

The Table of Contents

<i>fig.</i> 1	A Gastronomic Tour through Switzerland	8- 17
<i>fig.</i> 2	Soups and Stews	18- 31
<i>fig.</i> 3	Fish	32- 39
<i>fig.</i> 4	Meat, Innards, Poultry and Game	40- 63
<i>fig.</i> 5	Potato Dishes	64- 73
<i>fig.</i> 6	Vegetables	74- 79
<i>fig.</i> 7	Cheese and Egg Dishes	80- 91
<i>fig.</i> 8	Sweet Main Meals	92- 99
<i>fig.</i> 9	Cereals and Pasta	100-105
<i>fig.</i> 10	Spicy Pies and Pastries	106-113
<i>fig.</i> 11	Desserts	114-123
<i>fig.</i> 12	Cakes and Pies, Cookies	124-137
<i>fig.</i> 13	Traditional Holiday and Deep-Fried Pastries, Sundries	138-151