

Zeitschrift: Helvetia : magazine of the Swiss Society of New Zealand
Herausgeber: Swiss Society of New Zealand
Band: 35 (1972)
Heft: [5]

Artikel: Graubunden meat
Autor: [s.n.]
DOI: <https://doi.org/10.5169/seals-942190>

Nutzungsbedingungen

Die ETH-Bibliothek ist die Anbieterin der digitalisierten Zeitschriften auf E-Periodica. Sie besitzt keine Urheberrechte an den Zeitschriften und ist nicht verantwortlich für deren Inhalte. Die Rechte liegen in der Regel bei den Herausgebern beziehungsweise den externen Rechteinhabern. Das Veröffentlichen von Bildern in Print- und Online-Publikationen sowie auf Social Media-Kanälen oder Webseiten ist nur mit vorheriger Genehmigung der Rechteinhaber erlaubt. [Mehr erfahren](#)

Conditions d'utilisation

L'ETH Library est le fournisseur des revues numérisées. Elle ne détient aucun droit d'auteur sur les revues et n'est pas responsable de leur contenu. En règle générale, les droits sont détenus par les éditeurs ou les détenteurs de droits externes. La reproduction d'images dans des publications imprimées ou en ligne ainsi que sur des canaux de médias sociaux ou des sites web n'est autorisée qu'avec l'accord préalable des détenteurs des droits. [En savoir plus](#)

Terms of use

The ETH Library is the provider of the digitised journals. It does not own any copyrights to the journals and is not responsible for their content. The rights usually lie with the publishers or the external rights holders. Publishing images in print and online publications, as well as on social media channels or websites, is only permitted with the prior consent of the rights holders. [Find out more](#)

Download PDF: 09.02.2026

ETH-Bibliothek Zürich, E-Periodica, <https://www.e-periodica.ch>

province of Transvaal the tired world traveller can relax among tall pines in the chalets of "Little Switzerland".

The inhabitants of the Kirghiz Soviet Socialist Republic in the USSR, adjoining China's Sinkiang province, call their land of eternal snow, glaciers, forests and mountain lakes "Soviet Switzerland". Lebanon is often called the Switzerland of the Middle East" and Kashmir the "Switzerland of Asia".

In North America many holiday resorts, and particularly those located in mountain areas, use the by-line "Switzerland" to attract tourists, such as in California, Colorado, Idaho, Missouri, Montana, New Hampshire, New York, North Carolina, Vermont and the Canadian Province of Ontario.

In South America, Argentina, Brazil and Chile each have a "Switzerland". "Suica Brasileira", in the Northern part of the State of Sao Paulo, is a favourite holiday resort for wealthy Brazilians. The "Chilean Switzerland" is located in the Osorno area.

The "Swiss" names of most localities and areas mentioned originated either from the fact that the inhabitants came from Switzerland or that the landscape resembles Swiss scenery. There is a locality in Argentina which combines both: Bariloche, located on the shores of Lake Navel Huapi, is known as "Switzerland of Argentina". In many years of hard work descendants of Swiss immigrants have created a vacation centre in that unique mountain area. It has since been declared a "national park" and is now a tourist paradise.

In South America Switzerland is not only known for its beautiful landscape. The term "suizo" is used as a synonym for quality, a reputation which must be safeguarded as much as the natural beauty of our country.

● **Re Swiss Names:** Here in New Zealand we also have a very prominent Swiss name, the railway station of "Helvetia" outside Pukekohe, which has originated from the Swiss settlers, the Schlaepfer family.

GRAUBUNDEN MEAT

ANYONE who wants to buy "Bindenfleisch" (hardened meat) — the Graubünden meat speciality — and asks in the shop for "Bündnerfleisch" gives away the fact that he is not a "Bündner", i.e. a native of Graubünden, because the latter calls it "Charn crüjas" or "Puolp" which in German is "Bindenfleisch". This is a speciality; air-dried meat.

It is not really known since when air-dried meat has been heard of in our mountain province. It can be assumed, however, that the first dwellers in the Graubünden valleys started its production. The first natives of Graubünden were hunters and mountain farmers — how could they not have been? There are no written records from which it can be ascertained when "Binden-

"fleisch" was first enjoyed; but it is certain that one did know of it as long ago as the 17th century. In his "Jürg Jenatsch", Father Maurus Carnot wrote that during the year he spent studying in Zurich the future Graubünden hero missed his native ryebread and particularly the air-dried meat, the "Bindenfleisch". Father Maurus also wrote that Jenatsch, on one of his numerous flights on the Splügen Pass partook of a gallant meal consisting of air-dried meat, rye bread and a jug of Veltliner wine.

Dr J. M. Naj relates that the best and rarest speciality of Graubünden was air-dried, hardened bear meat. Christian Casanova only recently told of his grandfather, who was the last bear hunter in the Upper Graubünden and who killed a bear in the Zavraiga territory in the 80's of last century. The side of this bear is said to have been made into fine hardened meat and then sold in Chur.

"Bindenfleisch" is processed beef cut from the hind quarters of the ox. Actually, cuts are still taken by our hunters from their kills of stag and even from chamois, and dried.

The first stage is to cut out the bone and then cut the pieces, which are salted and flavoured with numerous spices, almost like a ritual, in accordance with old recipes; these are then placed in large oak tubs and left there for a period of up to three weeks, according to the size of the pieces. The meat is then subjected to control and afterwards dried in the open air, each piece according to its size receiving individual treatment and control. The pieces keep in good shape by being pressed often.

Formerly, every farmer undertook his own drying, but even before the turn of the last century, "Bindenfleisch" was processed by professionals. In the course of time the demand for this product grew more and more and the speciality became generally appreciated beyond our province too, so that at last the pieces were no longer dried in the open air but in air-conditioned drying rooms. The latest innovation is even fully automatic controlled air conditioning plant, but now, as always, the production of the "Bindenfleisch" depends on its most important factor: alpine, ozone-drenched natural air. The advantages of modern air rotation in new plant — the only technical intervention in the natural method — are independence of outside weather influence (warm wind, or a sudden drop in temperature to below freezing point) constant drying possibilities and of resulting stability of the drying process.

We shall, we hope, for a long time to come see the pieces of meat hanging on covered terraces and at the windows of Graubünden farmhouses and small-traders.

★ **Please Note:** Switzerland Calling from Overseas Services of the Swiss Broadcasting Corporation — daily from 7 - 8.30 p.m. on 31.28 metre band.