

**F 7 Duminica**
**09.Aug.2009**
**Cheese & Chokolade**

## Übersicht Basel – Montreux



### Legende

- Restaurant
- VELOS: Reservierung obligatorisch
- Minibar
- VELOS: Kein Selbstverlad
- Familienwagen mit Kinderabteil
- Reservierung möglich
- Businesszone in 1. Klasse: Reservierung möglich
- Ruhezone
- Reservierung empfohlen

Details	Bahnhof/ Haltestelle	Datum	Zeit	Daue	Umst	Reise mit
1	Basel SBB Montreux	09.08.09	ab 06:03 an 08:38	2:35	1	ICN, CIS
<b>2</b>	Basel SBB Montreux	09.08.09	<b>ab 06:03 an 08:43</b>	2:40	1	ICN, IR
3	Basel SBB Montreux	09.08.09	ab 06:17 an 09:04	2:47	3	IR, IC
4	Basel SBB Montreux	09.08.09	ab 06:28 an 09:04	2:36	2	CIS, IC, IR

**Details - Verbindung 2** Dauer: 2:40; fährt täglich

Bahnhof/ Haltestelle	Datum	Zeit	Gleis	Reise mit	Bemerkungen
Basel SBB Lausanne	09.08.09	<b>ab 06:03 an 08:15</b>	14 8	ICN 1608	InterCity-Neigezug ,    BZ RZ
Lausanne Montreux		<b>ab 08:24 an 08:43</b>	6 3	IR 1717	InterRegio

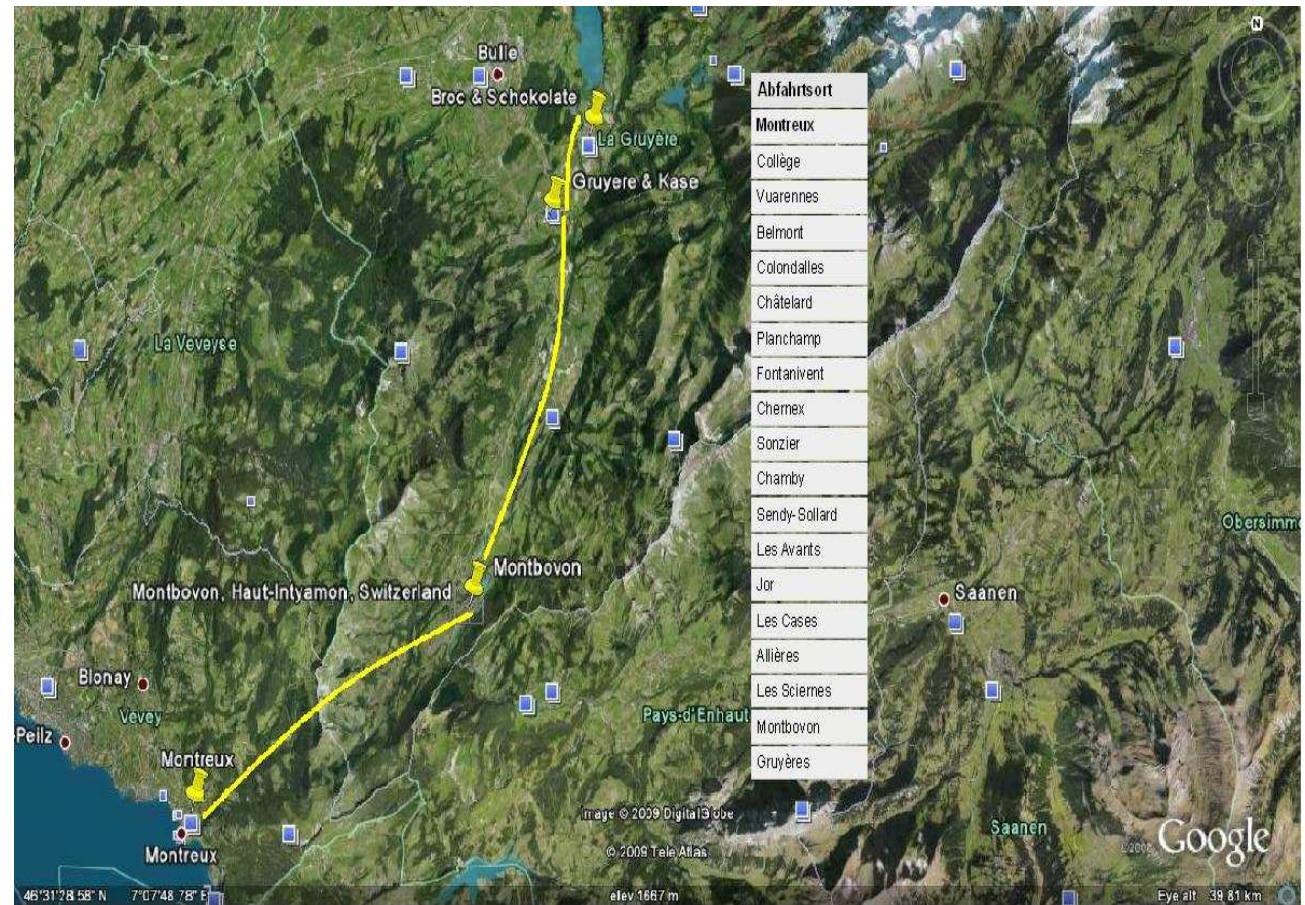
Reiseinformationen gültig vom 14.12.08 bis 12.12.09.

