



The Lake Geneva Region of Switzerland consists of a district known as the canton of Vaud. Its southern border is made up of villages, small towns and a few mid-sized cities that spread out along the shore of Lake Geneva. Its western and northern frontiers run through farm communities and small villages in the Jura mountains that share a border with France. Much of its eastern edge rises into the Alps.



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Since 1936, music lovers have been coming here for the Montreux Jazz Festival and anyone interested in sports will spend hours on top of Glacier 3000. Students of the history of architecture will be fascinated by a number of important buildings that go back to the 1100's, and serious eaters will be pleased to find some of the country's highest rated restaurants.

Glacier 3000

Of all the natural wonders in Switzerland, a snow-covered alpine peak is probably the most amazing. One of the best places to look at what's happening up there is Glacier 3000.



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To get to the glacier I took a train from Lausanne to the edge of the mountains, and then I worked my way in with a Post Bus. The Post Buses are part of the Swiss travel system and will take you all around the country. My first destination on this trip was the town of Col du Pillon, where the serious ascent begins. George Carlin had a good question. If mountain climbers go up Mount Everest because it's so hard to climb, why do they always go up the easy side? It makes you think.

The top of Glacier 3000 gets snow during 11 months of the year, so even in summer it's winter. Confusing, but interesting. It's June and people are marching around on snowshoes, snowboarding, snow-scooting and sliding around on inner tubes. They also have a glacier bus that drives around the top of the mountain and stops for great views.

The Paper Cutters of Rougemont

On the way back from the glacier I stopped into the teeny town of Rougemont.

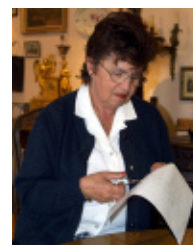


It has a beautiful Romanesque church that was built by monks in 1080.

The classic round arches tell you that it's in the Romanesque style. When the Reformation arrived there in 1555 the Protestants covered the painted walls with white plaster. In 1919 the paintings were rediscovered and restored to their original beauty.

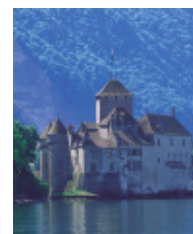
Rougemont's main street is lined with shops that are filled with local antiques. But the main reason I came to Rougemont is to take a look at a craft called *découpage*. The word means "to cut out." The objective is to cut out a design, paste it on a surface, cover it with varnish and end up with a decorated object.

Colette Rossier is a master of *découpage*. She learned about the craft during the 1960's but didn't take it seriously until her four children went off to college and she began using it as therapy for her empty nest syndrome. *Découpage* has been a European folk art since the 1100's but it got big in Venice during the 1600's. At the time there was a great demand for lacquered furniture imported from China and Japan, but few people could afford the real stuff. The Venetians started using *découpage* to produce imitations that ended up being extraordinarily successful. Today almost every European country has its own style of *découpage*, with the exception of Transylvania where sharp instruments are not allowed.



The Castle Of Chillon

For thousands of years the north shore of Lake Geneva connected northern Europe with Italy and the eastern part of France. It was an



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extremely important commercial route. At one point the mountains press up against the shore leaving a very narrow passage for the road. This strip was known as Chillon and has been inhabited for over 5,000 years.

During the 9th century a fort was built on a small island just offshore. In the 1100's it developed into a castle controlled by the Dukes of Savoy. The castle was able to control all movement on the narrow road. It was the ideal point for the collection of tolls, which made a major contribution to the Duke's wealth.

In 1817 the British poet Lord Byron used this castle as the setting for his poem "The Prisoner of Chillon." It tells the story of a clergyman who was chained to these pillars for five years because he advocated a more representative form of government than the Duke of Savoy appreciated. Lord Byron loved the story and even carved his name into one of the pillars.



