

## The Main Street Diet - part 2

Version: 24<sup>th</sup> February 2020

If you are looking for health, ask yourself first, if you are really willing to avoid all causes and reasons of your illness. There is no point of visiting the doctor before.



Cat in a chili basket, Bangkok, November 2012

Picture: Katrin Eichhorn

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# Not only your mouth is eating, your nose and eyes too!

A variety of proposals, good for lunch and dinner and partly for breakfast too



**In spite of all the nice pictures do not forget this:**

Always cook economically  
and suitably  
for everyday life!

Very old kitchen, Morlok farm (Hotel Bareiss)  
Black Forest  
April 2011  
Picture: Dr. med. Jürg Eichhorn

## Honey and jam



Honeycomb

Qasr Al Sarab - Abu Dhabi  
April 2013  
Picture: Dr. med. Jürg Eichhorn



## Bread variations



Perhaps the oldest but least known bakery of Switzerland - and still running as many centuries ago

Christof Engetschwiler, traditional wood-fired oven, Waldstatt

Picture: Dr. med. Jürg Eichhorn



**Bread baked in flower pots**

January 2004

Creation: Erika Eichhorn

Picture: Dr. med. Jürg Eichhorn





**Variations of bread**

Qasr Al Sarab - Abu Dhabi. April 2013  
Picture: Dr. med. Jürg Eichhorn



**Smiling bread**

-shop-window in Venice

Venice. June 2010  
Picture: Dr. med. Jürg Eichhorn



**Very old bakery - Black Forest**

Morlok farm (Hotel Bareiss), Black Forest  
April 2011  
Picture: Dr. med. Jürg Eichhorn





**Breakfast - Hotel Bareiss: according to gastronomical criticism the very best breakfast buffet in Europe**

Hotel Bareiss, Black Forest. April 2011

Picture: Dr. med. Jürg Eichhorn



## Egg dishes



**Tea eggs!**

Shangri La - Bangkok. October 2013  
Picture: Dr. med. Jürg Eichhorn



Shangri La - Bangkok. October 2013  
Picture: Dr. med. Jürg Eichhorn



**Eggs, boiled with star-anis, chili and one bay leaf**

-the dark colour is caused by the star-anis  
-tastes very good  
-try it!

Shangri La - Bangkok. October 2013  
Picture: Dr. med. Jürg Eichhorn



Tea eggs, so far only experienced in the Shangri La Hotel, on the shore of the Chao Praya river, Bangkok

