

Spezialitads dal Grischun



GRISONS TARTAR

A delicious, spicy starter to surprise your guests

Ingredients

(for 4 people)

150 g sliced Bündnerfleisch (or Bündnerfleisch Julienne)
80 g chanterelles
1 tablespoon each of finely diced carrot and zucchini
1 tomato
A few leaves of curled chicory
2 egg yolks
1 teaspoon nut kernel oil (or pumpkin kernel oil)
Freshly ground pepper
A few leaves of chervil
Fresh butter
Toast or other fresh bread

Method

(Recipe takes approx. 20 minutes)

- Cut the slices of Bündnerfleisch into very small cubes with a sharp knife. Wash the chanterelles. Heat the butter in a frying pan. Toss the mushrooms in it for a short while and leave to drain in a sieve. Finely chop 50 g of them and put the rest (the small ones)

aside for the garnish.

- The diced zucchini and carrot are used to accompany the Tatar. Gently fry the pumpkin kernels with olive oil in a small frying pan. Cut small squares out of the tomato flesh. Prepare and wash the lettuce leaves and leave to dry. Mix the Bündnerfleisch together with the chanterelles, diced vegetables, egg yolk and oil and season with pepper to taste.
- When ready, divide the Tatar into four portions, shape into a round and put onto plates. Garnish all around with the lettuce and chervil leaves, pumpkin kernels, chanterelles and tomato pieces. Serve with toast or brown bread.