli-Biber” from Bischofberger. Only the highest quality raw materials are used, whether it be for the dough (where in addition to the top-secret seasoning mixture, it is vital to use a honey with a particularly strong aroma) or the filling (only the very best quality almonds are incorporated into the finished result).

### **Sweet, tart, tangy or bright yellow.**

Traditionally, every feast in Appenzell is rounded off with an “Appenzeller Alpenbitter”. In 1902, a man from Appenzell by the name of Emil Ebnetter, who was just twenty years old, developed a 100% naturally produced herbal schnapps product. Connoisseurs appreciate its incomparable delicacy and much-praised taste: sweetness that is as light as a feather – with a subtle tart finish.

If beer is more to your taste, you’ll be sure to find something to suit at the innovative “Brauerei Locher” – a local brewery from Appenzell. In addition to well-known thirst-quenchers such as “Quöllfrisch” and “Weizen”, the master brewers are constantly working on new compositions, such as the “Brand Löscher”, the “Alpstein Bock” and the mystical “Vollmondbier”. The tradition of beer brewing in Appenzell dates back to 1728. The Locher family has been running this successful company since 1886, and it is now in its fifth generation.

All manner of natural herbal extracts are added to the various mineral waters produced by the company Goba AG – Mineralquelle und Manufaktur. The well-known “Flauder” is no longer the only soft drink to emanate from Gontenbad. The organic “lisfee” iced tea is just as popular as the newer composition, guaranteed to add pep to your day: the “Chalt Kafi”.

**Fenz: a simple, delicious dairyman's dish.**

Heat butter (250g) in a pan. Beat 3 eggs, a pinch of salt and sugar, 450ml of milk and 150ml of water with three tablespoons of semolina and five heaped tablespoons of flour to produce a thin batter. While stirring constantly, slowly pour the batter into the hot butter. Stir with a wooden ladle until the butter separates. The dish can be served with a caffè latte and bread – but must definitely enjoyed straight out of the pan.

Recipe from "Appenzeller Frauen kochen", published by the local associations "Bäuerinnenverband Appenzell Innerrhoden (Brülisau)" and "Landfrauenvereinigung Appenzell Ausserrhoden (Wolfhalden)".

**Further information:**

On cheese, meat and other delicacies from the Appenzell region:  
[appenzell.ch/appenzeller-produkte](http://appenzell.ch/appenzeller-produkte)

Discover more about the 25 mountain inns in the Alpstein mountain range: [alpstein.ch](http://alpstein.ch)

More about inns and restaurants in Appenzell: [appenzeller-genuss.ch](http://appenzeller-genuss.ch)

**Note to editorial teams.**

Up-to-date photo material can be requested from Appenzellerland Tourismus AI. Please do not hesitate to get in touch for further information:

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