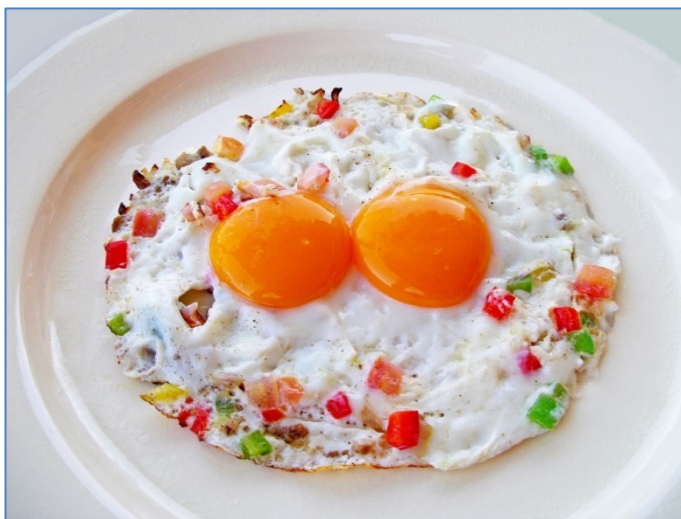
Shangri La - Bangkok. October 2013

Picture: Dr. med. Jürg Eichhorn



**Variation of fried eggs sunny side up with chopped vegetables**

Qasr Al Sarab - Abu Dhabi. April 2013  
Picture: Dr. med. Jürg Eichhorn



**Variation of fried eggs sunny side up with chopped vegetables**

Qasr Al Sarab - Abu Dhabi. April 2013  
Picture: Dr. med. Jürg Eichhorn



**Fried egg sunny side up**

-critical assessment by the producer

Hüsliberg, Berner Oberland. September 2011  
Picture: Dr. med. Jürg Eichhorn



## Dairy products



Alp cow eating alp roses, Eiger Trail, Grindelwald. July 2013

Picture: Dr. med. Jürg Eichhorn





**Alpine cheese-maker**

Iftigental. June 2011  
Picture: Dr. med. Jürg Eichhorn



**Butter lamb with parsley**

Creation: Erika Eichhorn  
Picture: Dr. med. Jürg Eichhorn



**Cheese towers, Neue Blumenau, Häggenschwil. July 2010**

Picture: Dr. med. Jürg Eichhorn

## Appetizers



**Melon with prawns**

Creation: Katrin Eichhorn. April 2004  
Picture: Dr. med. Jürg Eichhorn



**Camel milk, mixed with date sauce**

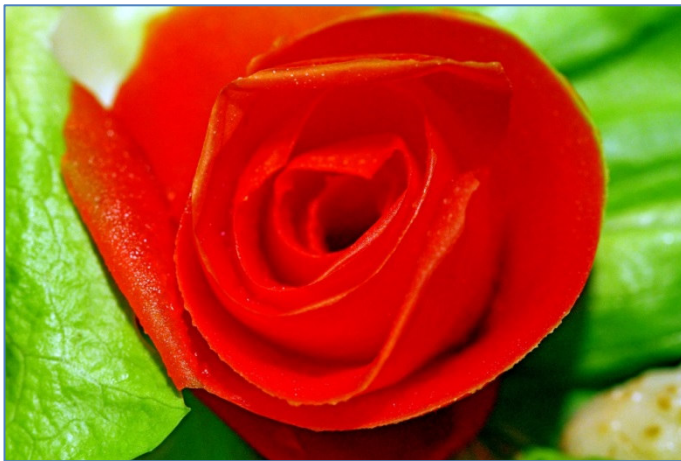
Qasr Al Sarab - Abu Dhabi. April 2013  
Picture: Dr. med. Jürg Eichhorn





**Variation of salmon**

Creation: Alexander Eichhorn. April 2003  
Picture: Dr. med. Jürg Eichhorn



**Tomato rose**

Creation: Alexander Eichhorn. April 2003  
Picture: Dr. med. Jürg Eichhorn



**Pasta**

-not too much and not every day, even not every week

Trattoria All'Antico Pizzo, Venice. June 2010  
Picture: Dr. med. Jürg Eichhorn





**Appetizer - variation**

Restaurant zum Weissen Rauchfangkehrer, Wien,  
April 2002  
Picture: Dr. med. Jürg Eichhorn



**A well known restaurant in Vienna:**

**„Zum Weissen Rauchfangkehrer“**

April 2002  
Picture: Dr. med. Jürg Eichhorn



**Terrine of Cavaillon melon, banjuls,  
culatello di Zipello**

Creation: Jan Leimbach, Lenkerhof  
16 Gault Millau Punkte  
Picture: Dr. med. Jürg Eichhorn



### Amuse-bouche

-Belper-bulb (a special kind of cheese: Belper Knolle) and veal carpaccio

Creation: Uwe Seegert, headcook, Hotel Ermitage, Schönried ob Gstaad

Picture: Dr. med. Jürg Eichhorn



### Starter plate with shrimps, figs and andean berries

Creation: Alexander Eichhorn

Picture: Dr. med. Jürg Eichhorn



### Starter plate with shrimps

Creation: Alexander Eichhorn

Picture: Dr. med. Jürg Eichhorn



**Terrine à trois**

Creation: Katrin Eichhorn. November 2012

Picture: Dr. med. Jürg Eichhorn



**Tatar of beef from Simmental  
Duck liver on roasted bread**

Creation: Jan Leimbach, Lenkerhof

16 Gault Millau points

Picture: Dr. med. Jürg Eichhorn



**Smoked pigeon breast with yard long beans  
and shallot tart**

Kreation: Jan Leimbach, Lenkerhof. September 2011

16 Gault Millau points

Bild: Dr. med. Jürg Eichhorn



**Paupiettes of veal carpaccio with  
jersey blue from Toggenburg**

Kreation: Jan Leimbach, Lenkerhof. September 2011  
16 Gault Millau points  
Bild: Dr. med. Jürg Eichhorn