## “Chokolade train” pleaca din Montreux.....



## Streckenfahrplan

Abfahrtsort	ab	Halteorte
Montreux	09:25	X
Collège	09:26	
Vuarennes	09:27	
Belmont	09:28	
Colondalles	09:29	
Châtelard	09:30	
Planchamp	09:31	
Fontanivent	09:32	
Chernex	09:34	
Sonzier	09:36	
Chamby	09:39	
Sendy-Sollard	09:43	
Les Avants	09:52	
Jor	09:55	
Les Cases	09:58	
Allières	10:01	
Les Sciernes	10:06	
Montbovon	10:21	X
Gruyères	10:45	X
Gruyères	14:09	X
Broc-Chocolat	14:36	X





# Chokolade train - schedule

- 09h25** : dp. de Montreux, café-croissant servis dans le train  
 ab Montreux, Kaffee und Gipfel im Zug  
 dp. from Montreux, coffee and croissant served on board
- 10h45** : ar. à Gruyères gare, visite de la Maison du Gruyère,  
 fromagerie de démonstration  
 an Greyerz Bahnhof, Besuch der Schaukäserei la Maison du Gruyère  
 arr. at Gruyères station, visit to the demonstration cheese-dairy,  
 La Maison du Gruyère
- 11h30** : Transfert en bus de la gare à la ville  
 Transfer mit dem Bus vom Bahnhof zur Altstadt  
 Transfer by bus from the station to the village
- 13h55** : Transfert en bus de la ville à la gare  
 Transfer mit dem Bus von der Altstadt zum Bahnhof  
 Transfer by bus from the village to the station
- 14h09** : dp. de Gruyères gare  
 ab Greyerz Bahnhof  
 dp. from Gruyères station
- 14h36** : ar. à Broc – Visite de la Maison Cailler : projection d'un film,  
 mini-circuit visiteurs et dégustation offerte par Nestlé  
 an. Broc – Besuch des Maison Cailler : Filmvorführung,  
 kleiner Besucherrundgang und Degustation offeriert von Nestlé  
 arr. at Broc – Visit to the Maison Cailler : film presentation,  
 mini visitor tour and complimentary chocolate tasting offered by Nestlé
- 16 h10** : dp. de Broc  
 ab Broc  
 dp. from Broc
- 18 h10** : ar. à Montreux  
 an Montreux  
 arr. at Montreux

ChocolateTips4u.com

6063695565

SBB CFF FFS BILLET + RESERVIERUNG  
 Gültig als Anschlussbillet  
 MOB Lenk/Zweisimmen-Montbovon