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Vevey and The Little Tramp

The boats that sail on Lake Geneva make regular stops at most of the towns on the shore. You can get on and off and back on wherever you like. One place you might like to get off is the



town of Vevey, which is just to the east of Lausanne. It is a popular resort that faces out on Lake Geneva and the Alps and the town where Charlie Chaplin came to live in 1953. Chaplin was born in London in 1889. His family were vaudeville performers and he followed in their footsteps, eventually becoming the superstar of the silent screen.

During a tour of the United States in 1912 he was noticed by the Keystone Film Company who introduced him to film audiences around the world.

His most famous screen character, "The Little Tramp", was so widely appreciated that Chaplin came to be regarded as the greatest comic artist of his time and one of the most important figures in the history of motion pictures. When he passed away in 1977, Blaise Poyet, his favorite chocolate maker, called Chaplin's son and asked if he could honor Charlie's memory with a special chocolate. Together, they worked on a recipe that would reflect the character of the little tramp. It was very much like the real Chaplin, a little bitter, a little sweet and always filled with surprises.

They came up with a mixture of bitter and sweet chocolates that they formed into miniature copies of the shoes that Chaplin wore in his films. They filled the shoes with a chocolate that was laced with pine

THINGS TO DO

GLACIER 3000

MAISON DU TOURISME
CH-1865 LES DIABLERETS, SWITZERLAND
TEL: +41 (0) 24 492 28 14
E-MAIL: INFO@GLACIER3000.CH
WWW.GLACIER3000.CH

CONFISERIE POYET S.A.

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FAX: +41 (0) 21 922 44 30

CIMA MUSEUM

RUE DE L'INDUSTRIE 2
CH-1450 SAINTE-CROIX
SWITZERLAND
TEL: +41 24 454 44 77
E-MAIL: CIMA.STE-CROIX@BLUEWIN.CH
WWW.MUSEES.CH

MONTREUX JAZZ FESTIVAL

FONDATION DU FESTIVAL DE JAZZ DE MONTREUX
SENTIER DE COLLONGE 3
CASE POSTALE 126
CH-1820 MONTREUX-TERRITET, SWITZERLAND
TEL: +41 (0) 21 966 44 39
WWW.MONTREUXJAZZ.COM

The festival is held each year in July.

REUGE SA

CH-1450 SAINTE-CROIX, SWITZERLAND
TEL: +41 (0) 24 454 5141
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DAVID & COLETTE ROSSIER

ANTIQUITÉS - DÉCOUPAGES
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How to Go

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This pass entitles you to unrestricted travel by rail, bus and boat on the Swiss Travel System network for 4, 8, 15 or 21 days or a full month. Also included are trams and buses in 36 towns and cities as well as discount fares on many mountain railways and cable cars.

LAKE GENEVA SHIPPING COMPANY (CGN)

17, AV. DE RHODANIE

CH-1000 LAUSANNE 6, SWITZERLAND

TEL: +41 (0) 84 882 28 48

WWW.CGN.CH



The Lake Geneva Shipping Company went into business in 1823. Taking a ride on a lake steamer is still the best way to see the beauty of the Lake Geneva shore, the small towns and the surrounding mountains.

THE WINE TRAIN / LE TRAIN DES VIGNES

Operated by VCh (*Compagnie du Chemin de fer Vevey-Chexbres.*) WWW.MOB.CH

THE POST BUS (POSTAUTO)



Information about the Post Bus system is available in English at USA.MYSWITZERLAND.COM and in French, Italian and German at WWW.POST.CH

nuts. The shoes are set into a box with their heels together and toes apart, just the way Chaplin walked in his movies. The box itself is actually a movie film canister and tied with a ribbon that's printed with a movie film pattern. A bittersweet memory of a man with an amazing talent that was always surprising.



The Wine Train



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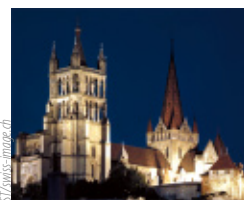
I decided to leave Vevey on "The Wine Train" that runs along the north shore of Lake Geneva, one of the most important wine growing regions in Switzerland. Between Lausanne and Montreux is the Lavaux district. The grapes grow on steep terraces that have been cut into the mountains. The hills face south and get lots of direct sunlight, but the lake also acts like a mirror and bounces even more warmth into the vines.

