

Spezialitads dal Grischun



GRISONS-STYLE LAMB'S LETTUCE SALAD

Delicious, healthy dish, ideal as an early summer starter

Ingredients

(for 4 portions)

100 g lamb's lettuce
150 g finely sliced genuine Bündnerfleisch
(or Bündnerfleisch Julienne)
50 g pine kernels
Croutons
Oil, red wine vinegar, salt, pepper, lettuce,
mustard and a little balsamic vinegar, shallots
or onions, chives, parsley and garlic (optional)
Salt and freshly ground pepper

Method

(Preparation time: 15 minutes, recipe takes approx. 5 minutes)

- Place the lamb's lettuce (you may also use iceberg or any other crispy lettuce) upon a glass plate and cover with some very finely sliced Bündnerfleisch. Briefly braise the rest of sliced Bündnerfleisch, pine nuts and the croutons in a frying pan with a little oil, spread over the lettuce leaves and sprinkle with Italian dressing.

Making the dressing

- Finely chop the shallots, parsley, chives and garlic (optional). Stir these ingredients together with a little olive oil, mustard, salt and pepper to form a pulp of thick liquid consistency. Then stir together with salad oil and red wine vinegar and a few drops of balsamic vinegar to form a liquid sauce.