CIV 1185

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# Montreux – Basel



## Übersicht



Details	Bahnhof/Haltestelle	Datum	Zeit	Dauer	Umst.	Reise mit
1	Montreux Basel SBB	09.08.09	ab 18:19 an 20:53	2:34	1	IR, ICN
2	Montreux Basel SBB	09.08.09	ab 18:54 an 21:32	2:38	2	IR, IC
<b>3</b>	Montreux Basel SBB	09.08.09	<b>ab 18:54 an 21:53</b>	2:59	1	IR, ICN
4	Montreux Basel SBB	09.08.09	ab 19:15 an 21:53	2:38	2	IR, ICN
5	Montreux Basel SBB	09.08.09	ab 19:21 an 21:53	2:32	2	CIS, ICN

### Details - Verbindung 3

Dauer: 2:59; fährt täglich

Bahnhof/Haltestelle	Datum	Zeit	Gleis	Reise mit	Bemerkungen
Montreux Morges	09.08.09	ab 18:54 an 19:31	1 2	IR 1432	InterRegio
Morges Basel SBB		ab 19:41 an 21:53	3 14	ICN 643	InterCity-Neigezug , ✕   BZ RZ

### Legende

- Restaurant
- VELOS: Reservierung obligatorisch
- Minibar
- FA** Familienwagen mit Kinderabteil
- R** Reservierung möglich
- VELOS: Kein Selbstverlad
- BZ** Businesszone in 1. Klasse: Reservierung möglich
- RZ** Ruhezone
- RE** Reservierung empfohlen

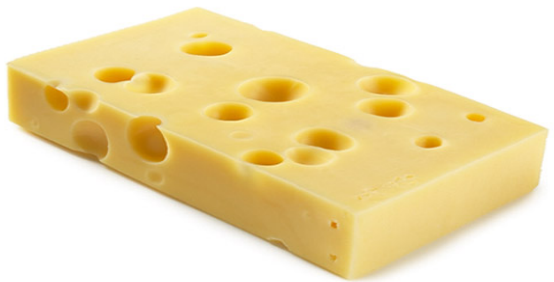
## Prima oprire:

## Brinzaria de la Gruyere

### SWISS CHEESE

So I was eating some Swiss cheese yesterday, and I wondered, what makes the holes in this cheese? The answer, it turns out, is "gassy bacteria."

- Making cheese requires bacteria. Different kinds of cheese use different kinds of bacteria as well as different kinds of milk.
- Swiss cheese uses three types of bacteria, but the one that makes the holes is called *Propionibacter shermani*. When a cheesemaker adds this bacteria to the mix, it makes bubbles of carbon dioxide. The cheesemaker can control the size of the bubbles by changing the acidity, temperature, and curing time of the mix.
- The holes in Swiss cheese are technically called "eyes."
- Swiss cheese made in the US is aged only four months. Swiss cheese made in Switzerland is aged four to fourteen months.
- The Swiss make two types of Swiss cheese, Emmentaler and Gruyere, named for the places where they were first made. It is believed that the first Emmentaler was made as long ago as 50 B.C. The holes in Gruyere cheese may be considerably smaller than Emmentaler.



Emmentaler



Gruyere

### **About cheese in general:**

- Cheese was the result of an accidental discovery. It is presumed that people put milk in a bag made from the stomach of a cow and discovered that the next day, it had cured into chunks (curds) and liquid (whey). They took out the curds and ate it and thought it was pretty tasty. Then they added salt to it and found that the curds would last even longer.
- The recipe for cheese basically goes like this: milk + starting culture (bacteria + rennet for coagulation) = soft curd. The curd is then manipulated in various ways: the whey is removed, it gets salted, then it gets molded and pressed, sometimes salted some more, it gets "bandaged," and then it's allowed to mature.
- Interestingly, when a calf drinks milk, its four stomachs supply various kinds of bacteria at the various stages of

digestion, turning the milk into a soft curd. The curd passes into the intestine, and now that the milk is in curd form, its passage to the exit is slowed long enough that the nutrients can be absorbed into the calf's body. So the production of cheese kind of mimics what happens to milk in a cow's stomach.