I got off at the town of Chexbres and started to walk "The Wine Trail." There are about 20 miles of road that wind through the vineyards. The map says that the winemakers have an open door policy, but they also have an open bottle policy. When you see an open door you can walk in, introduce yourself to the winemaker and he'll open a bottle so you can have a taste of his work. He'll also tell you how it's produced, the history of his family and his opinion of the present administration.

I visited the Bovy vineyards in Saint-Saphorin. Eric, who runs the vineyard with his brother Vincent, is the fourth generation of his family to make wine from these vines. He also makes excellent conversation. The wine was less than a year old, fruity with a slight bubbly texture, and ideal for the local specialties.

Lausanne Cathedral

The hill of Lausanne was once capped with a Roman fort. Today it is the base for the largest gothic cathedral in Switzerland. Gothic architecture got started in France during the mid-1100's and is marked by a pointed arch instead of the older, round Roman arch, and flying buttresses supporting the outside of the building that allowed the structures to be higher and wider. Critics in Italy disliked the style and called it "gothic" as a derogatory reference to the gothic barbarians who destroyed Rome in the 400's.



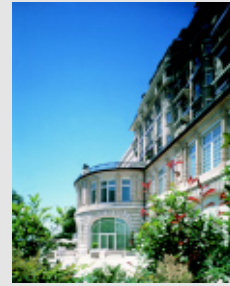
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Inside, pointed arches and ribbed vaults made it

WHERE TO STAY

The Lausanne Palace & Spa looks and feels like a palace and the guests are treated like royalty. The hotel is a member of The Leading Hotels of the World, and its general manager, Jean-Jacques Gauer, is the chairman of the organization. The Palace has an outstanding spa, indoor heated swimming pool, serious exercise equipment, a Jacuzzi that reduces the tension in your muscles, a relaxation terrace, and of course, massage and body care treatments. I like the one where they make believe you're sushi and wrap you in seaweed.

The hotel's most elegant restaurant is *La Table du Palace*. It also has a Parisian-style bistro, a garden restaurant with a health conscious menu, and a couple of comfortable bars, including the Bar de Palace, which displays a series of works by the painter Leroy Nieman.



LAUSANNE PALACE & SPA

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possible to have more open space and bigger windows. The cathedral had been under construction for over 100 years when it finally opened in 1275. It was a Catholic church until 1536 when Lausanne joined the Reformation and became a Protestant city, at which point the interior decorations of the building were covered or removed in keeping with the Protestant concept of simplicity.



Much of that move to simplify took the form of smashing the art to smithereens. The works were considered graven images and in need of immediate destruction. It would appear that images of women were more graven than images of men. The Queen of Sheba lost her head, but Solomon remained almost intact.



The only important element to remain from the period before the Reformation is the stained glass rose window that was installed during the 1200's and presents the story of creation.

The Lausanne Cathedral is the only one in Switzerland that still has a night watchman. Every evening he mounts the ancient staircase into the bell tower and there, from ten o'clock until two, he faces the four corners of the earth and calls out the hour.

Sainte-Croix Music Boxes

The world epicenter for music box manufacturing is the village of Sainte-Croix and a good way to get there is on the fast train from Lausanne. They leave almost every hour and will take you through one of the most picturesque valleys of the Canton of Vaud and up into

the foothills of the Jura Mountains.

Sainte-Croix is the hometown of Reuge Music, a company that produces music boxes, musical pocket watches and singing birds. You can visit the factory and see how they are made. At the end of the Second World War it looked like the business was coming to an end. But American troops passing through Europe found the boxes



fascinating and brought them home as souvenirs. In the process, they saved the industry. In the center of Sainte-Croix is the CIMA Museum, which is dedicated to the history of mechanical arts including music boxes. They have an outstanding collection.