**San Daniele Chip, Segretto, Wittenbach. September 2013**

Picture: Dr. med. Jürg Eichhorn

## Soup variations



**Sea food soup with portulaca**

Creation: Alexander Eichhorn. October 2010  
Picture: Dr. med. Jürg Eichhorn



**Pea soup with caviar**

Legian Villa, Bali. March 2012  
Picture: Dr. med. Jürg Eichhorn



**Field garlic soup with pieces of salmon**

Hotel St. Regis, Bali. October 2013  
Picture: Dr. med. Jürg Eichhorn



**Lobster soup**

Kota Kinabalu - Shangri La's Tanjung Aru Resort, Borneo  
October 2006  
Picture: Dr. med. Jürg Eichhorn



## Fish and seafood

### Salmon, smoked under the lid



Creation und Picture: Dr. med. Jürg Eichhorn. January 2014

#### Procedure

- there is a burner filled with liquid fuel under the topped vessel
- On the bottom of the vessel, on an aluminium foil, there is a thin layer (half a centimeter) with saw dust from different trees, mainly oak, combined with different dried kitchen herbs
- Inside the vessel there are two metal grills, good for three fish on one another, trouts for instance
- Finally, the vessel gets closed with a tight fitting metal lid
- Cooking time for the whole fish is 30 minutes and for a fish fillet steak (salmon) 20 minutes
- The smoke of the burning saw dust and the herbs gives the fish a wonderful and fine taste and the fish does not become dry



**Sea food plate**

Loch Fyne, Schottland. July 2008  
Picture: Dr. med. Jürg Eichhorn



**Scallops, raw and low-heat fried in olive oil**

Creation: Alexander Eichhorn. 31 December 2010  
Picture: Dr. med. Jürg Eichhorn



**Sashimi**

Hotel St. Regis, Bali. October 2013  
Picture: Dr. med. Jürg Eichhorn



**Oysters, raw and gratinated**

Hotel St. Regis, Bali. October 2013  
Picture: Dr. med. Jürg Eichhorn



**Sea food salad with rocket salad**

Trattoria All'Antico Pizzo, Venice. June 2010  
Picture: Dr. med. Jürg Eichhorn





**Fish on a potato bed**

Creation: Jan Leimbach, Lenkerhof. September v2011  
16 Gault Millau Punkte  
Picture: Dr. med. Jürg Eichhorn



**Lobster with garlic-roasted bread**

Boston, September 2011  
Picture: Alexander Eichhorn



**Sea-side lobster**

Ayana Resort, Bali. March 2009  
Picture: Dr. med. Jürg Eichhorn



**Marinated jumbo shrimps with courgettes and rocket salad in a tomato sauce with drops of red balsamico**

Creation: Hotel Ermitage, Schönried. June 2012  
Picture: Dr. med. Jürg Eichhorn



**Sushi variation**

Creation: Alexander Eichhorn. Dezember 2006  
Picture: Dr. med. Jürg Eichhorn



**Brown trout marinated with balsamico and courgette sauce. Segretto, Wittenbach. September 2013**

Picture: Dr. med. Jürg Eichhorn



## Meat and poultry



**Loin of salt marsh lamb with tandoori potatoes and lentils from Mumbai**

Creation: Jan Leimbach, Lenkerhof. September 2011  
16 Gault Millau Punkte

Picture: Dr. med. Jürg Eichhorn



**Fried eggs sunny side up with Wagyu beef**

Hotel St. Regis, Bali. October 2013  
Picture: Dr. med. Jürg Eichhorn



**Goose liver on roasted bread with fried egg sunny side up and Italian parsley**

Hotel St. Regis, Bali. October 2013  
Picture: Dr. med. Jürg Eichhorn



**Chicken wing with a rice cone**

The Legian Villa, Bali. March 2012  
Picture: Dr. med. Jürg Eichhorn



### Suckling

-suckling - does the world need it? Guess not!

