



Chard parcels

Preparation time: approx. 1¼ hours

Stand time: approx. 30 minutes

Makes 24 parcels

Preheat oven to 60 °C, put serving dish and plates to warm.

Filling

250 g **plain flour**
2 pinches **salt**
5 tablespoons **milk**
3 **fresh eggs**

beat together in a bowl, cover and leave to stand at room temperature for approx. 30 minutes

½ tablespoon **butter**

melt in a pan

1 **onion**, finely chopped

sweat slowly

1 bunch **parsley**, finely chopped

1 bunch **chives**, finely chopped

soften, mix into the thick batter

150 g **salsiz**, diced

75 g **air-dried beef**, diced

add, mix

Chard leaves

water, simmering

24 large **chard leaves***

blanch in batches for approx. 1 minute. Remove, place in cold water for a few seconds, remove, drain, lay on a cloth and pat dry

Shape: put 1–2 tablespoonfuls of the filling on each leaf, fold sides to centre and roll up.

250 ml **meat stock**

150 ml **double cream**

bring to the boil in a wide pan, reduce heat. Add 12 capuns, cover and simmer for approx 8 minutes. Remove and keep warm. Repeat for the second batch

1 tablespoon **butter**

melt in a frying pan

75 g **raw ham**, cut into strips

fry slowly until crisp

To serve: place capuns and sauce on plates, garnish with ham.

Per person: 42 g fat, 39 g protein, 51 g carbohydrate, 3099 kJ (741 kcal)

* Leaf beet (chard) or spinach beet (perpetual spinach) is the best choice for this dish. Alternatively, use Swiss chard, after removing the stalks.