

Appenzellerland Tourismus AI
Hauptgasse 4, CH-9050 Appenzell
Tel. +41 71 788 96 41
Fax +41 71 788 96 49
appenzell.ch

Media Information – Specialities.

On a culinary voyage of discovery: Mostbröckli meat via full moon beer to Fenz (milk-based dish).

A LAND OF PLENTY FOR THE LOVER OF GOOD SWISS FOOD

The people of Appenzell are able to come into their own with some culinary delicacies. Brands that are world famous originate from here together with some innovative niche products. The Appenzellerland is a paradise for hearty eaters, who want to know where their piece of meat or the cheese on their plate comes from. The food served in the region of Switzerland with probably the greatest density of restaurants is naturally good.

Over 600 restaurants flourish within 416 square kilometres in these two half-cantons, which have the lowest population in Switzerland. Spread over 26 villages, this means that hungry souls in the Appenzellerland can munch their way through an average of 23 inns per village. The Appenzellerland is destined by nature to be a culinary paradise. Lush green meadows for contented cows and chickens, Alpine herbs for well-seasoned cheese, fast-flowing streams for refreshing water and tasty wild trout, thick woodland for game, wild mushrooms and delicious berries.

Feasting among the mountain tops.

The popular hiking area of the Alpstein is literally dotted with inns. Even between the steepest rock faces, you will find a neat little inn tucked away, ready to spoil you with superb home-grown fare. For instance, the Berggasthaus Eggli between Steinegg and Fährnerspitz awaits you with dishes made with fresh eggs and meat from its own farm. The Rösti in Gasthaus Bollenwees tastes twice as good thanks to the clear view of the idyllic Fählensee. The name of this lake – according to legend – recalls a herdsman and his cattle that were grazing on a pasture near the lake and were caught in a terrible

storm. A landslide buried the entire herd. The herdsman wiped his forehead and said: «Do het's mer gfählt ond öbel gfählt.» (That was a stroke of bad luck!)

Fascinating all round: the revolving restaurant on the Hoher Kasten opened in spring 2008. It's the right for anyone who would like to sit comfortably at a table and at the same time enjoy the wonderful 360-degree views whilst eating local dishes.

In the Berggasthaus Meglisalp above Wasserauen, 1517 metres above sea level, time stands still. Appenzell specialities are served here, such as «Fenz» (a dish made with eggs, milk and semolina), «Chääs-Mageroone» (a macaroni cheese speciality), «Häselbei-Zonne» (warm blueberries), «Chöngeli-Broote» (roast rabbit) and many goat's milk products from farmer Mathias Koch. For over 30 years the Koch family has been producing cream cheese, milk and whey products in Conten from the white Appenzeller goats.

Pssst: on the trail of the best kept secret.

Appenzellerland, cows and cheese have been an unbeatable trio for centuries. Milk in all its various forms and versions, ranging from butter, cheese, cream and whey to yoghurt ensured survival during the breadless (war) years and still forms the core of every meal in hilly countries nowadays. It is the flagship and with its spicy, strong aroma – Classic, Surchoix or Extra – has achieved worldwide fame: Appenzeller cheese. A description explaining the manufacturing process is offered by the demonstration cheese dairy in Stein. Seven million visitors were counted by the demonstration dairy over 30 years – and still no one has discovered the secret recipe of the herbal brine shrouded in legend. This is surprising when all that would be necessary would be to look carefully in the demonstration cheese dairy in Stein. This is where the world-famous Appenzeller cheese is made. The cheese manufacturing process can be observed from the preparation of the milk to the cheese maturing storeroom. Information boards, utensils in hands-on displays as well as ingredients associated with cheese to taste ensure a spontaneous one-to-one experience.

It's possible to look closely over the professionals' shoulders at Hotel Hof Weissbadand and see how a wheel of cheese is made over an open fire using old utensils such as «Brecher» (stirring instrument made of wire with a wooden handle), «Kessi» (open container made of copper) and «Werb» (container for pressing and shaping the cream cheese).

