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SARAH WIENER IN THE ALPS

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01 - SALZKAMMERGUT (AUSTRIA)

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FORMAT
1 x 43', 2010

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HD

Recipes for this episode: Mushroom soup - Smoke-grilled vendace with potato and chopped parsley - Fruits of the forest-stuffed pancakes with ice-cream.

Ernst Fuchs, owner of the "Fischkalter" restaurant, or "Fish pond", is a master in the art of preparing vendace, or trout, that thrash about in the depths of the clear, fresh-water lakes. Ernst Fuchs initiates Sarah into the secrets of cooking this fish and how to keep its flesh tender. Sarah must also prepare a Cream of Girolle mushroom soup, but only the locals know the best places to pick the mushrooms, and they don't seem to have too much to say on the subject.



02 - SAVOIE (FRANCE)

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Recipes for this episode: Snails in puff-pastry with Swiss chard - Jugged chamois with polenta.

In Savoie, Catherine and Christian Finas greet Sarah Wiener with two dishes - snails in puff-pastry with Swiss chard, followed by chamois with cheese polenta. Easy to eat but hard to prepare - especially if you feel sorry for the snails and have to go and hunt the chamois yourself, an animal that is reputed for its agility and is rather fond of steep slopes...



03 - BERCHTESGADEN (GERMANY)

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Recipes for this episode: Berchtesgaden Kasnocken and fresh salad (Fresh pasta with cheese) - Bischofswieser Mus (Fried cake).

In the heart of Berchtesgaden country, Alexandra Irlinger runs a small, typically Bavarian farm. Her speciality is "kasnocken". Beneath this strange-sounding name lies a hearty dish - fresh home-made pasta with home-made cheese, or "beielkas". Eating kasnocken is no trifling affair. The only accompaniment that is served with this dish is a wild-herb salad. A rustic gentian liqueur rounds the dish off perfectly and helps with digestion!



04 - ENGADIN (SWITZERLAND)

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Recipes for this episode: Birnbrot (pear bread) and goat ricotta macerated in olive oil - Potato ravioli with ceps and potato sausage.

In his restaurant the "Piz Tschütta", chef Daniel Fischer likes to blend traditional recipes with new influences. He suggests Sarah make a main dish of potato ravioli with cep mushrooms, and potato sausages, and as a starter, goat ricotta with olive oil and herbs, served with pear bread. But before she can start to cook, she has to go and milk the goats and try to pierce the jealously guarded secret of the recipe for pear bread...



05 - VALAIS (SWITZERLAND)

Recipes for this episode: "Evolene" Hotpot.

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In the canton of Valais, under the peak of the Matterhorn lies the charming little village of Evolene. Raymonde Pralong masterfully runs her "As vieux Mazot" restaurant. A native of Valais, she learned how to cook from her grandmother. She has spent her life between glaciers, cooking pots and the chimney hearth, where she simmers her Valais hotpot - a dish made of meat, lard, sausages, fruit and veg. In between recipes, Sarah will be learning how to play the Alpine horn and how to cast a bell. She will also be encountering some Herens cows, whose good-humoured appearance hides a fiery temperament!



06 - LA HAUTE-SAVOIE (FRANCE)

Recipes for this episode: Reblochon cheese with gingerbread - Stuffed cabbage with poultry.

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On the shores of Lake Annecy, Vincent Favre-Félix has built a small culinary paradise called "La Pricaz". Having learnt how to cook from top French chefs, Vincent developed his own cuisine in which he blends tradition with inventiveness. On the menu is Reblochon cheese flatcakes and cabbage stuffed with poultry. All the ingredients he uses to make his delicious fare are organic.



07 - ALLGÄU (GERMANY)

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Recipes for this episode: sweetbreads and lard with root vegetables and grilled crayfish with tomato and spring onions.

Eckehart Egger, at the "Obere Mühle", a delightful mountain tavern, knows a thing or two about inventive combinations. His dish for Sarah is sweetbread with crayfish. Crayfish are as rare as they are difficult to catch and sweetbread is a highly unusual piece of meat. Once Sarah has sourced these choice ingredients, she'll be getting up at the crack of dawn to beat real Alpine butter and live up to the very high standards she's been set...



08 - THE CANTON OF VAUD (SWITZERLAND)

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Recipes for this episode: Smoked trout rillettes - Vaud roast served with rösti and sautéed leeks.

On the shores of Lake Geneva, Sarah Wiener is staying at the Reichenbach family restaurant, "La pinte du paradis" (The Pint of Paradise). It is run by brothers Claude-Alain and Julien and their mother, Ursula. The house specialities are smoked trout rillettes, and "Vaud roast", roast pork stuffed with sausages and wrapped in lard. To procure the ingredients, Sarah will have to go fly-fishing and mill the meat. She will be meeting Mr. Reichenbach senior, a pork butcher, for whom sausage-making is sacred.



09 - TYROL (AUSTRIA)

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Recipes for this episode: Wild herb soup - Lamb on a bed of mountain hay.

The "Strumerhof" tavern is located among lofty 3,000-metre summits, in the Tyrolean village of Mattrei. In this isolated region, the fields are worked by hand, and people use bread as currency rather than money. Anna Holzer, the delightful owner of the "Strumerhof" serves lamb on a bed of hay, carefully scythed by her husband. Potatoes topped with crème fraîche and herbs accompany this tender and sophisticated meat.



10 - LA HAUTE-PROVENCE (FRANCE)

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Recipes for this episode: Rabbit with sage and mushrooms, and Ravioli.

The last leg of Sarah Wiener's culinary journey takes her to Haute-Provence. In the remote Ubaye valley, Nicole and Jo Lauzach reign supreme over pumpkin ravioli and rabbit in sage. During her walks, Sarah discovers that dog rose berries not only make excellent itching powder, they also make a delicious jam.



SARAH WIENER IN THE ALPS

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Always in search of new gastronomic adventures, Sarah Wiener has chosen to explore the highroads and by-roads of the Alps. The massif, shared by France, Germany, Switzerland, Italy and Austria both unites and divides.

After being welcomed to the premises with a typical dish of the region, Sarah has to reproduce the same recipes and sets off in search of the various ingredients, all locally produced by farmers, winegrowers, fishermen, cheese-makers and shepherds. All these people share a love of nature and of good food that respects quality and the environment. Our Alpine traveller is not only interested in making delicious dishes, she also takes advantage of her trips to become acquainted with local ways, customs and craftsmanship. In doing so, she learns how to sculpt a wooden spoon, how to blow into a Alpine horn and how to dance a Tyrolean dance!

HD



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