

**Zeitschrift:** Helvetia : magazine of the Swiss Society of New Zealand  
**Band:** 76 (2010)  
**Heft:** [1]  
  
**Rubrik:** Recipe : Capuns

### **Nutzungsbedingungen**

Die ETH-Bibliothek ist die Anbieterin der digitalisierten Zeitschriften. 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. [Siehe Rechtliche Hinweise.](#)

### **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. [Voir Informations légales.](#)

### **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. [See Legal notice.](#)

**Download PDF:** 19.11.2024

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

## The Swiss National Park

The Swiss National Park was founded in 1914 as one of the first national parks in Europe. It is a sanctuary where nature is protected against all interference by men, and the entire flora and fauna are left to their natural development and decay.

The major attractions are the unequalled alpine scenery and alpine flora, alpine forests and flowers. Animals (some of them re-introduced) you might encounter are the bearded vulture, the golden eagle, the alpine ibex, the chamois, the marmot.



Val Trupchun

This is the only National Park in Switzerland, with an area of 172.3 sq km or 0.4% of Switzerland. The park is between 1400 and 3173m above sea level. The tree line is at 2200 above sea level, 300 meter higher than in the rest of Switzerland.

The "Pass dal Fuorn" ("Ofenpass" in German) runs through the National Park. It connects Zernez with Müstair, a remote valley close to the Italian border. It is open to the public, but it is strongly suggested that you take the postal bus. There are many bus stops along the road which provide access to the various trails.

Bikes, tents, fires and stoves are not permitted in the park and there is no such thing as an overnight permit.

However, there are a number of hotels along the "Pass dal Fuorn" road and there is one great opportunity to spend a night inside the National Park: The "Chamanna Cluozza", a beautiful hut with rooms of different sizes. Reservations are strongly recommended. It takes about 3 to 4 hours to get from Zernez to the hut and another 3½ to 4½ hours the next day from the hut to Vallun Chafuol, a bus stop at the "Pass dal Fuorn" road.

Enjoy your visit to the Swiss National Park and follow the motto: Take nothing but pictures, leave nothing but footprints !  
*from the internet*

## Capuns

A traditional dish from the Grisons



### Ingredients: for 4 portions

- 400 g flour
- 200ml milk and water (1/2 milk, 1/2 water)
- 4 eggs
- 1/2 teaspoon salt
- 1/2 cup chopped herbs (parsley, chives, rosemary, basil)
- 2 large Maienfeld Salsiz sausages or 200 g Bündnerfleisch or raw ham
- 40 Swiss chard leaves for approx. 40 capuns or 40 lettuce leaves (also available during the winter months)
- 50 g grated Parmesan
- 1 onion / 50 g butter

### Method:

- Sieve the flour into a bowl, add the milk-and-water mix, eggs and salt, and stir to make a smooth dough. Allow to stand for 30 minutes, then add the freshly chopped herbs.
- Skin the sausages (if it is difficult, hold them briefly under lukewarm water), chop into small cubes (or cut the meat into thin strips) and mix into the dough.
- Flatten the chard or lettuce leaves with a rolling pin, carefully remove the stalks, drain and spread out flat on the working surface. Place small portions of dough on the leaves, fold the leaves in and wrap them up to make small packets.
- Heat lots of water to just below simmering point and add the capuns in portions. Cook for 15-20 minutes at this temperature and remove with a skimmer, drain and sprinkle with cheese; keep warm.
- Finally, cut the onion into rings and fry in the butter until golden brown. Spread over the capuns.
- This speciality from the Grisons makes a good main course, is very nourishing and, served with a green salad, is always a welcome surprise.

*En Guete!*

[www.weatherstation.co.nz](http://www.weatherstation.co.nz)  
weather stations, rain gauges, anemometers, outdoor watches & more

**IROX**  
the Swiss weather station brand!

Phone Carlo  
**09 435 3133**

**saxon**  
high quality optics

**Canon**  
telescopes, binoculars, microscopes, accessories

[www.telescopes.net.nz](http://www.telescopes.net.nz)