



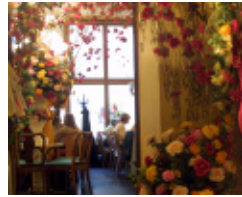
The place to start your tour of Zurich is the place where Zurich got started—the Lindenhof Hill. It has an excellent view of the point where Lake Zurich narrows into the Limmat River, which is why the ancient Romans set up a fort here in 15 BC. By 200 AD it was an important Roman trading post. Wine, olive oil, spices and pottery were the main commercial goods. But there also may have been a business based in cosmetics, jewelry and low-mileage used chariots. A few blocks up the river from Lindenhof is Fraumunster Church. It's Zurich's oldest building. Originally a Romanesque basilica, during the ninth century it became a convent used by noble families from Germany, Austria and Switzerland. It was often under the control of an imperial princess who ruled over the convent, the town of Zurich, and the state of Uri. In 1524, the last princess in charge, Katarina von Zimmern, gave the convent to the city council who was busy supporting Ulrich Zwingli, who was busy supporting the Protestant Reformation.

Central to the ideas being promoted by Zwingli and the other Swiss reformers was a simpler lifestyle. Conservative clothing was required, especially in church. At one point, very wide dresses became fashionable—but not with the church fathers. Accordingly, a narrow gate was erected in front of the entrance to the building. A woman's dress had to pass through the arch without hitting the sides before she was allowed to enter the church. These days, many of the visitors to Fraumunster come here to see the famous stained glass windows designed by Marc Chagall in 1968.



### The Right Bank

If you've ever wondered what it would be like to drink a cup of coffee in the center of a bouquet of flowers, you might consider some form of therapy, or just stop into the Cafe Schober. Schober opened during the 1860's as a bakery. Today it is one of Zurich's most



beloved coffee houses and is always decorated with thousands of flowers. People come here for a hot chocolate or a cup of coffee, and a slice of cake. The traditional *kugelhopf* is their best-seller. But the silky cheesecake runs a close second. On the way out, you can take home a thin slab of their homemade, picture-perfect chocolate or, if the occasion demands, one of their magnificent birthday cakes. Schober is in the center of Zurich's Old Town, which is one of the most picturesque parts of the city.

### Grossmunster Church

Felix and Regula, the patron saints of Zurich were members of a Roman legion but they were also Christians. So in 300 AD, they escaped to Zurich, where they were caught and beheaded on a small island in the river, at which point they got up, picked up their heads, walked up to the embankment and sat down on the hill where they wanted to be buried.

The Grossmunster Church (pictured above) was erected on top of their graves. The doors on the south side of the church illustrate the life of Zwingli. In 1519, Zwingli officially started the Protestant Reformation in Zurich. Eventually, he was able to abolish celibacy for priests, religious processions, and non-biblical heroes whose images he removed from the building. He was also able to put an end to the business of selling indulgences. And what a business that was. You could be a horrible person throughout your life, but if at the very end, you made a whopping donation to the Church, they would forgive you and promise to make arrangements for you to have preferential treatment in the afterlife. Zwingli's reforms changed Zurich. The Church became more responsive to the needs of the population and the flavor of the Reformation can still be found in Zurich's culture.

### Neumarkt Street

For centuries Zurich did not have a central market.

Vendors preferred streets with shops that dealt in specific goods. Neumarkt was one of those streets.

The most dramatic building on Neumarkt is Grimmenturm, which means "sourpuss," a reference to the old owner. The original construction of its central tower began in the 12th century and for many years the front room was a beer hall.

In 1997, it was taken over by Thomas Sos who turned it into a fashionable restaurant. Thomas was with the Four Seasons Hotels in the United States. Zurich, however, is his hometown and he needed to come back. He also needed to feed me two dishes that are considered local specialties: breaded veal with hand-cut French fries and minced veal in a cream sauce with rösti, the ultimate home-fried potatoes. I walked off some of those calories by heading over the river and paying a visit to Bahnhofstrasse.

### Bahnhofstrasse

Bahnhofstrasse is Zurich's main shopping street and considered one of the most fashionable in Europe. It features a half mile of stores. Just off the street is Peterhofstatt, one of the oldest squares in the city and one of the most beautiful. At the center of the square is St. Peter's Church, which was built during the 9th century. Until 1950, the town watchman would sit in the cornered windows beneath the pointed roof and report on any problems. The church is famous for having one of the largest clock faces in Europe. It's over 28 feet in diameter. St. Peter's may have the largest clock but Türler has the most complex.

