

## Rezept des Monats: BIO-Aufschnitt

Viele Kunden schätzen natürliche Zutaten biologischer Herkunft.  
Bio-Wurstwaren haben längst die Nische verlassen und sind  
mittlerweile in aller Munde.



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I bX'XUg'ni 'FYW\h'Gck c\``]b' C dh]\_`i bX'; YgW\ a UW\_`U`g`Ui W\`]b  
XYf?cbg]ghYbn`ghY\Yb`6]c!K i fghk UfYb`\_cbj Ybh]cbY``  
dfcXi n]YfhYb`GdYn]U`]h\hYb`]b`b]W\ hg`b UW\``J cb`Y]bYa  
UVk YW\ g`i b[ gfY]W\Yb`6]c!: `Y]gW\ k UfYbUb[ YVch`UggYb`g]W\  
J YfVfUi W\Yf[ Yfb`j Yf`cW\Yb` `j cb`5i ZgW\ b]hh`i bX`6fUh` i fgh`i VYf  
A Yhh` i fgh`V]g`ni 'GW\]b\_YbgdYn]U`]h\hYb``: i f`j c``Yb`; Ybi gg  
gcf[ Yb`cdh]a U``Ui ZX]Y`9fnYi [ b]ggY`UV[ Ygh]a a hY  
K i fna ]gW\ i b[ Yb`i bX`Z`b\_h]cbY``Y`Ni hUhYb``8Yf`Bcj UHUghY!H]dd.  
6=CYI`Di fY`gh`Y]b`bUh` f`]W\Yg`?i hhYf\`Zga ]hhY``ni f`<YfghY``i b[  
j cb`6fi \k i fgh``8]Y`a ]X!Ufca Uh]gW\Y`A ]gW\ i b[ `YfgYhnh`7]hfUh  
i bX`D\cgd\Uh`Ui Z`bUh` f`]W\Y`K`Y]gY``8Ug`Df\AdUfUh`\_ca a hc\bY`9!

B i a a Yfb'Ui g'i bX``]Y[ h'j c``]a '7`YUb!@JVY`!HfYbX"

A UhYf]U`

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X]Y 'J YfcfXbi b[ 'f9; £'Bf", ' ( #&\$\$+ i VYf 'X]Y  
Ø\_c`c[ ]gW Y#V]c`c[ ]gW Y 'DfcXi \_h]cb 'i bX  
?YbbnY]W bi b[ 'j cb 'Ø\_c`c[ ]gW Yb#V]c`c[ ]gW Yb  
9fnYi [ b]ggYb 'cXYf 'X]Y 'Yb hgd fYW YbXYb  
J YfcfXbi b[ Yb 'XYg 'Yk Y]`][ Yb 'N]Y ``UbXYg"

J YfUfVY]hi b[

: `Y]gW 'i bX': Yhh[ YhfYbbh' 'a a 'k c`Zb  
i bX 'U ``Yg 'bcW 'Y]ba U ``[ i h'Xi fW \_i \ `Yb"

':`Y]gWX]b`XYb`?i hhYf`[YYb`i`bX`Y]b][Y`F`i`bXYb`a`]h`6`C`HYi  
Di`fY`Ub`Ui`ZYb`~`UggYb"  
`%#`j`ca`9]g`i`bX`B`]hf]hd`O`Y`gU`n#`A`YYfgU`n`:`Y]b`ni`[YYb"  
`6Y]`WU`..`..7`XUg`:`Yhh`VY][YYb`z`UV`WU`..`..7`X]Y`fYgh`]WX`Yb  
Ni`hUhYb"  
`6]g`%&`..7`X]Y`A`UggY`Ya`i`[`]YfYb`z`XUbb`XUg`fYgh`]WX`Y`9]g  
`]b`ni`Zi`[`Yb`z`[`Z`?i`hhYf`XYW`Y`Ui`gghfY`]ZYb"  
`K`Ybb`X]Y`HYa`dYfUhi`f`k`]YXYf`UbZAb`[`h`ni`ghY`[`Yb`z`]gh`XUg`6fAh  
ZYfh`][`  
`8Ug`6fAhgcZcfh`bUWX`6YYbX`[`i`b`[`k`Y]hYfj`YfUfVY]hYb`i`bX`]b`K`#  
65Ff`!`8Afa`Y`Z`~`Yb"  
`6Y`+`..7`V]g`ni`f`?YfbhY`a`dYfUhi`f`j`cb`+\$`..7`Vfi`\\`Yb"  
`a`5bgWX`i`gg`XUfUb`]a`K`UggYfVUX`cXYf`]b`XYf`8i`gWX`Y`\_i`\\`Yb"  
`K`#65Ff`!`8Afa`Y`]a`6Yhf]YVgfUi`a`UV`\_i`\\`Yb`~`UggYb`i`bX`Yfgh  
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6Ygi`WX`Yb`G]Y`i`bg`Ui`Z`Z`Y]gWX`i`bX`Wc`"Uh