Farmer Jacques Murith makes a gruyere cheese in the mountain pasture of La Proveta d'Avau near Gruyeres September 14, 2007.

During the summer season the Murith family produce around 200 wheels of gruyere cheese of around 40 kg each, traditio-nally made with wood fire.



## Pentru cultura generala, capitolul “Brinzeturi”



**Asa incepe  
fabricarea  
brinzei  
elvetiene**



## Semi-Firm Cheeses

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**semi-firm cheese = semi-hard cheese** Most semi-firm cheeses are pressed during production to remove moisture. As they age, they become even firmer and more pungent and crumbly.

Most of these cheeses are great for snacks and sandwiches, and many can be cooked without becoming rubbery or oily.

Semi-firm cheese tend to have a longer shelf life than softer cheeses. Many can last about 1-2 months in the refrigerator if the package isn't opened, 3-4 weeks if opened, and 2 weeks if sliced.

***Substitutes:*** cheese substitutes

# Varieties of cheese :



**Abondance = Tomme d'Abondance** *Pronunciation:* ah-bone-DAHNS  
*Notes:* This French raw milk cheese has a subtle, nutty flavor. It's a good melting cheese. *Substitutes:* Gruyere OR Fontina OR Appenzell



**Appenzell = Appenzeller** *Notes:* This is a creamy and pleasantly stinky cheese.  
*Pronunciation:* AP-en-zel *Substitutes:* Emmentaler OR Gruyère OR raclette OR Fontina



**Asiago (fresh)** *Pronunciation:* ah-zee-AH-go *Notes:* Don't confuse this with aged Asiago, which is a firm grating cheese. *Substitutes:* Provolone OR other semi-firm cheese



**Beaufort** *Pronunciation:* BOH-furt *Notes:* This semi-firm cheese is slightly sweet and has a nice texture. It's a great melting cheese, so it's often used in fondues. *Substitutes:* Emmenthal OR Gruyère OR Fontina OR Tomme OR Reblochon



**Caciotta = Casciotta** *Pronunciation:* kah-CHOH-tah *Notes:* This mild Italian cheese is made with a blend of sheep's milk and cow's milk cheese.

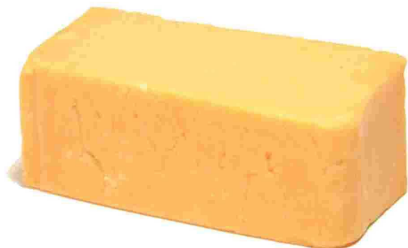


**Caerphilly** *Pronunciation:* kar-FILL-ee *Notes:* This Welsh cow's milk cheese is crumbly and a good melter. *Substitutes:* Cheddar



**Cantal** *Pronunciation:* kahn-TAHL *Notes:* This French cheese is sweet when young but earthy and grassy when aged. It's a reliable party-pleaser--mild but complex. *Substitutes:* Cheddar OR Gruyère OR Monterey jack OR Lancashire





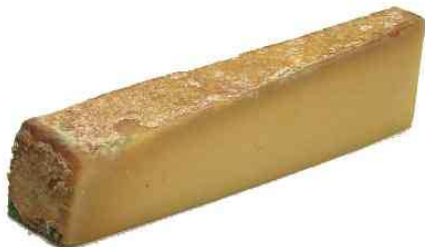
**Cheddar** *Notes:* The curds of many English cheeses are "cheddared" or cut them into slabs and stacked to allow whey to drain off. Some cheddars have more lactose in them, making them "sharp" or acidic. Less sharp cheddars are often labeled "mild" or "medium." England supplies many fine Cheddars, as does Vermont and Tillamook, Oregon. *Substitutes:* Colby OR Cheshire OR American cheese OR "Tofu Rella" Amber (a soy-based cheese substitute; use in melted cheese dishes) OR nutritional yeast OR white miso OR cheese substitutes



**Cheshire** *Pronunciation:* CHESH-er *Notes:* Said to be England's oldest cheese, is a good cooking cheese. **Blue Cheshire** is a blue-veined version. *Substitutes:* Cheddar OR cheese substitutes