Cheese plays a major role as a seasoning or to improve the taste in the hearty local cuisine. A delicious treat is the «Chääsflade» (savory cheesecake) seasoned with coriander and aniseed accompanied by a sparkling cider. The Appenzeller «Chäshappech» is a type of omelette made of cheese, flour, milk, beer and eggs, which is fried in oil.

From a lean cut with a thin layer of fat.

Sausages are also extremely important in the Appenzellerland: the selection is more abundant than elsewhere – Bauernschüblig, Pantli, Landjäger, Siedwurst, Bratwurst and Schüblig with diced bacon are some of the names of sausages you will find on a menu in almost every restaurant. A genuine prize exhibit of the inhabitants of the Appenzell is the Mostbröckli – a piece of raw meat, cured in dried salt and a mixture of spices, subsequently smoked and dried. It is often served as a starter. Breitenmoser Fleischspezialitäten AG in Appenzell has also been producing Alpsteinbröckli for generations and has received several awards.

Treats for people with a sweet tooth.

Traditional specialities are baked here following a recipe that has been passed down and even features in songs: Birnenweggen. But «Chrempfli» (a pastry that is eaten at the political cantonal assembly called Landsgemeinde) are also very popular.

Weissbad is the birth place of the filled gingerbread, which is an important subject of conversation, namely the Appenzeller Bärli-Biber made by Bischofberger. Only high quality ingredients are used. Both for the dough, for which in addition to the strictly secret mixture of spices, great emphasis is placed on a honey with a particularly strong aroma, or for the filling: only almonds of the highest quality are considered.

Sweet, bitter, lively or bright yellow.

According to tradition, every festive meal in the Appenzellerland is rounded off with an Appenzeller Alpenbitter liqueur. Emil Ebnetter from Appenzell was only just twenty in 1902 when he developed the herbal product made 100 per cent naturally. Connoisseurs appreciate its inimitable refinement and its much-praised taste: sweetness that is light as a feather – with a hidden bitterness.

Anyone who prefers beer is bound to find the right sort at the innovative Locher brewery from Appenzell. As well as the well-known thirst-quenchers such as «Quöllfrisch» and wheat beer, the brewers are continually tinkering with new compositions, such as the Brand Löscher, Alpstein Bock or the mystical full moon beer. The tradition of brewing in Appenzell goes back to 1728. The Locher family has been running the successful company since 1886, already spanning five generations.

The various mineral waters bottled by Goba AG – a mineral spring and production company – are flavoured with a whole range of natural herbal extracts. For example the famous «Flauder» has not been the only lemonade from Gontenbad for a long time. The organic ice tea called «lisfee» is also proving extremely popular together with the latest composition, which really wakes you up: «Chalt Kafi».

Fenz: simple, delicious dairy herdsmen's meal.

Heat butter (250g) in a pan. Mix 3 eggs, a pinch of salt and sugar, four and a half decilitres of water with three tablespoons of semolina and five heaped tablespoons of flour into a thin, runny batter. Pour the batter slowly into the hot butter, stirring continuously. Stir with a wooden ladle until the butter is fully absorbed. The meal can be served with milky coffee and bread and is eaten out of the pan.

Recipe from «Appenzeller Frauen kochen» (The ladies of Appenzell are cooking), published by the Association of Female Farmers of Appenzell Innerrhoden (Brülisau) and Association of Countrywomen Appenzell Ausserrhoden (Wolfhalden).

Further information:

on cheese, meat and other delicacies from the Appenzellerland:
appenzeller-produkte.ch.

on the 25 mountain restaurants in the Alpstein: alpstein.ch.

about inns and restaurants in the Appenzellerland: appenzeller-genuss.ch.

Note to editors.

Current image materials can be ordered from Appenzellerland Tourismus AI. Please contact us if you require further information:

Appenzellerland Tourismus AI
Susanne Stäheli, Leiterin Marketing
Hauptgasse 4, CH-9050 Appenzell
Tel. +41 71 788 96 41; Direktwahl +41 71 788 96 39, Fax +41 71 788 96 50
Susanne.staeheli@appenzell.ch; appenzell.ch