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## Bündnerfleisch



*Bündnerfleisch, also known as Bindenfleisch or Viande des Grisons, is an air-dried meat that is produced in the canton of Graubünden, Switzerland.*

The main ingredient is beef, taken from the animal's upper thigh or shoulder, the fat and the sinews being removed. Before drying, the meat is treated with white wine and seasonings such as salt, onion and assorted herbs. The initial curing process, lasting 3 – 5 weeks, takes place in sealed containers stored at a temperature close to freezing point. The meat is regularly rearranged during this stage, in order to ensure that the salt and seasonings will be evenly distributed and absorbed. During a second drying phase the meat is then hung in free-flowing air at a temperature of between 9 and 14 °C. It is also periodically pressed in order to separate out residual moisture: from this pressing Bündnerfleisch acquires its characteristic rectangular shape. Traditionally Bündnerfleisch was not a smoked meat.

The extent of water loss during the salting and drying processes, whereby the product loses approximately half of its initial weight, is sufficient to confer excellent keeping qualities and a high nutritional value, without the need for any additional preservatives.

Bündnerfleisch is served with bread, sliced very thinly. It is often part of the traditional dish raclette, served to accompany the cheese of the same name alongside ham and vegetables. It can also be served in soup, cut into strips or little cubes.

Most Bündnerfleisch is consumed inside Switzerland, but some is exported within Europe, to Canada and the United States and to Japan.

Bündnerfleisch appears to be related to the dried meat product from the Besançon region of France known as 'brési'. It is also very similar to bresaola, which is produced in the neighbouring Italian province of Valtellina; unlike Bündnerfleisch, bresaola is not pressed, though.

### The Brügger Family Story

The family history of the Brüggers in Parpan has been closely linked to the history of Bündnerfleisch production for four generations: Engelhard Brügger, the great-grandfather of the current managing director, is even considered the founder of professional meat drying. Today, Jörg and Marlene Brügger carry on the tradition begun



more than 100 years ago with much know-how and care.

If you are traveling by car from Chur to Lenzerheide, you cannot miss the meat drying plant Brügger at the entrance to the village of Parpan. On the ground floor of the stately farmhouse is the legendary "Lädali" with many specialties around Bündnerfleisch. The parking spaces are right in front of the house - so a visit to the charming Bündnerfleisch shop is not out of the way.

A man told a friend about taking his wife to dinner for their anniversary. He described how the food was made in front of them.

The friend said, "I've heard of places like that, what is the name of the restaurant?" The man replied, "Subway."

*Dear readers: The Dec-Jan 2017/18 issue contained the first article about Eli and his Assistant Dog and when the Swiss Society of New Zealand first heard of Eli and Taffy we donated \$2000.00 towards his dog's training and care.*



*Here's the latest update on Eli & Taffy from Eli's mum, Simone Burkhalter.*

Taffy (from Assistants Dogs NZ) now has been with us for the past 16 months and it's going great. All this year Taffy has also been at school with Eli full time. It's been an amazing learning curve for us as well as for everyone inside and outside of school.

The biggest thing I guess was to educate people in general about assistance dogs and how to handle them. For instance that you should not pat the dog or interact with him while he's working and wearing his vest.

Eli has great pleasures to have Taffy by his side all the time. Taffy keeps Eli distracted when before he would get upset which means Eli's getting less frustrated now.

One of my biggest joys as a mother is that having a assistance dog brings people to Eli. They start to talk and interact with Eli which before they were reluctant to as he is disabled.

Taffy is doing also an amazing job by picking up toys and giving them back to Eli and getting help when Eli needs assistance or wants something.

Our favourite activity now through summer is going to the beach as a family (including Eli's older brother Sean) as we joined the local Surf Club.