Montreux Jazz Festival

The one thing in the Lake Geneva region that gets announced more often than the time is the Montreux Jazz Festival. In 1967, Claude Nobs, a former restaurant chef, founded the festival that has become the world's biggest and most famous annual jazz event. For 16 days there is virtually non-stop music. There are concerts you pay for and off-site events that are free. Run by a non-profit foundation, each year over 200,000 people show up.

TO LEARN MORE . . .

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TRAVELS & TRADITIONS

RECIPES FROM
THE LAKE GENEVA REGION,
SWITZERLAND

ROAST DORADE ROYALE WITH A CITRUS REDUCTION
Daurade royale rôti aux aromates et réduction d'agrumes
Makes 4 servings

1 cup orange juice
¼ cup sundried tomatoes
6 tablespoons extra virgin olive oil plus 4 teaspoons
1 cup diced cooked potato
1 cup cooked asparagus tips
Salt and freshly ground black pepper
4 6- to 7-ounce porgy fillets, or substitute red snapper,
black bass, or grouper
¼ teaspoon Spanish paprika
8 caper berries, halved lengthwise
4 fresh anchovy filets, halved lengthwise (optional)
½ cup halved black olives

Pour the orange juice into a small saucepan and bring to a boil over high heat. Reduce the heat to medium-low and gently simmer until the juice is reduced to ¼ cup and becomes the consistency of syrup. Transfer the reduced juice to a bowl and set aside. Soak the dried tomatoes in a bowl of water for 10 minutes. Drain, dice, and set aside.

Heat a large skillet over medium-high heat and add 3 tablespoons of the oil. Add the potatoes, asparagus, and tomatoes and sauté until vegetables just begin to turn golden. Season the vegetables to taste with salt and pepper. Remove the skillet from the heat and loosely cover with aluminum foil to keep warm.

Season the fillets with the paprika and salt and pepper to taste. Heat a large nonstick skillet over medium-high heat and add 3 tablespoons of the oil. Add fillets, skin side down, and sauté until fish is just cooked through, 5 to 8 minutes, depending on the thickness of the fillets.

To serve: Divide the vegetables between 4 dinner plates, spooning a large mound in the center of each plate. Lay one fillet over each mound of vegetables and garnish with the capers, anchovies, and olives. Drizzle 1 teaspoon of oil on and around each fillet.

BRAISED LAMB CHOPS
Souris d'agneau braisé à la raisiné
Makes 4 servings

2 pounds lamb shoulder chops, or stew meat cut into
1½-inch cubes
1 teaspoon fresh thyme leaves
1 teaspoon chopped fresh rosemary
6 tablespoons extra virgin olive oil
Salt and freshly ground black pepper
4 carrots, diced
3 ribs celery, diced
1 onion, diced
2 cloves garlic, chopped
½ cup white wine
1½ cups lamb or beef stock
2 tomatoes, chopped
2 tablespoons pear or apple butter*
4 sprigs fresh parsley or thyme
Mashed potatoes as an accompaniment

*The Lausanne Palace & Spa prepares this dish with *raisiné*, a local pear preserve.

Season the lamb in a bowl with the thyme, rosemary, and 2 tablespoons of the oil, and season to taste with the salt and pepper. Set aside to marinate for at least 2 hours or overnight.

Preheat the oven to 350°F. Heat the remaining 4 tablespoons of the oil in a large dutch oven or ovenproof stew pot over medium-high heat. Brown the meat, in batches, to a rich mahogany brown on all sides. Cubes tightly packed in the pan will not result in the proper browning. Transfer the browned meat to a large plate.

Add the carrots, celery, onion, and garlic to the pot and sauté until the vegetables begin to brown. Return the meat and any juices accumulated in the bottom of the plate. Add the wine and cook, stirring up any browned caramelized bits stuck to the bottom of the pot. Add the lamb or beef stock and tomatoes, cover the pot and place

Continued on page 6

it in the oven.

