

Kann Fleisch gesund sein?

Aumaerk verzichtet konsequent und kompromisslos auf jegliche künstlichen Zusätze und chemische „Helfer“. Durch die „Wet Aged“ Reifung und die einzigartige, besonders lange dauernde und schonende Veredelung in der Manufaktur bleibt die Zellstruktur erhalten und der Fleischsaft im Proteinnetzwerk gespeichert.



Kann Fleisch Gesund sein? (©AUMAERK)

5`g'DYfZcfa UbW!`i bX`@]ZYghmY!7cUW`_Ybbh'A Ufh]b`?ck Uf]_`X]Y
 Ni gUa a Yb\`Àb[Y`nk]gWYb`9fbÀ\fi b[žHfU]b]b[žFY[YbYfUh]cbž
 8Ufa žDgmWY`i bX`ā a i bgmghYa `gY\`f[YbUi "

6Y]`6YfUhi b[g[YgdfÀWYb`]gh`XUg`H\Ya U` [Ygi bXY`9fbÀ\fi b[
 Y]b`YW`hYf`8Ui YfVfYbbYf"J]Y`Y`gY]bYf`?`YbhYb`ZfU[Yb`]b.`-ggh
 Xi `bcW`:`Y]gW3

B]W`h`hÀ[`]W`UVYf`fY[Y`a À»]]

A Ufh]bg'5bhk cfh'XUfUi Z' ɔ''B]Wk h'Ĥ['Wk ž'UVYf'fY[Y'a Ā»]["'≠W
V]b'VY_YbbYbXYf': 'Y]gWk YggYf' 'ZØf'a]Wk 'Y]b'k YgYbh]Wk Yf
6Ui ghY]b'j cb'Ui g[Yk c[YbYfž'[Ygi bXYf'9fbĀ\fi b["'K]Y'VY]'U''Yb
@VYbga]hhY'b'Ui Z'a Y]bYa 'GdY]gYd'Ub''Y[Y'Wk 'Ui Wk 'VY]': 'Y]gWk
[fc»Yb'K Yfh'Ui Z'\ŌWk ghY' E i U']hĀhž'bUhi fVY'UggYb'i bX'ZfY]j cb
7\Ya]Y'i bX'l a k Y'h[]ZhYb''8UfUi Z'UWk hY']Wk 'gY'Vghž'XUg'j Yfa]hh'Y
]Wk 'a Y]bYb?']YbhYb'i bX'gc'V]b']Wk 'Ui Z'5I A 59F?' 'Ui Za Yf_gUa
[Yk cfXYb"

5bZUb[g'gY]'A Ufh]b'g_Ydh]gWk '[Yk YgYb''8Yb'Gdfi Wk ' 8Ug'VYghY
: 'Y]gWk 'XYf'K Y'h ' _Ubb'g]Wk 'gWk 'Y» ']Wk 'YXYf'Ui Z'gY]bY': U\ bYb
\YZhYb''8Ubb'\UVY'Yf'g]Wk 'X]Y'Ni gUhgnc ZY'Ub[YgWk Ui h'i bX'XU
k Uf ' B ⇒ < HG'Ui » Yf'bUhi fVY'UggYbYa ': 'Y]gWk ž'GU'nž'bUhØf']Wk Yb
?fĀi hYfb'i bX'; Yk ØfnYb''5Vgc'i h_Y]bY' _Øbgh']Wk Yb'Ni gUhgnc ZY
cXYf'nk Y]Z'\UZhY'Wk Ya]gWk Y' < Y'Zf °

B I @@'K Y]Wk a UWk Yfž'; 'i hUa UhYž'6]WfVcbUhYž'D\cgd\UhYž
B]hf]hdŌ_Y`gU'n' 'b]Wk hgž'k ca]h': 'Y]gWk '\Yi hni hU[Y'gcbgh'gc']b
XYf'_cbj Ybh]cbY''Yb'DfcXi _h]cb'VYUfVY]hYh'i bX'Wk Ya]gWk
j YfĀbXYfh'k]fX"

5i a UYf'_j Yfn]Wk hYh'VY]'XYf'dUhYbh]YfhYb'J YfYXY'i b['Ui Z'Y[']Wk Y
dchYbh]Y''[Ygi bX\Y]hgWk ĀX']Wk Yb'Gi VghUbnYbž'X]Y'Ub'gcbghYb
\Āi Z][' 'Ui Wk 'VYfY]hg'VY]'XYf'5i Zni Wk h'i bX'<U'hi b['XYf'H]YfY'
Y]b[YgYhnh'k YfXYb''8]Yg'g]Y'h'a Ub'b]Wk h'bi f'Ui Z'XYf'Ni hUhYb']ghY
Ua '9h]_Yhž'XUg'gWk a YW_h'a Ub'XYZ]b]h]j 'VY]'YXYa 'Y]bnY'bYb
6]ggYb"

B UhØf']Wk ž'i fgd fØb [']Wk 'i bX']b '\ ŌWk ghYf
E i U']hĀh']gh': 'Y]gWk 'Y]b '@]YZYfUb h
YggYb h]Y''Yf' B Ā\ fghc ZZY"