### The Türler Clock



In 1986, Franz Türler, the fourth generation of a Swiss watchmaking family, conceived the idea for the most complex clock ever made and became the financial and spiritual force behind its construction. It took nine years to build and has five master movements. The first is the solar system showing the movements of the planets around the sun. The second displays the relationship of the Earth, sun and moon, which dictate our days, months and years. The third is the global movement. A view of the universe as we see it. The Earth at the center, then the moon revolving around us ... the sun moving around the Earth. Each point in the universe can be read in



## WHERE TO EAT

### RESTAURANT BLINDE KUH (THE BLIND COW)

MÜHLEBACHSTRASSE 128  
CH-8008 ZÜRICH, SWITZERLAND  
TEL: +41 (0) 1 421 50 50  
FAX: +41 (0) 1 421 50 55  
E-MAIL: [INFO@BLINDEKUH.CH](mailto:INFO@BLINDEKUH.CH)

### CAFÉ SCHOBER

NAEFGASSE 4  
ZÜRICH, SWITZERLAND  
TEL: +41 (0) 1 251 80 60  
FAX: +41 (0) 1 251 80 91

### CONFISERIE SPRÜNGLI

BAHNHOFSTRASSE 21  
CH-8022 ZÜRICH, SWITZERLAND  
TEL: +41 (0) 1 224 46 46  
FAX: +41 (0) 1 224 47 35  
[WWW.CONFISERIE-SPRUENGLI.CH](http://WWW.CONFISERIE-SPRUENGLI.CH)

### RESTAURANT KANTOREI

NEUMARKT 2  
CH-8001 ZÜRICH, SWITZERLAND  
TEL: +41 (0) 1 252 27 27  
FAX: +41 (0) 1 252 27 28  
E-MAIL: [KANTOREI@ACCESS.CH](mailto:KANTOREI@ACCESS.CH)  
[WWW.RESTAURANT-KANTOREI.CH](http://WWW.RESTAURANT-KANTOREI.CH)

### RESTAURANT KRONENHALLE

RÄMISTRASSE 4  
CH-8001 ZÜRICH, SWITZERLAND  
TEL: +41 (0) 1 251 02 56  
[WWW.KRONENHALLE.COM](http://WWW.KRONENHALLE.COM)

### RESTAURANT KROPF

IN GASSEN 16  
CH-8001 ZÜRICH, SWITZERLAND  
TEL: +41 (0) 1 221 18 05  
FAX: +41 (0) 1 212 37 54

### VORDERER STERNEN

BELLEVUEPLATZ  
THEATERSTRASSE 22  
CH-8001 ZÜRICH, SWITZERLAND  
TEL: +41 (0) 1 251 49 49  
FAX: +41 (0) 1 252 90 63

this system and it will take 25,794 years, which is called a platonic year, to complete its movement.

The manufacturer of the clock has guaranteed the parts during that time period. But I know these guys and if you have a problem after the 25,794-year guarantee runs out, you just come back with your proof of purchase and I'm sure they'll do a great job for you.

The fourth panel shows the movement around us from a fixed point on Earth. The skyline of Zurich is etched on to the front of the clock. It's based on the actual view from the top of a building in the center of town. You can see the angle of the sun and the moon in relation to the true horizon. When the sun is at its highest point over the city, the golden orb on the clock will also be at its zenith. The fifth face shows seconds, minutes, hours, days and months. Good to see a familiar face.

## How to Go

### SWISS PASS

1-877-456-RAIL

[WWW.RAILEUROPE.COM](http://WWW.RAILEUROPE.COM)

I purchased a Swiss pass in the United States, which allows me to use trains, buses and boats all over Switzerland without additional charge. The air-rail link between Zurich Airport and downtown Zurich takes ten minutes and runs six times an hour. You arrive in town at Zurich's main station. This is the nation's central rail hub and trains leave at least once every hour for every part of Switzerland. All direct trains arrive during the ten minutes before the hour and depart during the ten minutes after the hour. Very structured, very dependable, very Swiss.



