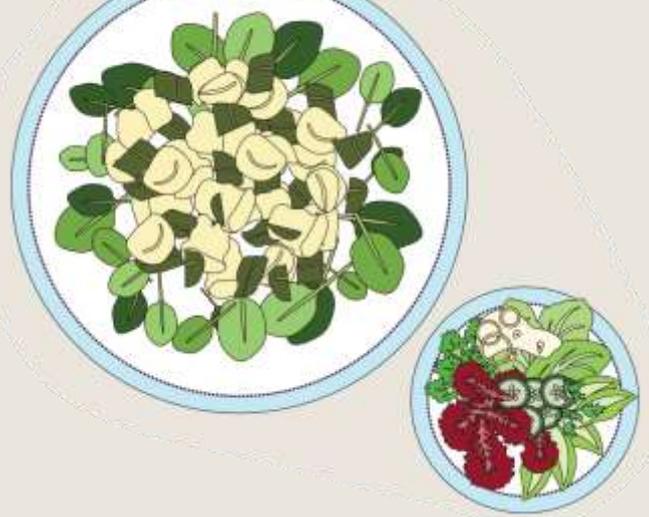


## Pizokel with Spinach Leaves & Salad

Serves 4

Approximate preparation time: 40-50 minutes



Quantity	Ingredients	Preparation
<b>Pizokel</b>		
1.5 dl	cow's milk, 3.5% fat	Grate the raclette cheese. Prepare the savoy cabbage and coarsely chop. Sauté in a pan, season to taste and then set aside in the pan. Make a thick dough from the flour, eggs and milk. Bring salted water to the boil, remove large from the dough with a spoon or knife and simmer them in the boiling water until they float to top and are cooked. Mix the pizokel in the saucepan with the grated cheese until melted. Season to taste (use salt sparingly).
2	eggs	
110 g	wheat flour	
130 g	raclette cheese	
1 pinch	salt	
	fresh savoy	
300 g	cabbage	
1.2 dl	cream	
120 g	hard cheese	
<b>Spinach</b>		
400 g	spinach	Sauté spinach leaves with onion and garlic in oil. Add salt and pepper to taste.
1 tsp	rapeseed oil	
1 pinch	pepper	
1/2	onion (small)	
1/2 clove	garlic	
<b>Mixed salad</b>		
20 g	parsley	Wash and dry the chicory, lollo rosso and endive salad. Finely chop the parsley, onions and garlic and mix with yoghurt, vinegar and water. Season the sauce to taste and add to the salad.
2 tbsp	water	
1	onion	
1/2	clove of garlic	
1 tsp	vegetable stock	
160 g	chicory	
80 g	iceberg lettuce	
160 g	lollo rosso	
2 tbsp	herb vinegar	
60 g	endive	
40 g	yogurt 3.5% fat	

### Fun fact:

Depending on the region, the dough of this Grison's speciality is made with either white flour or buckwheat flour.