Grindelwald. July 2013  
Picture: Dr. med. Jürg Eichhorn



### Sunday morning farmer`s brunch

-Rösti with and without onions and cheese, chips,  
rich plate with vegetables from the farmer`s garden,  
boiled bacon and beans

Restaurant Geissshalden. September 2000  
Picture: Dr. med. Jürg Eichhorn



### Sirloin steak in apple basket

Creation: Jan Leimbach, Lenkerhof. September 2011  
16 Gault Millau points  
Picture: Dr. med. Jürg Eichhorn



**Vegetables - salads - side dish**

**Potato salad with chives and Italian parsley**

Creation: Erika Eichhorn. 24. Dezember 2010

Picture: Dr. med. Jürg Eichhorn



**Cress salad with cucumber, dill and a trace of fresh cheese**

**Keep in mind**

-salad or raw vegetables at night:  
yes, if well chewed, otherwise it is poisonous, leading to  
fermentation and a severe gas production!

Creation: Jan Leimbach, Lenkerhof  
16 Gault Millau points  
Picture: Dr. med. Jürg Eichhorn



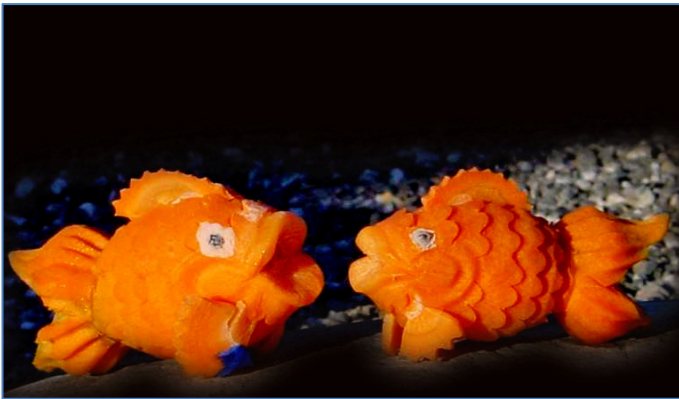
**Portulaca with mushrooms, walnuts and pieces of chopped boiled cooked eggs**

