

Specialties and typical products.....	12
<i>Rye bread</i>	24
First Courses.....	38
Gnocchi and canederli	96
<i>Canederli</i>	102
<i>Speck</i>	118
Second courses	120
Side dishes.....	164
Tyrolean desserts, krapfen and more.....	182
Grappas, juices and jams.....	236
<i>Törggelen</i>	252
Wine.....	258
Our farmsteads	274
Glossary.....	282
Index of recipes	284