**chevre (aged) = chèvre** *Pronunciation:* SHEH-vruh *Notes:* Don't confuse this aged goat cheese with the far more common **chevre frais** (fresh chevre). Use within a few days after purchasing. For best flavor, serve at room temperature. *Substitutes:* feta

**Colby** *Notes:* This Wisconsin cheese resembles a mild Cheddar. *Substitutes:* Cheddar (sharper flavor) OR Tillamook OR American OR cheese substitutes



**Comte = Comté = Gruyère du Comté = Comte Gruyere** *Pronunciation:* kohm-TAY *Notes:* This excellent French cow's milk cheese dates from the time of Charlemagne. It has a mildly sweet, nutty flavor, much like Gruyère. It's a very good melting cheese. *Substitutes:* Gruyère OR Fontina OR Beaufort OR Emmentaler

**Coon** *Substitutes:* Cheddar (not as sharp as Coon)



**Danbo** *Pronunciation:* DAN-boh *Substitutes:* Samsøe OR Cheddar



**Derby cheese = Derbyshire cheese** *Includes:* **Derby Sage cheese** (pictured), which is flavored with sage. *Substitutes:* Cheddar OR Vermont Sage (for Derby Sage)



**Edam** *Pronunciation:* EE-dum *Notes:* This has a red wax coating. *Substitutes:* Gouda (similar, but with a higher milkfat content) OR fontina OR Leyden cheese OR cheese substitutes



**Emmental = Emmentaler = Emmenthaler = Emmenthal = Bavarian Swiss cheese**

**Pronunciation:** EM-uhn-tall **Notes:** This Swiss cheese is riddled with holes and has a mild, nutty flavor. It's an excellent melting cheese, and a key ingredient in many fondues. **Substitutes:** Jarlsberg (similar) OR Beaufort OR Gruyère OR Swiss OR raclette OR cheese substitutes



**fontina** **Pronunciation:** fon-TEE-nuh **Notes:** This well-regarded cheese is mild but interesting, and it's a good melter. **Substitutes:** Gruyère OR Emmental OR Beaufort OR Edam OR Gouda OR Bel Paese OR Appenzell OR provolone OR rablochon



**gamonedo = queso gamonedo = gamoneú** **Pronunciation:** gah-moh-NAY-doh **Notes:** This expensive Spanish cheese is made from the milks of cows, sheep, and goats. It's smoked, giving it a very complex flavor. **Substitutes:** Cabrales (very similar)



**Gjetost** **Pronunciation:** YET-ohst **Notes:** This tastes a bit like caramelized American cheese. **Substitutes:** Mysost (very similar)





**Gloucester** *Pronunciation:* GLOSS-ter *Notes:* This orange cheddar-like cheese comes from England. Varieties include **Single Gloucester**, which is ripened for only two months, and **Double Gloucester**, which is more highly regarded and flavorful. **Huntsman cheese** contains layers of Gloucester and Stilton. *Substitutes:* Cheshire OR Cheddar

**Graviera** *Substitutes:* Jarlsberg OR Gruyère

**Greve** *Substitutes:* Swiss



**Gruyere = Gruyère** *Pronunciation:* grew-YARE *Notes:* Gruyères are excellent melting cheeses, and they're commonly used to make fondues, soufflés, gratins, and hot sandwiches. Varieties include Swiss Gruyère, Beaufort, and Comté. *Substitutes:* Emmentaler OR Jarlsberg OR Appenzell OR raclette OR Swiss cheese

**Gruyère du Comté** *See Compté.*



**Idiazabal cheese = Idiazábal cheese = queso vasco** *Pronunciation:* ih-dee-ah-ZAH-bol  
*Notes:* This salty, sharp and crumbly Basque cheese is made with raw sheep's milk. It's usually smoked and aged before it hits the stores. It's a good cheese to grate in salads, melt on meats, or eat with crackers. Try serving it with sherry.