ST/swiss-image.ch

## TO LEARN MORE . . .

### SWITZERLAND TOURISM

TOLL-FREE: 1-877-794-8037

[WWW.MYSWITZERLAND.COM](http://WWW.MYSWITZERLAND.COM)

## Vorderer Sternen

The gastronomic face of Zurich is represented by Vorderer Sternen. It's everyone's favorite sausage stand—so small that you could easily miss it if not for the crowd of people always standing in front. The hot sausage here is St. Galler bratwurst, which is served in a piece of parchment paper. The *bürli* roll is picked up separately. This is Zurich's official bread roll and shows up here as well as in the city's most formal restaurants. Mustard comes in a little cup and you can pick up a beer at the back bar.

Protocol requires you to hold the sausage in one hand. If you use mustard, you dip it in and take a bite.

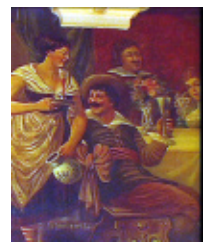


The other hand is used for holding the bread. You follow the bite of the sausage with the bite of the bread, and then a drink of the beer. You can alternate the beer and the bread with the right hand, but you must never let go of the sausage.

For dessert, you might like an ice cream cone from a Mövenpick stand. Mövenpick is a large corporation in the hotel, restaurant and resort business, but for most Swiss, their reputation rests on their ice cream. They make over 300 different flavors, and your first taste will quickly remind you that the operative word here is cream. The concentration of butterfat in this stuff is intense and so is the flavor.

## Restaurant Kropf

Restaurant Kropf is in a building that dates to 1444. The paintings along the walls are there to remind you of the various gastronomic pleasures available. Drink wine ... drink beer ... eat fish ... eat meat ... try truffles ... taste tarts.



It's a truly unusual environment and the place to have some of the traditional dishes of Zurich like farmer's ham, chunky potato salad and sauerkraut and for dessert, sugared apple fritters with a vanilla sauce.

## Kronenhalle

For a more formal setting, stop into the Kronenhalle, which started out as a beer hall. In 1920, Hulda Zumsteg and her husband bought the place and turned it into a distinguished restaurant. Hulda's son, Gustav, collected art. And when he ran out of space at home, he started bringing it into the restaurant. There are works by Braque, Matisse, Chagall, Soutine, and Miro. Regular patrons book their table according to the art they want to be near. Verena Gerhartz, Hulda's granddaughter, is the restaurant's official hostess.

## WHERE TO STAY

While I was in Zurich, I stayed at the Bellerive au Lac. Built in 1928 as an apartment house for the wealthier residents of the city, it's on the edge of the downtown area and right on the lake. The decor is based on the furniture of the 1920's, but the technology is up to the minute: each room has a high-speed DSL Internet connection. Old world luxury on the outside, modern efficiency underneath. It only has 51 rooms and suites, which allows the management to give individual attention to the guests.

My suite had a beautiful view of the water and the mountains. Along with the bed, bath, dining room and living room, there was a Jacuzzi, a private sauna, and a private roof-top terrace with a 360-degree view of the city and the surrounding countryside. They have a bar with a piano player that will help you forget the stress of the day and an elegant restaurant that overlooks the lake. The Bellerive au Lac, like many European hotels, includes breakfast as part of your daily rate. It's an excellent buffet with everything from fresh fruit, cereal and yogurt, to smoked salmon. From a nutritional point of view, breakfast is the most important meal of the day. So live it up!



### STEIGENBERGER BELLERIVE AU LAC

UTOQUAI 47

CH-8008 ZÜRICH, SWITZERLAND

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FAX: +41 (0) 1 254 40 01

E-MAIL: [BELLERIVE@STEIGENBERGER.CH](mailto:BELLERIVE@STEIGENBERGER.CH)

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## The Blind Cow

The most amazing restaurant in Zurich, and the most unusual restaurant I have ever been in is called *Blinde kuh*, which is the name for the game Americans call blind man's bluff.

The restaurant has been set up in an old church. When you come into the reception area you are asked to give up anything that emits light—even a luminous watch. Then you read the menu on the wall and make your selection. At this point your waiter or waitress arrives takes your order and leads you to your table. You stand behind her and place your hands on her shoulders. The other guests in your party form a line each one holding on to the person in front. The staff of the restaurant is blind and the room you are going into is completely dark.

You hear what's going on but see nothing. The food and drinks come to the table and you do the best you can. It is an experience that reverses our common roles. Suddenly the sighted cannot see and are dependent on the blind who are totally comfortable in the space and completely in charge of the surroundings.

