


2021 media text

Culinary delicacies

The culinary tradition of St.Gallen doesn't stop at its famous bratwurst and award-winning beer, the Eastern Swiss metropolis also offers an impressive array of exciting and sumptuous culinary delights for the modern gourmet in a variety of different settings.

Traditional medieval tavern



The traditional “*beizlis*”, a kind of tavern or pub, have been serving local fare to diners since the beginning of the 19th century. Sitting under the vaulted Gothic ceilings, it feels as if time has stood still. The cozy parlours are characterised by dark wood panelling, low ceilings with exposed wooden beams and rustic wooden benches. One of the famous first-floor *beizlis* in St.Gallen, “Zum Bäumli” owes its name to a blacksmith who used to have his workshop near the abbey stables. The wall is graced with a saying that still rings true today: “Friends! The wine is pure.”

Another kind of truth offered by the many first-floor *beizlis* comes in the form of traditional Eastern Switzerland dishes “like grandma used to make” found on the lovingly designed menus. Beer is the drink of choice with a tradition dating back to the Middle Ages when St.Gallen already had three breweries marked on the map of its Abbey District.

Something for everyone

Whether hearty Swiss, Italian, Spanish, Asian, American or Thai cuisine, this unique city at the crossroads of four countries offers specialities for every palate. From regional Swiss *Käseknöpfli*, or cheesy noodles, to Mediterranean paella. Its restaurants are diverse, varied and one-of-a kind. In the truest sense because it's hard to find one of the larger chain restaurants in St.Gallen, a city that clearly likes to eat well. Many traditional restaurants have been run for many years or even decades by the same restaurateurs who are passionate about their trade. In addition to bratwurst, the homestyle restaurants rely on other local ingredients like vegetables, game and truffles as well as the distinctive wine from the Rhine Valley which is as unique as the region that produces it.

Sweet St.Gallen tradition

In the capital of Eastern Switzerland, you've come to the right place if you like sweets. The St.Gallen *biber*, a kind of gingerbread, is the pride of every bakery. It is a well-known and popular speciality throughout Switzerland. The pastry is made of honey, flour and sugar as well as special spices like anise, coriander and cloves. Every bakery has its own carefully guarded recipe, which is passed down from generation to generation.

Discovering the mystery of chocolate

It is a known fact that chocolate makes people happy. And there are plenty of happy people at the “Chocolarium” chocolate factory in Flawil where visitors can experience first-hand how chocolate is made on an interactive tour. The tour comes to a sweet end with a tasting where visitors can sample the delights. Or visitors can try their hand at making their own chocolate creations. The mystery of chocolate comes alive – it’s a bit like being inside the hit movie “Charlie and the Chocolate Factory” starring Johnny Depp.

#lovestgallen #sginspiriert #ineedswitzerland #inlovewithswitzerland

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