Creation: Jürg Eichhorn  
Picture: Dr. med. Jürg Eichhorn



**Carrot fish**

Vegetable caving  
Picture: Dr. med. Jürg Eichhorn



**The enchanted lovers!**

Vegetable caving  
Picture: Dr. med. Jürg Eichhorn



**Topinambur from our garden**

November 2005  
Picture: Dr. med. Jürg Eichhorn





**„Chefen“ strips (baby string beans) and morels on Quinoa**

Creation: Hotel Beatus, Merligen. June 2013  
Picture: Dr. med. Jürg Eichhorn



**Courgette rolls with fresh cheese**

Creation: Alexander Eichhorn. Dezember 2006  
Picture: Dr. med. Jürg Eichhorn



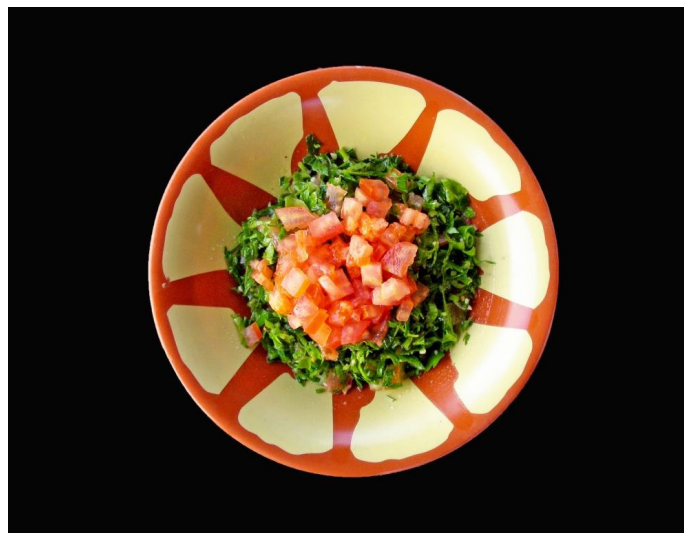
**Avocado-orange salad**

Creation: Katrin Eichhorn. November 2013  
Picture: Dr. med. Jürg Eichhorn



**Salat variation with cherry tomato on boiled courgette**

Creation: Alexander Eichhorn. Dezember 2006  
Picture: Dr. med. Jürg Eichhorn



**Parsley salad with chopped tomatoes**

Qasr Al Sarab - Abu Dhabi. April 2013  
Picture: Dr. med. Jürg Eichhorn





**Chicory salad - suits well with white fish fillet**

Creation: Erika Eichhorn  
Picture: Dr. med. Jürg Eichhorn



**Watercress, growing naturally at the border of a brook in the Black Forest**

Black Forest. April 2011  
Picture: Dr. med. Jürg Eichhorn



**Watercress, growing naturally at the border of a brook in the Black Forest**

Black Forest. April 2011  
Picture: Dr. med. Jürg Eichhorn





**Rocket salad**

Market in Venice. June 2010  
Picture: Dr. med. Jürg Eichhorn



**Lamb's lettuce plantation**

Bötsch gardening, Salmsach. November 2011  
Picture: Dr. med. Jürg Eichhorn



**Quinoa salad with sliced tomatoes, radish and broccoli**

May 2013  
Picture: Dr. med. Jürg Eichhorn



**Parsley in an old military shoe**

Farmer's shop, Sommeri. May 2013  
Picture: Dr. med. Jürg Eichhorn





**Avocado salad with mustard sauce and drops of red balsamico**

Creation: Hotel Beatus, Merligen. June 2013

Picture: Dr. med. Jürg Eichhorn





### **Licorosso - the world's reddest tomato**

- primarily a naturally growing type from Mexico
- rich in lycopene
- depending on their growth conditions the Licorosso contains a multiple amount of lycopene than traditional tomatoes

Bötsch gardening, Salmsach. July 2010  
Picture: Dr. med. Jürg Eichhorn



### **Licorosso cultivation**

- the shrubs reach a length up to eight meters and do lead so to high long-term yields

Bötsch gardening, Salmsach. July 2010  
Picture: Dr. med. Jürg Eichhorn

**Mr. Bötsch - the gardener's insider tip: the cherry tomato Vescolino**



- cut the tomato in a half and fry it in a good olive oil
- add salt to your taste
- garnish it with fresh basil
- eat it with a slice of traditional wood-fired oven baked bread
- do not forget a glass of good red wine

A perfect dinner with a pleasant feeling in the mouth and moreover exceedingly salubrious

Bötsch gardening, Salmsach. July 2010

Picture: Dr. med. Jürg Eichhorn



**Salad creation with broccoli, andean berries, heart of artichoke, portulaca, rocket salad, radish, carrots, cabbage turnip, red and white chicory and Italian parsley**

