

THE CHEF SAYS...

Paolo Casanova, of Chesa Stuva Colani shares his picnic advice.

WORDS BY ALISTAIR MACQUEEN

As the chef at Chesa Stuva Colani in Madulain and with one Michelin star, Paolo's philosophy is to cook with the freshest local ingredients. This has inspired him to forage for some of the wildest herbs and vegetables in the hills and forests that surround his restaurant, and which you will find on the menu. He delivers his picnic and foraging tips from on high (which means, in this case, on holiday in Spain).



SUMMERITZ:

What would you advise people to take on a picnic in or around St. Moritz?

PAOLO CASANOVA:

If they can forage, the Good King Henry is

a lovely wild spinach available all over the Engadin. You could prepare a classic quiche with ricotta and the wild spinach, have it with some potatoes, and buy some nice bread from Migros, and some Poschiavo ham.

S: And then to drink?

PC: You could take a local beer, but if it's in August, you could forage for Epilobium, which is a flower from Engadin and make a fresh tea at home. Collect the epilobe herb, crumple the leaves and dry them. Fill a container up with water, add the leaves, add raspberries, place in the refrigerator and drink cold.

S: Who and where would you take to a picnic?

PC: I would go to the river or a lake in Madulain, and take my son, my wife and all the staff from the restaurant, and cook up all the ingredients that we had all foraged for in the morning.

S: What's the best part about foraging?

PC: When you're foraging, you're spending a lot of time in the forests and on mountains – all this time in nature – so it is a really good balance for your mind for people who do this. Also there's no chemicals – it's completely organic, and it's also really sustainable. So, using these vegetables, and searching for them without the cost of production, without wasting water – all of these things make the meal taste better. For me it is the maximum expression of my work.

S: When's the best time to forage?

PC: I'd say the start of June. We start foraging in the restaurant at the end of May/start of June, but it depends on the seasons. And then in late August/September, the mushrooms are ready to pick, just before the snow starts to come. Then we take the ingredients we find back to the restaurant and start to preserve them, or use fermentation to make a kind of kimchi. It makes sure they will last and everyone who comes to the restaurant can enjoy them all year round.

Quiche with Good King Henry Spinach

Prepare a classic quiche with ricotta and wild spinach called Good King Henry of which the Engadine is full of.

Add eggs, cream, ricotta, the wild spinach Good King Henry, salt, pepper and Parmesan.

AL FRESCO



SMELLS LIKE CHEESE SPIRIT

Turophiles can opt for a classic Alp hard cheese, delicate semi-hard cheese and a soft Tomme. Combine with sourdough bread, nuts or a typical pear bread. Works well with wine, but we went for a refreshing Bira Engiadinaisa.



ALL HANDS ON SPECK

It's hard to choose from the many cured meats of the region, but we went for Hatecke's speck, a salsiz and some farmer's ham. Add a glass of Malanser wine to the occasion and enjoy the sun.

Summeritz sources the essential picnic supplies so you can eat outside in true St. Moritz-style

WORDS BY CARLO SCÜBESNACHS
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FRONT ROE SEATS

Caviar provides a touch of class to a St. Moritz picnic and thanks to local experts Glattfelder there's plenty in reach. On a hot day, add salmon roe with blinis, sour cream and a crisp Ruinart Blanc de Blanc.



LOVE AT FIRST SLICE

This classic Bündner Nusstorte may look humble, but is rich in flavour and texture thanks to its honey and walnut filling. Discover a good selection in the bakeries of St. Moritz and ensure that you try each one.