## Confiserie Sprüngli

There's at least one other gastronomic landmark that should be included as you eat your way across Zurich and that's Sprüngli. In 1836, David Sprüngli and his son Rudolf opened their shop. They made candies, cookies, chocolates, and cakes. About 20 years later, they moved to the center of town because they heard that the new train station would be built nearby. It never happened. But the neighborhood turned out to be the center of the banking district. Their café was one of the first places in Zurich where women could dine in public without being accompanied by a man.

These days they produce over 2,000 different items. The single best-seller is called *Luxemburgerli*. Two small rounds of meringue filled with a flavored buttercream. They go through a thousand pounds of these every day. They also have a box with their top ten chocolates and another with mini-versions of the top ten.



## Bench Art

In the same way that Americans name hurricanes, the Swiss name the great storms that cross over Europe. In 1999, a monster storm named *Lothar* ripped its way across Switzerland. One result was the destruction of thousands of trees.



The government of Zurich saw the trees as a source of lumber and decided to use them in the cause of

public art. The undertaking became known as the Bench Art Program. One thousand and seventy benches were created and set up throughout the city. Each was funded by a local company or individual and created by a local artist.

This kind of light-hearted public art goes back to the early nineties when the shopkeepers on the main shopping street commissioned local artists to produce large lions. The lion is the symbol of the city of Zurich. In 1998, they traded the lions in for cows. The cow project was so successful that it was exported to Chicago and New York.





TRAVELS & TRADITIONS  
RECIPES FROM  
ZURICH, SWITZERLAND



MINCED VEAL IN A CREAM SAUCE WITH RÖSTI  
*Makes 4 to 6 servings*

FOR THE RÖSTI:

*4 medium russet potatoes*  
*Salt*  
*4 tablespoons vegetable oil*  
*4 tablespoons butter*

FOR THE VEAL:

*4 tablespoons butter*  
*1 pound veal scalloped, cut into strips 2-inches long*  
*and ¼-inch wide*  
*1 tablespoon finely chopped shallots*  
*1/3 cup dry white wine*  
*1 cup heavy cream*  
*Salt*  
*Freshly ground white pepper*

TO MAKE THE RÖSTI: Preheat oven to 200° F. In a large saucepan over high heat, boil the potatoes in generously salted water until just tender but not completely cooked through, 10 to 15 minutes. Drain the potatoes and set aside until cool enough to handle. Once the potatoes are cool, peel and coarsely grate, season to taste with the salt and set aside.

In a large non-stick skillet over medium heat, heat 1 tablespoon of the oil and 1 tablespoon of the butter. Form a handful of the grated potatoes into a 3-inch pancake and fry, 4 to 5 at a time, until golden brown and crisp on the bottom, about 5 minutes. Flip the pancakes over and brown on the second side.

Transfer the pancakes to a baking sheet and keep warm in the oven while you continue to cook the remaining pancakes, repeating the process.

TO MAKE THE VEAL: In a large skillet over high heat, melt 1 tablespoon of the butter and sauté half of the veal until just cooked, about 2 minutes. Transfer the cooked veal to a large plate. Melt 1 tablespoon of the butter in the same skillet and sauté remaining veal and add to the plate. Reduce the heat to medium and melt the remaining

2 tablespoons of the butter and sauté the shallots until golden. Deglaze the pan with the wine and add the cream and accumulated juices from the veal. Bring the cream to a boil, reduce the heat to medium-low, and simmer until the liquid has reduced and becomes thick. Add the veal to the sauce and season to taste with the salt and white pepper and cook until the veal is heated through.

TO SERVE: Place 2 pancakes on each of the 4 or 6 dinner plates and top each pancake with the veal and sauce.



BEEF STROGANOFF  
*Makes 4 to 6 servings*

*2 tablespoons vegetable oil*  
*2 pounds beef tenderloin, cut into ½-inch strips*  
*1 tablespoon unsalted butter*  
*2 cups coarsely grated onions*  
*1 cup sliced mushrooms*  
*3 tablespoons all-purpose flour*  
*Two 13¾-ounce cans beef broth*  
*1 tablespoon Dijon mustard*  
*2 tablespoons Cognac*  
*2 teaspoons paprika*  
*2 tablespoons sour cream*  
*Salt and freshly ground black pepper*  
*Cooked noodles or rice for serving*

In a large, heavy sauté pan over medium-high heat, heat the oil. Add the beef and sauté, stirring frequently, 4 to 6 minutes until just cooked. Remove the beef and drain on paper towels.

