

# Spezialitads dal Grischun

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## SAUERBRATEN WITH BÜNDNERFLEISCH OR BACON

*A Sunday roast the way Grandma used to make it*

### Ingredients

(for 4 people)

#### Meat

1 to 1.5 kg beef, pork or game

#### Ingredients for marinade

1 litre red wine / 1 dl red wine vinegar  
1 skewered onion (bayleaf and cloves)  
1 - 2 cloves of garlic, cut in half  
½ teaspoon coarsely ground pepper  
½ teaspoon rosemary sprigs  
1 - 2 carrots cut into sticks  
1 tablespoon juniper berries (only if using game)

#### Ingredients for the roast

2 - 3 tablespoons oil  
Carrots, onions, garlic to garnish the roast  
2 tablespoons flour / 1 tablespoon sugar  
4 dl marinade (finely sieved)  
1 gravy cube  
Salt, pepper, thyme  
1 cup single cream / 1 tablespoon butter  
150 - 200 g Bündnerfleisch or strips of bacon  
(or Bündnerfleisch Julienne)

### Method

(Preparation time: 1 hour, recipe takes: 2 1/2 hours)

- Bring to the boil all the ingredients for the marinade and allow to cool. Place the meat in the marinade; the roast must be completely covered. Leave to stand in a cool place for 4 - 6 days and turn daily. After a few days, remove the meat from the marinade, allow to drain and dry with kitchen towel. Sear the carrots, onions and garlic in the hot oil, then add the meat and continue frying until it is sealed all round. Remove from the pan and gently brown the sugar together with the flour in the remaining fat. Deglaze the meat juices with the marinade and bring to the boil, stirring constantly. Pass the juice through a fine sieve and pour the liquid back into the frying pan with the roast. Allow to braise together with the vegetables at a low heat or in the oven for approx. 1 ½ to 2 hours.
- Fry the Bündnerfleisch or bacon in butter until crisp and keep warm. Remove the roast from the oven, cut into thin slices and arrange on a pre-heated plate. Bring the meat juice back to the boil, add the single cream and pour over the dish while hot. Arrange the strips of

Bündnerfleisch or bacon on top. Serve with  
mashed potatoes or home-made spätzle.