


## Executive Pastry Chef Nick Malgieri Article

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Nick Malgieri is the national spokesperson for the Switzerland Tourism Gastronomy and Wine program. After culinary school in the United States, he apprenticed in Switzerland and has maintained close ties with the country ever since through frequent visits. A frequent traveler to other destinations, he collects recipes everywhere. Below is a sample of some of the recipes from his book, *A Baker's Tour: Nick Malgieri's Favorite Baking Recipes from Around the World* (HarperCollins, October 2005). Additional information on Nick Malgieri: [www.nickmalgieri.com](http://www.nickmalgieri.com) 

### Schwyz



The little canton of Schwyz (pronounced shveetz) looms large in the history of Switzerland. On August 1, 1291 the first federal charter, uniting the cantons of Schwyz, Uri, and Unterwalden, was signed and led the way to Switzerland's becoming independent from the Holy Roman Empire. The original charter is on display in Schwyz, also the name of the canton's capital. Beyond that, canton Schwyz gave its name to the newly formed alliance – Schwiez, the German-language name for Switzerland derives from it. And Switzerland's flag is taken from the red shield bearing a white cross that is the coat of arms of Schwyz.

Aside from being one of the Urkantonen (original cantons) along with Uri and Unterwalden, Schwyz is also part of Innerschweiz or interior Switzerland, a designation which includes the original cantons along with those of Lucerne and Zug. Today canton Schwyz comprises 30 separate municipalities. One of these is Einsiedeln, the site of an exquisite high rococo abbey church housing a miraculous image of a black Madonna. The church and adjoining Benedictine monastery were built by Caspar Moosbrugger during most of the 18th century. The canton's borders touch the lakes of Lucerne, Zug, and Zurich and canton Schwyz also holds the smaller lakes of Lauerz and Sihl. Gersau is a charming village on the shore of Lake Lucerne easily reached by lake boat, making it an ideal day trip.

If it's mountain scenery you crave, you'll be happy to know that canton Schwyz contains one of Switzerland's most beloved – and easily accessible – peaks, Mount Rigi. There are cog railways from Goldau and Vitznau and a cable car from Weggis. It's all at:

[www.rigi.ch](http://www.rigi.ch) 

The top of the mountain, or Rigi Kulm, is a short and very easy hike from the rail station. The mountain is peppered with charming inns and restaurants, all of which are also detailed on its website, above.

Though canton Schwyz was a great center of weaving in the past, very little of the cloth industry remains. Largely agricultural today, it is home to several exquisite cheeses such as Hoch Ybrig and Alp Drackloch.

Here are some of the gastronomic highlights of canton Schwyz, grouped by town or area. Most restaurants tend to be casual, though they feature fine food. Many thanks to Monica Mueller-Eberhart of Schwyz Tourism for sharing her list of favorites.

### Schwyz

Excellent food and a charming setting await you at the Schwyzer-Stubli. Daily menus feature such choices as polenta with a

chicken brochette and grilled vegetables, penne with green asparagus in a garlic-chive cream sauce, and pepper-crusted tuna in a spicy tomato sauce. Excellent desserts include chocolate mousse with marinated forest berries.

Gasthaus Schwyzer-Stubli  
Riedstrasse 3  
CH-6430 Schwyz  
E-mail: [info@schwyzer-stubli.ch](mailto:info@schwyzer-stubli.ch)  
Phone: 011 4141 811 10660

[www.schwyz-er-stubli.ch](http://www.schwyz-er-stubli.ch) 

Fritz and Nelly Fassbind-Eppenberger have operated the Restaurant Hofmatt for over 15 years, and have developed a loyal clientele among the members of the cantonal government and all the residents of the town. A varied menu of regional and contemporary specialties is served up in the charming rustic dining room.

Restaurant Hofmatt  
Zeughausstrasse 7  
CH-6430 Schwyz  
E-mail: [fassbind@rest-hofmatt.ch](mailto:fassbind@rest-hofmatt.ch)  
Phone: 011 4141 811 1022

[www.rest-hofmatt.ch](http://www.rest-hofmatt.ch) 

The Restaurant Stalden's owner, Brian Croner, hails from Sri Lanka and offers a menu that's a lively mix of traditional Swiss and Sri Lankan specialties. A singer since childhood, Croner frequently mounts the stage and entertains guests with his "one-man-band" playing and singing of both German and English language favorites.

