

Spezialitads dal Grischun



CHURWALDEN-STYLE PIZOKELS

This traditional dish from southern Graubünden is very nourishing

Ingredients

(for 4 people)

500 g flour
4 dl milk and water (1/2 milk, 1/2 water)
6 eggs 2 teaspoons salt
20 g dried mint
or 50 g fresh mint
150 g Bündnerfleisch, air-cured bacon, or raw ham or approx. 150 g of any raw sausage (or Bündnerfleisch Julienne)

Variation: Put finely diced vegetables such as carrots, leek, celery, etc. in the water. Use basil, sage or thyme in place of the mint

Method

(Preparation time: 1 hour, recipe takes: 1 hour)

- Sieve the flour into a bowl and mix well with the milk-and-water mix and the eggs. Stir in the herbs, add salt to taste and allow to stand for 30 minutes.
- Cut the Bündnerfleisch or raw sausage into fine strips and add to the dough. Bring about 3 litres of water to the boil. Rinse a wooden board in cold water and spread the dough

about.

- As soon as the pizokels rise to the surface, take them out with a skimmer, allow to drain and keep warm until all the dough has been cooked. Before serving, shake or pour one or more of the following ingredients over the pizokels: fried strips of air-cured bacon or ham, stewed herbs, fried onions, roasted bread crumbs, grated cheese and brown butter.

This meal is very substantial and is best served with a green salad