

# Spezialitads dal Grischun

---



## **BÜNDNER EIERTATSCH**

*A simple, country-style Alpine meal  
for young and old*

### **Ingredients**

(for 4 portions)

4 eggs  
3 dl diluted milk (1/2 milk, 1/2 water)  
1/2 teaspoon salt  
250 g flour  
200 g genuine Bündnerfleisch, raw ham or  
another Grisons speciality meat such as  
air-cured bacon, salami and air-cured sausage  
(e.g. Salsiz, Grisetti, Grischuner)  
1 onion  
2 tablespoons butter  
Stewed apples or pears

### **Method**

(Preparation time: 1 hour, recipe takes: approx. 30  
minutes)

- Beat the eggs with the diluted milk. Add salt, sieve the flour into the liquid and mix to form a smooth dough. Allow to stand for 30 minutes.
- Finely dice the Bündnerfleisch or one of the other Grisons specialities. Chop the onions and steam the two in a non-stick frying pan in heated butter, then add the dough. Once it

has begun to thicken, separate with two spatulas and prod until the whole mixture has thickened and is of the correct consistency.

- Put onto a pre-heated plate and serve with stewed apples or pears.
- Instead of Grisons speciality meats, this dish can also be made with any kind of fresh fruit or with jam. This makes it particularly suitable for children.