Restaurant Stalden  
Ibergereggsstrasse (a little outside the town of Schwyz)  
CH-6432 Rickenbach  
E-mail: [ucroner@bluewin.ch](mailto:ucroner@bluewin.ch)  
Phone: 011 4141 811 5434

[www.croner.ch](http://www.croner.ch) 

Muotathal

For the next several months, the SWISS Taste of Switzerland will feature menus devised by Chef Daniel Jann of the Landgasthof Adler in Ried-Muotathal on flights departing from Zurich. Read all about it here: [SWISS Taste of Switzerland](#) Landgasthof Adler  
CH-6436 Ried-Muotathal

Family owned since 1872, when it started as an inn and livery stable in those times of travel by horse-drawn carriage, the Post has developed into a lovely hotel and restaurant in the picturesque Muota Valley. André Gwerder is the fifth generation of his family to operate the Post and as its kitchen chef, is producing some of the best food in the history of the establishment. Grilled meats, the freshest local lake fish, and local produce make for a menu that features such items as veal steak with porcini cream sauce; sautéed trout with pine nuts, lemon and orange; and about a dozen different vegetable and potato selections.

Gasthaus Post  
Hauptstrasse 29  
CH-6436 Muotathal  
E-mail: [hotel.post@bluewin.ch](mailto:hotel.post@bluewin.ch)  
Phone: 011 4141 830 1162

[www.gasthaus-post.ch](http://www.gasthaus-post.ch) 

If you're driving through the Muotathal and you're craving something sweet, stop by at Schelbert, a wonderful bakery-café that also has 2 other branches in canton Schwyz. Schelbert is the home of the famous Muotathalerwetterfroschtorte (Muota Valley weather [forecasting] frog layer cake), but don't worry – the cake is named for the weather-forecasting frogs (think groundhog), there are no actual frogs in the cake. Schelbert also excels at Birnebrot, a kind of spicy, moist fruitcake-like mixture made with dried pears and wrapped in a bread dough crust, much appreciated locally as an accompaniment to cheeses and smoked meats, or just thickly spread with the best local butter.

Baekerei-Konditorei-Café Schelbert  
Wilstrasse 9

CH-6436 Muotathal  
Phone: 011 4141 830 1555

[www.conditorei.ch](http://www.conditorei.ch) 

### Illgau

Othmar and Monika Heinzer operate the Sigristenhaus in a lovely old chalet-style building. The menu features stuffed veal breast; Sure Mockae (Swiss Sauerbraten); saffron risotto with wild mushrooms; and some fine old-fashioned desserts such as Gebrannte Crème (a caramel flavored custard) with pears. Daily lunch specials of a main course of meat or fish with rice or potato and vegetable garnish are reasonably priced between \$15. and \$20.00 The hotel also owns a comfortable apartment with full kitchen and garden seating area that sleeps 4 and rents for under \$100. a night.

Restaurant Sigristenhaus  
CH-6434 Illgau  
Phone: 011 4141 830 1202

[www.sigristenhaus.ch](http://www.sigristenhaus.ch) 

### Steinen

Housed in a 1733 house, the Adelboden combines rustic charm with up to date fine cooking to the tune of 2 Michelin stars. The kitchens are under the direction of chef-owner Franz Wiget who prepares what he calls Alpine food merged with French haute cuisine. The menu features much local meat, fish, and produce and it's all handled with special care and attention to detail. This is the place for your one special and memorable meal in canton Schwyz.

Restaurant Adelboden  
CH-6422 Steinen  
E-mail: franz.wiget@bluewin.ch  
Phone: 011 4141 832 1242

[www.wiget-adelboden.ch](http://www.wiget-adelboden.ch) 

### Einsiedeln

Less than an hour by train from Zurich, Einsiedeln is a must-visit stop if you have time for a short day trip when you have business in the big city. A quick visit to the magnificent abbey church will give you an appetite for a fine lunch at the Linde, below. On the way back to the train, stop at Goldapfel for some of the town's traditional sweets – a third sightseeing and two thirds food – my favorite way to travel...