**Jarlsberg** *Pronunciation:* YARLZ-berg *Notes:* This is a Norwegian knock-off of Emmentaler. It's mild, creamy yellow, and has large holes. *Substitutes:* Emmentaler OR Gruyère OR Swiss OR raclette

**Kaser** *Substitutes:* Kasseri OR Kashkaval OR Provolone



**Kashkaval = Kachkeval** *Notes:* This is a Bulgarian version of Italy's Caciocavallo cheese. It becomes much firmer as it ages and turns into a good grating cheese. *Substitutes:* Caciocavallo OR Provolone OR Scamorza OR mozzarella OR Kashkaval OR Kaser



**kasseri** *Pronunciation:* kuh-SAIR-ee *Notes:* This salty and tangy Greek cheese is made from sheep's milk. It's great on pizza. *Substitutes:* Kefalotyri (in fried cheese recipes) OR Caciocavallo OR Provolone OR Scarmorza OR mozzarella OR Kashkaval OR Kaser



**Lancashire** *Pronunciation:* LANG-kuh-sheer *Notes:* This is a rich, tangy, and crumbly cow's milk cheese produced in Britain. It's a good melting cheese. *Substitutes:* Cheddar



**Leerdammer** *Notes:* This Dutch cheese is similar to Emmental or Jarlberg, only milder.

**Leicester = Red Leicester** *Pronunciation:* LESS-ter *Notes:* This is an English cheese that's very similar to cheddar. *Substitutes:* Cheddar cheese (Not as moist as Leicester.)





**Leyden = Leiden** *Notes:* This Dutch cheese is flavored with cumin and caraway seeds.  
*Pronunciation:* LIE-dehn *Substitutes:* Gouda OR Edam



**Mahón cheese = Mahon cheese** *Pronunciation:* mah-HONE *Notes:* This well-regarded Spanish cheese is a terrific snacking cheese, but it's also incorporated into casseroles. Try it with sherry. *Substitutes:* Gouda



**Manchego cheese** *Notes:* Don't confuse this with aged Manchego cheese, which is firm and yellow, and typically used for grating. Younger Manchego cheese is sweet and nutty. It melts nicely and is often used in quesadillas. *Substitutes:* Monterey jack OR mozzarella OR cheddar

**Mysost = Primost** *Substitutes:* Gjetost (very similar)



**Nøkkelost = Nokkelost** *Notes:* This Norwegian cheese is seasoned with caraway seeds, cumin, and cloves. *Substitutes:* Leyden (a very similar Dutch cheese)

**Primost** *See Mysost.*



**raclette** *Pronunciation:* rah-KLET *Notes:* People often melt this Swiss cheese and dip new potatoes into it. *Substitutes:* Emmental OR Morbier OR Gruyère OR Swiss OR Jarlsberg OR Reblochon



**Saint Nectaire cheese = St. Nectaire cheese** *Pronunciation:* SAHN neck-TARE *Notes:* This French cheese has a rich, nutty flavor. *Substitutes:* Tomme de Savoie OR Tomme Crayeuse



**Swiss cheese = American Swiss cheese** *Notes:* This popular cheese is an American knock-off of Switzerland's Emmentaler cheese. This difference is that our domestic version usually has smaller eyes (making it easier to slice) and is made from pasteurized milk. Emmentaler has a richer, nuttier flavor.  
***Substitutes:*** Emmentaler OR Gruyère OR Jarlsberg OR raclette OR cheese substitutes



**Tete de Moine = Tête de Moine** *Notes:* This is a very pungent Swiss cow's milk cheese.



**Vasterboten cheese**





**Wensleydale** *Pronunciation:* WENZ-lee-dale *Notes:* This is a fairly mild English cheese. *Substitutes:* Cheddar

**yak cheese** *Substitutes:* Swiss cheese

*Pofta buna dupa ce ati inghitit atita in sec !!!*

A doua oprire:

# Ciocolata Nestle



## O rețeta pentru Trufe

[ [Interesante sunt si linkurile de la sfirsitul articolului despre trufe de ciocolata !!!](#) ]

Chocolate truffles have seen its inception as a French confection molded to the form of the prized black truffle fungus. These truffles are an incarnation of the popular ganache, which is simply a mixture of chocolate and cream. The amount of cream controls how firm you want your truffle. It can be infused with liqueur such as Grand Marnier, rum or even hazelnut. My favorite store bought truffle is the Cocoa truffle which has a gooey center encased by a hard chocolate shell and dusted with cocoa powder; it is made by Leonidas, a Belgian truffle maker.

