Capuns

Recipe by V-ZUG Ltd.



Preparation	45 Mins
Resting time	20 Mins
Cooking time	40 Mins
Portions	4
Appliance	CombiSteamer V4000 45 from 2021

Grisons capuns with savoury spätzli-style dough filling, Salsiz and Grisons dried meat, cooked in a cream sauce and gratinated with mountain cheese.

Filling

350 g flour

½ tsp salt

100 g low-fat quark

2 eggs

75 ml milk

75 ml water

1 tbsp butter

1 onion, finely chopped

1 clove of garlic, finely chopped

150 g Salsiz, in fine cubes

100 g Grisons air-dried meat, in fine cubes

¾ bunch chives, finely chopped

1 bunch curly parsley, finely chopped

a little pepper

a little ground nutmeg

Shaping

24 leaves Swiss chard

Sauce

½ tbsp butter

1 onion onion, finely chopped

50 g bacon cubes, finely chopped

200 ml white wine

200 ml half cream (single cream)

a little salt

a little pepper

a little ground nutmeg

100 g mature mountain cheese, coarsely grated

50 g Grisons air-dried meat sliced, cut into fine strips

¼ bunch chives, finely chopped

Filling

Mix flour and salt in a bowl. Whisk together low-fat quark, eggs, milk, and water, then gradually add to the flour, stirring well until a thick, viscous dough forms. Heat the butter in a pan over medium to high heat (level 6-7). Sauté the onion and garlic for approximately 3 minutes until translucent, then add the Salsiz and all remaining ingredients and mix well. Cover the dough and leave to rest for approximately 20 minutes.

Shaping

Bring a pasta pot of water to the boil over high heat (level P) and add salt. Reduce the heat (level 7). Blanch the chard leaves in batches for approximately 1 minute in the simmering salted water until wilted. Remove with a slotted spoon and immediately transfer to ice-cold water. Drain leaves and pat dry. Spread out the leaves, place 1 tablespoon of dough in the centre of each, fold the long sides over the filling and roll up from the short side. Place the rolls in the prepared dish.

Sauce

Preheat the cooking space with hot air with steaming to 160 °C. Heat butter in a pan over medium heat (level 6). Sauté onion and bacon cubes for approximately 3 minutes. Add white wine and allow to reduce slightly. Pour in the cream, bring to the boil over medium to high heat (level 7-8), then reduce the heat (level 4-5) and simmer for approximately 5 minutes. Season with salt, pepper and nutmeg. Pour the sauce over the rolls and sprinkle with cheese. Place the dish on a wire shelf in the preheated cooking space, and cook for approximately 30 minutes. Turn off the steam function and bake for a further 10 minutes. Arrange the capuns, sprinkle with the Grisons air-dried strips and chives.

(Pre-)heat cooking space to 160 °C with Hot air + steaming

Preheating completed. Insert cookware.

Hot air + steaming 160 °C for 30 Mins

Turn off the steam function

Hot air 160 °C for 10 Mins

Tips

Use Swiss chard instead of the smaller stemmed leaf chard.

Curly mint is a herb from Graubünden; alternatively, use parsley and 1 sprig of mint.

Accessories

1 ovenproof dish with a capacity of approximately 2 litres, greased

Pasta Pot

Saucepan (approx. 16 cm ø)

Additional information

Created on	07.04.2026