Braise the lamb for about 1½ hours, or until the meat is very tender and falling off the bone. Check the pot after 1 hour to be sure the liquid is at least half way up the lamb, if it has reduced too much, add a little water and gently stir.

Remove the pot from the oven and stir in the pear or apple butter. Adjust the seasonings. Ladle the braised lamb onto a decorative deep platter and garnish with the fresh herbs. Serve with mashed potatoes.



CARAMELIZED APRICOTS WITH STAR ANISE ICE
CREAM
Abricots rôtis à la badiane
Makes 4 servings

FOR THE COOKIES

1 cup all-purpose flour, sifted
Pinch salt
1 teaspoons baking powder
16 tablespoons (2 sticks) unsalted butter
1 teaspoons vanilla extract
A drop of almond extract
¼ cup sugar
1 large egg yolk

FOR THE STAR ANISE ICE CREAM

2 cups heavy cream
1 cup milk
¾ cup sugar
2 whole star anise
3 egg yolks

FOR THE APRICOTS

5 tablespoons butter
4 ripe, but not too soft, apricots, halved and pitted
1 whole star anise
¼ cup sugar

FOR THE COOKIES: Sift the dry ingredients together into a large bowl. In the bowl of a standing mixer cream the butter fitted with the whisk attachment until it turns a pale yellow. Add the vanilla and almond extracts and sugar to butter and continue beating until the butter mixture is light and fluffy. Fold the dry sifted ingredients into the butter, then add the egg yolk and mix just enough to make a smooth cookie dough. Don't over mix or the shortbread will be tough. Form the dough into a flat disk and cover with plastic wrap. Refrigerate for at least 1 hour.

Preheat the oven to 400°F. Line a baking sheet with parchment paper. To form the cookies, divide the dough

WHERE TO EAT

LE TABLE DU PALACE RESTAURANT

GRAND-CHÊNE 7-9

CH-1002 LAUSANNE, SWITZERLAND

TEL: +41 (0) 21 331 31 31

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The place where I enjoyed many of the local specialties is Le Table du Palace Restaurant in the Lausanne Palace Hotel & Spa. The dining room is elegant and has a great view of Lake Geneva and the Alps. It's been awarded a star by The Michelin Guide and the food that I was served by Chef Eric Redolat was excellent. He has a five-course tasting menu that must be pre-ordered and can only be prepared for a maximum of six people.

The wine steward, Christophe Mantau, selected a different Swiss wine to go with each course. Swiss wines are not easy to get outside of Switzerland, but they're very good.

in 2 equal pieces. Lightly flour a clean workspace and roll one piece to ½-inch thick. Cut out four 3-inch circles with a cookie cutter and transfer to the prepared cookie sheet. Refrigerate for 15 minutes. Bake cookies for 10 to 15 minutes, or until cookies are just set and soft in the center. Cool on a rack. Save the remaining dough, in the freezer, for another use.

FOR THE ICE CREAM: In a medium saucepan, heat the cream, milk, sugar, and star anise together over medium heat until milk just begins to simmer. Meanwhile, whisk egg yolks in a large bowl. Slowly add a ½ cup of the hot milk to the egg yolks while whisking constantly. This will prevent the eggs from scrambling. Then add the egg mixture to the pot and stir constantly until the mixture thickens, about 10 minutes. Do not allow the mixture to boil and stir constantly. Strain the custard into a medium bowl and discard the star anise. Cool the custard in the refrigerator until completely chilled. Freeze the ice cream in an ice cream machine according to the manufacturer's instructions.

FOR THE APRICOTS: In a large heavy bottomed skillet, melt the butter over medium heat. Add the apricots, cut side down, and star anise into the skillet and sprinkle in the sugar. Shake the skillet until sugar has caramelized to a golden brown, 5 to 10 minutes.

TO SERVE: Place one cookie in the center of four dessert plates. Top cookie with a large scoop of ice cream and spoon two halves of apricot and some of the caramel over each scoop of ice cream.

All recipes courtesy of The Lausanne Palace & Spa, Lausanne, Switzerland