

RYE BREAD

Anniviers rye bread, made from rye flour, is an essential constituent of a Valais platter.

Rye has been grown in Valais for centuries, and baking rye bread is a fundamental element of the canton's ancient traditions. The mountainous terrain and extremes of temperature make it a good place to grow rye. In the past, people made rye bread that could be kept for several months: a village's communal oven was lit 2 or 3 times a year, and the inhabitants came there to bake their stock of bread.

Nowadays, it is possible to revive this tradition by taking part in the "Making rye bread" activity organised at St-Luc and Grimentz

The activity has 3 parts:

- Explanations
- Making rye bread
- Baking and an aperitif

CONTACT

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