The Hotel Linde is one of the few establishments still surviving from the time when Einsiedeln hosted thousands of pilgrims visiting the abbey church every week. Its consistent quality and fine cooking have secured it a place as one of the best restaurants in the area. Duck foie gras with shallot confit, house-marinated salmon with fig mostarda, and a mille feuille of asparagus and morels all await you at the Linde. There is a multi course tasting menu for CHF110 or CHF90, too.

Hotel Linde  
Schmeidenstrasse 28  
CH-8840 Einsiedeln  
E-mail: hotel@linde-einsiedeln.ch  
Phone: 011 4155 418 4848

[www.linde-einsiedeln.ch](http://www.linde-einsiedeln.ch) 

Goldapfel, a fine old-fashioned pastry shop, beckons visitors to Einsiedeln with its local specialties and excellent traditional Swiss pastry specialties. Don't miss the white and brown Lebkuchen, like a spiced gingerbread, and formed in elaborately carved molds. The shop also has a museum of traditional Einsiedeln baking implements and molds.

Goldapfel Museum  
Hauptstrasse 67 Kronenstrasse 1  
CH-8840 Einsiedeln CH-8840 Einsiedeln  
Phone: 011 4155 412 1266 Phone: 011 4155 412 2330

[www.goldapfel.ch](http://www.goldapfel.ch) 

## Spirits of canton Schwyz

Fassbind is renowned as one of the best distilleries in Switzerland, and justly so – their Kirsch is so fine it serves as an excellent digestif as well as an ingredient in recipes. Since 1846, when the distillery opened for business, it has been taking the best local fruit and transforming it into the best clear (unaged) brandies, usually known as eaux de vie. Small sweet cherries become Kirsch, while prune plums are distilled into Pfluemli, a local specialty also used for drinking as well as flavoring sweets.

A visit to the distillery's shop, museum, and tasting room can be arranged for a nominal charge per person. It's best to reserve in advance, even for a couple of people.

Fassbind

Poststrasse 7

CH-6414 Oberarth

Phone: 011 4141 859 0404

[www.fassbind.ch](http://www.fassbind.ch) 

## Recipe: Braennti Crème

Although this sounds as though it should be crème brûlée or crème caramel, it is neither. It's a lightly thickened custard cream that has the caramel flavoring added right to it. It may be served on its own, but it's best with berries or perfectly ripe fruit.

Makes about 6 servings

2 1/2 cups whole milk

1/2 cup sugar, divided use

2 tablespoons water

3 large egg yolks

2 tablespoons cornstarch

3/4 cup heavy whipping cream

Dessert glasses or bowls

1. Heat the milk in a medium saucepan over low heat until it is hot, but not boiling. Remove from heat and cover..
2. Remove 2 tablespoons for the sugar and set aside. Place the remaining sugar in a saucepan and stir in the water. Place on medium heat and cook, without stirring, until the sugar begins to color.
3. As soon as you put the sugar on the heat to cook, whisk the yolks in a small bowl. Stir the reserved 2 tablespoons sugar and the cornstarch together and whisk into the yolks.
4. Once the sugar starts to melt and color, stir it a couple of times, but not constantly. Check the color of the sugar by taking a spoonful and pouring it back into the pan – the true color is easier to see through a small amount than when looking into the full amount in the pan.
5. Once the sugar is a deep amber color, remove the pan from the heat and add the heated milk a little at a time, and at arm's length (the sugar spatters) to dilute the caramel. Continue until all the milk has been added.
6. Stir the caramel and milk together and replace the pan on medium heat. Bring to a boil.
7. Once the milk is about to boil, whisk about a cup of it into the yolk mixture. Return the milk to a boil, and beginning to whisk first, whisk in the yolk mixture. Continue whisking until the cream thickens and comes to a boil.
8. Strain the cream into a bowl, press plastic wrap against the surface, and chill until cold.
9. Whip the cream to a soft peak and when the caramel cream is cold, fold 3/4 of it into the cream to lighten it. Pour into glasses and chill. Keep the reserved cream to garnish the bowls or glasses of caramel cream immediately before serving.