Creation: Erika Eichhorn. April 2004

Picture: Dr. med. Jürg Eichhorn



## Potatoes and cereal products



### Mashed potatoes

Qasr Al Sarab - Abu Dhabi. April 2013  
Picture: Dr. med. Jürg Eichhorn



**Chinese noodles**

Shangri-La Hotel, Bangkok. October 2013  
Picture: Dr. med. Jürg Eichhorn

## Dessert variations



Creation: Hotel Beatus, Merligen, Beatus Merligen. June 2013

Picture: Dr. med. Jürg Eichhorn





**Dessert buffet**

Hotel Bareiss, Black Forest April. 2011  
Picture: Dr. med. Jürg Eichhorn



**Dessert buffet - variations with pure gold dust**

Abu Dhabi-Emirates Palace. May 2011  
Picture: Dr. med. Jürg Eichhorn



**Fruit salad with andean berries, kiwi and pomegranate kernels**

Creation: Katrin Eichhorn. Dezember 2012  
Picture: Dr. med. Jürg Eichhorn



**Pastries - 4 o'clock tea**

Chedi Villa, Bali. March 2012  
Picture: Dr. med. Jürg Eichhorn



**Black Forest cake**

Qasr Al Sarab - Abu Dhabi. April 2013  
Picture: Dr. med. Jürg Eichhorn



## Snacks



Sliced breads with a variety of vegetables and eggs

Creation: Alexander Eichhorn. April 2003

Picture: Dr. med. Jürg Eichhorn



**Afternoon snack**

Hotel Bareiss, Black Forest. April 2011  
Picture: Dr. med. Jürg Eichhorn



## Fruit variations



Viktualien market, Munich. August 2010. Picture: Dr. med. Jürg Eichhorn



Wild grown pomegranate, Mostar. September 2010. Picture: Dr. med. Jürg Eichhorn





**Mangosteen**

Legian Villa, Bali. March 2012  
Picture: Dr. med. Jürg Eichhorn



**Litchi**

Legian Villa, Bali. March 2012  
Picture: Dr. med. Jürg Eichhorn



**Papaya**

Bangkok. April 2012  
Picture: Dr. med. Jürg Eichhorn



**Tomarillo, the so called *tree tomato***

-fits very well to fruit salad due to its slight bitter flavor

Legian Villa, Bali. March 2012  
Picture: Dr. med. Jürg Eichhorn



**Pineapple, roasted with cherry tomatoes**

Shangri La - Bangkok. October 2013  
Picture: Dr. med. Jürg Eichhorn



### **Tangerines**

-best fruit against rheumatism

Mostar. September 2010  
Picture: Dr. med. Jürg Eichhorn



### **Fruit plate**

-baby banana, snake fruit, passion fruit

Legian Villa, Bali. March 2012  
Picture: Dr. med. Jürg Eichhorn





### Fruit plate

-baby banana, snake fruit, passion fruit, apple, grapes, lemon-orange

Hotel St. Regis, Bali. September 2013  
Picture: Dr. med. Jürg Eichhorn



### The apple

-balanced combination of a wide variety of healthy substances

October 2000  
Creation und Picture: Dr. med. Jürg Eichhorn



**Banana flower, closed, used as vegetable**  
**Yellow cones = initial growing bananas**

China Town, Bangkok. October 2013  
Picture: Dr. med. Jürg Eichhorn





**Banana flower, half-opened**  
 Legian Hotel, Bali. March 2012.  
 Picture: Erika Eichhorn



**Banana flower, opened, with growing bananas**  
 St. Regis Hotel, Bali. October 2013  
 Picture: Dr. med. Jürg Eichhorn





**Banana roasted in sesame oil**

Bangkok. April 2012  
Picture: Dr. med. Jürg Eichhorn



**Baby bananas - Borneo**

Kota Kinabalu, Borneo. October 2006  
Picture: Dr. med. Jürg Eichhorn



**Fruit variation: baby banana, snake fruit, passion fruit, longane, mangosteen, tomatillo**

Legian Villa, Bali. March 2012  
Picture: Dr. med. Jürg Eichhorn

# Drinks



**Sunset champagne**

Desert Al Maha, Dubai. March 2010

Picture: Dr. med. Jürg Eichhorn





### The world famous *Florian coffee*

Markus place, Florian coffee, Venice. June 2010  
Picture: Dr. med. Jürg Eichhorn



### Mai Tai

-it is said, that Mai Tai got first created in the world famous Oriental Hotel in Bangkok

-Mai Tai is a classical rum-cocktail and is one of the most famous cocktails worldwide

Terrace, Oriental Hotel, Bangkok. March 2009  
Picture: Dr. med. Jürg Eichhorn

## Stefan Wiesner, the *sorcerer* of Entlebuch



### The sorcerer

-his dishes, which often contain unusual ingredients from field and forest, have already attracted considerable media interest and earned him the nickname of «Hexer aus dem Entlebuch» (Sorcerer of Entlebuch) [veloland.ch](http://veloland.ch)