For my entry to Sugar High Friday #25:Truffle hosted by **Johanna** of The Passionate Cook, I decide to keep it simple. The “**Black on Black**” truffle recipe is adapted from the book “*Chocolate Desserts by Pierre Herme*” impeccably translated by *Dorie Greenspan*, a great cookbook author herself. The star of this recipe is the chocolate itself. It is dusted with cocoa powder to simulate the dirt that the truffle fungus grows in. This is an elegant indulgence for the holidays; rich as it is, you cannot have just one. According to my tasters it is wonderful with a complex red wine!

- 9 ounces bittersweet chocolate, preferably Valhorna Caraibe, finely chopped (260gms)
- 1 cup heavy cream (250 gms)
- 3 ½ tbs unsalted butter, at room temperature, cut into 4 pieces (1 ¾ ounce; 50 gms)
- Dutch-processed cocoa powder, preferably Valrhona, for dusting

Put the chocolate in a heatproof bowl that can hold all of the ingredients. Bring the cream to a full boil in a saucepan or microwave oven, then pour the hot cream into the center of the chocolate. Working with a spatula, gently stir the cream into the chocolate in ever-widening concentric circles until the ganache is homogenous and smooth. Allow the ganache to rest on the counter for about a minute before adding the butter. Add the butter 2 pieces at a time, stirring gently to blend. When all the butter is blended into the mixture, pour the ganache into a baking pan or bowl. Put the pan in the refrigerator and, when the ganache is cool, cover it with plastic wrap and chill for at least 3 hours. (The ganache can stay in the refrigerator overnight, if that's more convenient for you.)

When you are ready to shape the truffles, spoon a generous amount of cocoa powder into a bowl, and set out a baking sheet lined with parchment or waxed paper. Remove the truffle mixture from the refrigerator and scoop up a scant tablespoonful of ganache for each truffle; put the dollops of ganache on the paper-lined pan. Dust the palm of your hands with cocoa powder and, one by one, roll the mounds of ganache between your palms to form rounds. Don't worry about making them even --- they're supposed to be gnarly and misshapen. As you shape each truffle, drop it into the bowl of cocoa powder, toss it in the cocoa so that it is well coated, and then very gingerly toss it between your palms to shake off the excess cocoa. Alternatively, you can roll the truffles around in a sieve to encourage them to shake off their extra cocoa. As each truffle is finished, return it to the parchment-lined pan.

#### COOKING NOTES:

Making the ganache is pretty easy. Just make sure your butter is at room temperature or it will be hard to blend into the ganache. The trickiest part is forming the balls of truffles. It can be quite messy. If they begin to warm, refrigerate them for about 10-15 minutes. Also, it is advantageous to work near a sink with cold running water so you can cool your hands. Make sure to dry them and dust with a little cocoa powder. I find that a two person team is even more efficient, one to form the truffles and one to finish it off with cocoa powder; that's where husbands can be quite useful 😊 hi.

#### Alta Reteta:

## Grand Marnier Chocolate Truffles



#### Ingredients

- 200 g NESTLÉ Cooking Chocolate, melted
- 1 cup fresh breadcrumbs
- 250 g mixed glacé fruit
- 50g butter, melted
- 2 Tbsp Grand Marnier liqueur
- 1/2 cup NESTLÉ Baking Cocoa

**Preparation Time:** 30 minutes

**Cooking Time:** 0 minutes

#### Method

1. Combine melted chocolate, breadcrumbs, fruit, butter and liqueur, mix well, refrigerate 1 hour.
2. Roll teaspoonfuls of mixture into small balls, coat in cocoa, refrigerate until firm.



Daniel Peter, founder, has been hailed as the inventor of milk chocolate and creator of the Nestle bar.

Today, Peter's Chocolate is the ingredient group under Nestle Chocolate.

Si la sfirsit intrebarea fatala:

*Cum stati cu caloriile ?!*