Melt the butter in the same sauté pan. Add the onions and mushrooms and cook, stirring frequently, until the onions are translucent, about 5 minutes.

Sprinkle the flour over the onion-mushroom mixture. Stir well and cook for 3 minutes.

*Continued on page 6*

Stir in the beef broth, and bring the mixture to a boil. Stir in the mustard, Cognac, and paprika. Return the beef to the pan. Cover and simmer until the beef is tender, about 5 minutes.

Stir in the sour cream, and season with salt and pepper to taste. Serve over freshly cooked noodles or rice.



### WIENER SCHNITZEL

*Makes 4 servings*

*1½ pounds veal scallopine (each about 1/8 inch thick)*  
*Salt and pepper*  
*1 cup all-purpose flour*  
*5 eggs, beaten*  
*2½ cups breadcrumbs*  
*2 tablespoons olive oil*  
*2 tablespoons unsalted butter*

Season the veal scallops with salt and pepper to taste. Sift the flour into a wide bowl. Place the eggs into a wide shallow bowl and season with salt and pepper. Place the breadcrumbs in a third shallow bowl. Dredge each scallop in the flour, shaking off the excess, dip into the beaten egg, then dredge in the breadcrumbs. Repeat the process and set the breaded scallops on a plate.

In a large heavy skillet heat the oil and the butter over moderately high heat until the foam subsides. Sauté the veal in the fat in batches for 45 seconds on each side, or until it is golden, transferring it as it is cooked to a heated platter, and keep it warm. Divide the veal among 4 heated plates and serve.



### CHOCOLATE MOUSSE

*Makes 4 to 6 servings*

*6 ounces semi or bittersweet chocolate, finely chopped*  
*1 ounce unsweetened chocolate, finely chopped*  
*½ cup low fat milk*  
*1 tablespoon Grand Marnier, or dark rum or 1 teaspoon vanilla extract, optional*  
*1 cup heavy cream*  
*¼ cup confectioners' sugar, sifted*  
*Additional sweetened whipped cream for garnish, optional*

In a small, heavy saucepan over very low heat, melt the semi-sweet and unsweetened chocolates along with

the milk, stirring continuously. When melted, transfer the mixture to a clean bowl, and add the Grand Marnier or vanilla if you wish. Let this mixture stand until cool to the touch yet still fluid.

When the chocolate is cool, whip the cream with an electric beater or in a stationary mixer until it is in soft peaks. Add the confectioners' sugar and beat until stiff.

Add some of the chocolate to the whipped cream and fold together, using a whisk. Add the remaining chocolate and fold until just combined. Transfer the mousse to 6 wine goblets or ramekins, and refrigerate until serving time. (Serve within a day of making.)

If you wish, right before serving, transfer some whipped cream to a pastry bag fitted with a star tip and pipe a rosette of whipped cream in the center of each mousse.



### APPELBEIGNETS

*Makes 25 fritters*

*1½ cups all-purpose flour*  
*1½ cups light beer, at room temperature*  
*6 cups vegetable oil*  
*1 cup sugar*  
*1 tablespoon ground cinnamon*  
*5 medium Granny Smith or other tart cooking apple, peeled, cored, and cut crosswise into ½-inch thick rings*  
*¼ cup confectioners' sugar*

In a large bowl, sift the flour twice. Make a well in the center of the flour mound and slowly pour in the beer, stirring constantly until the mixture is smooth. Use a whisk if necessary to beat out any lumps. Set the batter aside, at room temperature, for at least 3 hours and up to 8 hours.

Preheat the oven to 250°F. Line a baking sheet with paper towels and set aside. Heat the oil in a large heavy deep skillet over medium-high heat until the oil reaches 375°F. Mix together the sugar and cinnamon in a small bowl. Sprinkle the cinnamon sugar over both sides of the apples. Dip apples, one at a time, into the batter, and gently submerge into the hot oil. Fry the apples, in small batches, 3 to 4 minutes per batch, or until batter turns golden brown. Drain apples on paper towels and keep warm in the oven while you fry the remaining apples.

To serve, dust the apple fritters with the confectioners' sugar.