# Capuns

מתכון מאת V-ZUG Ltd.



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| Preparation | 45 Mins |
| Resting time | 20 Mins |
| Cooking time | 40 Mins |
| מנות | 4 |
| התקן | 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**

## עצות

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.

## אביזרים

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

Pasta Pot

Saucepan (approx. 16 cm ø)

## מידע נוסף

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| הופק ביום | 07.04.2026 |