June 2012

Picture: Dr. med. Jürg Eichhorn



### The sorcerer, digging for turf

-to get a smooth turf he has to dig one meter deep

June 2012

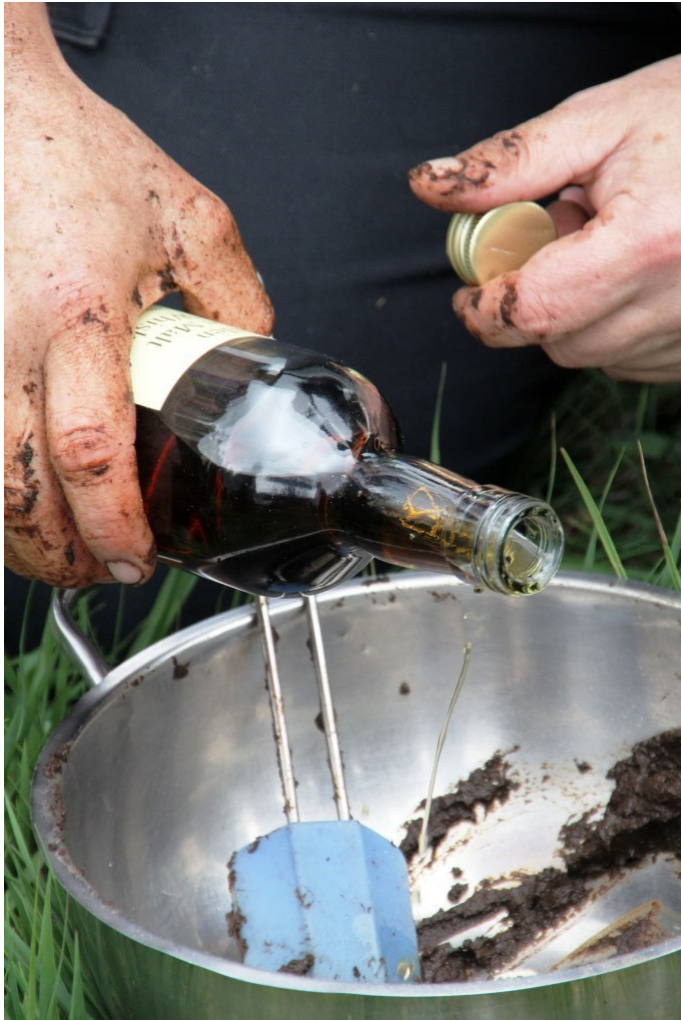
Picture: Dr. med. Jürg Eichhorn





**The turf gets filtered first**

Creation: Stefan Wiesner. June 2012  
Picture: Dr. med. Jürg Eichhorn



**Then he adds several ingredients, mixes them altogether including whisky until it becomes a kind of pulp**

Creation: Stefan Wiesner. June 2012  
Picture: Dr. med. Jürg Eichhorn





**The pulp is served on a freshly cut wooden plate.**

Creation: Stefan Wiesner. June 2012  
Picture: Dr. med. Jürg Eichhorn



**Finally, before serving this extraordinary appetizer, the pulp gets sprinkled with fine chocolate pieces.**

Creation: Stefan Wiesner. June 2012  
Picture: Dr. med. Jürg Eichhorn



**If you once meet this car, do not be afraid of him. He is a sorcerer, no doubt, but a very kind one**

-good advice: follow him to his restaurant

Creation: Stefan Wiesner. June 2012  
Picture: Dr. med. Jürg Eichhorn



### The sorcerer`s restaurant

Stefan Wiesner, Escholz matt, Entlebuch  
Picture: Dr. med. Jürg Eichhorn



### Salmon roe on salmon with fennel, by Stefan Wiesner.

-the fire course

-he served 6 courses according to the 6 elements space, air, fire, water, earth and as his own creation - wind

Creation: Stefan Wiesner. June 2012  
Picture: Dr. med. Jürg Eichhorn



### The sorcerer`s famous *Gugelhupf*

-the earth course

Creation: Stefan Wiesner. June 2012  
Picture: Dr. med. Jürg Eichhorn



## Keep up a good appetite and enjoy your meals



If people are to stay in good health in physically or mentally strenuous jobs and fields of occupation right up to old age it is essential to eat less, above all in the evening but of higher quality!

Old fridge  
castle Trauttmansdorff  
Meran. June 2005

Picture: Dr. med. Jürg Eichhorn