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Going gourmet

by DEBRA MOFFITT

Culture through cooking

Gourmets who love cooking may want to step into Swiss kitchens to explore the country's famous cuisines. Inga Allen, founder of Les Laboratoires Culinaires in Neuchâtel, serves up gourmet cooking experiences led by Michelin-starred and Gault&Millau ranked chefs. "The school is for people passionate about cooking," she says. Her specialty classes focus on chefs' signature dishes. "They aim to broaden and expand possibilities for people who like to cook and eat," Inga says. Chefs walk participants through preparing dishes, and the best part is sitting down together to enjoy the finished meal with a glass of wine. "The chefs share their love for cooking and also pass on their knowledge to amateurs and cooking aficionados. We are not talking about cooking demonstrations to watch the chefs discuss their recipes, but a common development of dishes."

喜欢烹饪的美食家们可以走进瑞士的厨房去探索这个国家最著名的菜肴。纳沙泰尔 Les Laboratoires Culinaires 的创始人 Inga Allen 提供由米其林和高德米勒厨师组织的烹饪体验。她说道：“学校是面向那些对烹饪有热情的人。”她的课程聚焦在主厨们的经典菜。“希望向喜欢烹饪和美食的人们打开更多的可能性。”主厨们教授烹饪之外，最美好的时光是和大家坐在一起，配上酒享受一餐。Inga 继续说道：“厨师们与客人分享他们对烹饪的热爱，把他们的知识传递给烹饪爱好者。我们做的不是烹饪展示，或者看着主厨们高谈阔论，而是极为正常的烹制过程”。

In the Laboratoires Culinaires with Inga Allen, courtesy of Laboratoires Culinaire



Cheese and chocolate lovers won't be disappointed by Sherly's Kitchen. Certified cheese sommelier and founder, Sherly leads participants on a culinary tour from her cooking studio located in the heart of Zurich. "You can't separate food from culture," Sherly says. "It helps you to understand how people tick. So, in the class, we talk about the Swiss mentality, and why the Swiss are good at what they're well-known for, such as cheese, chocolate, watches, and many more things." Sherly loves to share her unique perspective and understanding of cultural differences along with her passion for food. Sherly says that both cheese and Swiss milk chocolate share one common ingredient that makes them great – Swiss dairy creams and milk. The Swiss alpine herding culture remains deeply ingrained in Swiss heritage and continues to shape much of the country's culinary tradition with its high-quality products.

Prefer chocolate? The chocolate workshop starts with chocolate tasting to understand the different types and offers an opportunity to learn in-dept about the history of chocolate and how to cook and temper it. The group makes two recipes together – classic chocolate truffles and a chocolate soufflé all from scratch. I'd advise coming hungry. You're likely to leave satisfied after whipping up and consuming your own homemade soufflé, fresh from the oven, with a cup of tea or coffee.

Sherly's Kitchen从不会让奶酪和巧克力爱好者们失望。在苏黎世中心，认证奶酪品鉴师和创始人Sherly带领参与者踏上一场美味之旅。她说：“食物与文化分不开，会帮助你了解人们。所以，在班上，我们会谈到瑞士人的思维方式、瑞士钟表等等。”Sherly喜欢通过对于食物的热爱，阐述对于文化差异的理解。例如，瑞士的奶酪和巧克力都采用瑞士的优质奶油和奶。的确，阿尔卑斯的畜牧文化根植于瑞士的传统当中，高质量的产品是瑞士烹饪的重要特色。

更喜欢巧克力吗？巧克力工坊会让你了解不同的巧克力种类、历史以及烹饪和品尝的方法。课上你可以从零开始制作两种巧克力——经典松露巧克力和巧克力舒芙蕾。我会建议空着肚子过来。想一想，大量的打发工作之后，看着自己做的舒芙蕾从烤箱里端出，配上一杯茶或者咖啡，是多么完美的享受。

This page, In Sherly's Kitchen exploring wine and cheese; opposite page, clockwise from top, gourmet food at Katrepices, courtesy of Katrepices; discovering the variety of cheeses, courtesy of Sherly's Kitchen; cooking soufflés becomes easy, courtesy of Sherly's Kitchen



Katrépices, created by Joffrey Vuillermet, set up its kitchen in the interior of what was once a bank. Located in the banking district of Geneva, Katrépices calls itself "the cosy cooking factory". What started out as a gourmet cooking experience has evolved into a popular venue that also serves high quality, limited-selection menus at lunch, and wine and tapas at night. Katrépices' gourmet cooking experiences are popular for group bonding and team-building. For wine lovers, it also offers oenology classes with wines customized to the group's preferences. •

Joffrey Vuillermet创办的Katrépices坐落在一座曾是银行的建筑中，位于日内瓦的银行区，自称为“舒适的烹饪工厂”。从最初组织美食制作的体验，现在Katrépices也开始提供高质量的限量午餐以及晚餐的葡萄酒和tapas，很受欢迎。而Katrépices的烹饪尤其适合团建。葡萄酒爱好者也可以在这里参与专为他们口味定制的酿酒学课程。•



Sign up:

SHERLY'S KITCHEN
Seestrasse 297
8038 Zurich, Switzerland
Tel. +41 78 755 6386
sherlyskitchen.com

LES LABORATOIRES CULINAIRES
Chemin de Maujobia 127
2000 Neuchâtel, Switzerland
+41 78 628 33 77
leslaboratoiresculinaires.com

KATRÉPICES
1, place de la synagogue
CH-1204 Geneva
Tel. +41 22 311 44 11
Katreepices.com

