



New culinary concept at the AQUA DOME: Committed to our roots

Culinary cultural exchange in the AQUA DOME: Around the Alpine Arc

The Alpine Arc is considered the heart of Europe. It stretches from the Gulf of Genoa over the French and Swiss Jura to the upper reaches of the Danube. And right in the middle of it lies the AQUA DOME, the heart of the Alps. That poses an obligation! After all, it's about nurturing a common culinary heritage. The cultures of the individual regions have influenced each other across important trade routes. The AQUA DOME is proud of its rural roots and the diversity of Alpine cuisine, with culinary specialities that are often defined by the harsh climate of the Alps. Our kitchen team adapts traditional recipes and regional specialities, ingredients and preparation techniques from the Alpine region and transforms them in surprising new ways. Creative and versatile, yet always straightforward and clear – "afoch guat" - simply great, as the Tyroleans like to say. This is how culinary enjoyment turns into an inspiring culinary cultural exchange in the AQUA DOME. By the way, not only the cuisine in the 4-star superior hotel is committed to the roots, but also the restaurants in the sauna world and spa. The new concept runs like a red thread through the entire hotel: Regional and local is what counts.

At the AQUA DOME, 'typically regional' stands for products from all regions of the Alpine arc that share a cultural and culinary history. 'Local', on the other hand, means products from the Längenfeld area and the Ötztal valley, sourced directly from local farmers and partners. Like honey from Gries, goat cheese from Huben and Ötztal brown trout. The combination of regional and local is the hallmark of the new culinary concept of Tyrol's largest spa and its 4-star superior hotel. Because here, regionality and sustainability are not just modern buzzwords, but are lived every day. Out of respect for the culinary heritage and the natural habitat of the Alpine arc. Because roots pose a commitment!

Culinary Alpine voyage of discovery – classic or vegan?

Get up and embark on a journey across the Alpine Arc: It starts right away with the AQUA DOME breakfast. Stroll from one station to the next and taste delicacies you won't get at home. Smoked meat from the butcher's shop. Or the cheese variety of the Alps in the cheese dairy. Grab our bread, home-baked in the AQUA DOME bakery. Top it with

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a chunk of Alpine butter and a spoonful of homemade jam and you are ready for the day! In the evenings, the AQUA DOME offers you an experience that is otherwise impossible: find yourself in several Alpine countries at the same time. Encounter ancient animal breeds, local vegetable and spice varieties and traditional processing methods. Examples? Ötztal trout in alpine caviar, farm duck breasts with French mountain thyme, alpine lamb marinated in woodruff. Spaghetti carbonara, for a change with Tyrolean bacon, wild broccoli with braised mountain ox cheek meat. Our sauerbraten (sour-marinated meat) from mountain venison with local beechnut oil is scrumptiously served with mushrooms, rosemary tips and pancakes. For dessert, a "walk through the Tyrolean mountains" beckons with apple pie, cranberry-chestnut treats, walnut brittle and pear coulis (pear sauce). Of course, the cuisine of the Alpine arc can also be interpreted in an exciting and contemporary vegan way. How about iced Längenfeld birch essence with ice plant, focaccia and black lentil crème? Or Styrian sweet potato and pumpkin tart with lemon balm jam and poppy seed strudel lasagne with pickled plums for dessert? The Alpine Arc motto runs delightfully through the entire hotel and convinces with imaginative regional-local ideas. Whether it's a light snack between sauna sessions or a meal for the whole family in the thermal bath restaurant. By the way: Even people with allergies or intolerances do not have to make any culinary compromises at the AQUA DOME.

Drinks around the Alpine Arc

Have you ever experienced how different the water from the various regions of the Alps tastes? The AQUA DOME uses its own sparkling-fresh, delicious Ötztal mountain spring water to prepare lemonades from local fruits and herbs. But our water menu also caters for taste sensations from other Alpine regions. And then, of course, there is our wine list. Here, the focus is on an exciting selection of Austrian wines, including three AQUA DOME cuvées. Fine brandies from the region, various coffee roasts and local herbal teas round off each meal. In the perfect setting of the alpine, yet contemporary flair of our hotel bar & lounge.

More Information: AQUA DOME – Tirol Spa Längenfeld, Oberlängenfeld 140, A-6444 Längenfeld, Tel: +43 5253 6400, www.aqua-dome.at, email: marketing-pr@aquadome.at

High-resolution images of the AQUA DOME Tirol Therme Längenfeld can be downloaded from the press section of our homepage. Picture credits required: ©AQUA DOME.

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