8]Y'NY''Yb'XYf'8Ufa k UbX'fA i Wc'gUnY''Yb'Ē'XYg'A YbgWk Yb
j YfZØ[Yb'ØVYf'gc[YbUbb'hY'<Ya Y!7Uff]Yf!DfchY]bY'ZØf'X]Y
<Āa c['cV]bUi ZbU\ a Y''K Ybb'k]f'gWk cb'ØVYf'X]YgY
gdYn]U']g]YfhYb'DfchY]bY'ZØf'X]Y'5i ZbU\ a Y'j cb'6'i h]j YfZØ[Ybž'k Uf
i bX']gh'XYf'<ca c'gUd]Ybg'[Ubn'c ZZYbg]Wk h']Wk 'Ca b]j cfž'U'gc

5`YgZfYggYf "

:`Y]gW ž:]gW`i bX`9]Yf`j YfZØ[Yb`ØVYf`Y]bY`J]Y`nU\`Ub`k]W h][Yb
BÀ\fgbcZZYb"8Uj cb`_ca a Yb`Y]b][Y`ZUgh`bi f`]b`X]YgYb
@VYbga]hY`b`j cf`Vnk "g]bX`Ui g`dZUb`n`]W Yb`E i Y`Yb`Y]bZUW
gW`YW hYf`j YfZØ[VUF"

7c`U[Yb`i bX` ; Y`Uh]bYž`k Y`WY`g]W`]b`]\fYb`WYa]gW Yb
9][YbgW UZhYb`i bhYfgW Y]XYb`]b`5i a UYf`_ :`Y]gW`ØVf][Ybg`]b
\ØW ghYf`E i U`]hÀh`j cf\UbXYb`]YfZØ`Yb`k]W h][Y`5i Z[UVYb`]b
i bgYfYa `? ØfdYf"6YgcbXYfg`k]W h][`g]bX`g]Y`ZØf`?]bXYfž`Gdcfh`Yf
i bX`À`hYfY`A YbgW Yb"6]Y`i bhYfghØhnYb`? bcW Ybž` ; Y`Yb`_Yž`<Ui h
i bX`i bgYf`J YfXUi i b[ggmgYhYa "9]b`A Ub[Y`_Ubb`bY[Uh]j Y
[Ygi bX\Y]h]W Y`5i gk]f`_i b[Yb`\UVYb"

; Ygi bXY`9fbÀ\fi b[`i bX` ; Ybi gg`g]bX`_Y]bY
; Y[YbgÀhnY`

5V[YgY\Yb`j ca ` ; Ygi bX\Y]hgUgdY`hXUfZ`bUhØf`]W`XYf` ; Ybi gg
b]W h`ni`_i fn`_ca a Yb"8Ug: `Y]gW`j cb`5i a UYf`_]gh`gi dYf
Y]bZUW`ni ni VYfY]hYb` `Ui W`ZØf` B]W h!GhYfbY_ØW Y`k]Y`a]W "
9g[Y`]b[h]a a Yf`ØVYfUi g`gUZh][`i bX`gcf[h`ZØf
; YgW a UW`gYI d`cg]cbYb"K Ybb`]W`gU[Y`gUZh][ž`a Y]bY`]W`gUZh][
i bX`b]W h`k Àggf]["A Ub`gW a YW`h`XYb`YW hYb`i bj YfZÀ`gW hYb
: `Y]gW [YgW a UW`VY]`YXYa`6]ggYb"Ni XYa`Ya dZ]bXY]W
dYfgØb`]W`XUg: `Y]gW`U`g`k]f`_]W`gÀhh][YbX"

G]Y`_YbbYb`XUg`j]Y`Y]W h`j cb`X]j YfgYb`ZYfh][Yb` ; Yf]W hYb.`G]Y
g]bX`Xi fW Ui g`gW a UW`\UZhž`XcW`XUg`GÀhh][i b[gg][bU`ghY`h`g]W
Y]bZUW`b]W h`Y]b` `bUW`XYa`J YfnY\`f]gh`a Ub`ja a Yf`bcW

\i b[f]["Gc[fY]Zhi'a Ub'ni '[fÒ» YfYb'Dcfh]cbYb#A Yb[Yb'i bX']ggh
a Y\ f'U`g'a Ub`Y][Ybh]W`k c`hY'i bX'gc`hY"

J]Y`Y`bUhØf`]W`Y`@YVYbga]hhY`ž'gc`Ui W`': `Y]gW`ž'k YfXYb
\Yi hni hU[Y`]bXi ghf]Y``k Y]hYfj YfUfVY]hYh`'Ni gUhn!ž': UfV!`i bX
5fca UghcZZY`k YfXYb`ni [YgYhnhž'i a `Yg`ZUfV`]W`'UbgdfYW`YbXYf`ni
a UW`Ybž`XYb`; YgW`a UW`_`Øbgh`]W`'ni `j Yfgh`f`_Yb`i bX`i bgYfY
G]bbY`ni `h`Ai gW`Yb"

9g`_ca a hicZhj cfž`XUgg`GU`nk UggYf`Y]b[Ygdf]hnh`k]fXž'i a
<YfghY``i b[g_cghYb`ni `gYb`_Yb`i bX`XUg`J Yf`_Ui Zg[Yk]W`h`ni
a Ul]a]YfYb``8 Ug`a UW`h`g]W`'XUbb`]b`XYf': `Y]gW`ghfi `_hi f`i bX`]a
; YgW`a UW`_VYa Yf`_VUf.`6Y]`XYf`Ni VYfY]hi b[`hf]h`XUg`K UggYf`Ui g
`XUg': `Y]gW`ghØW`_j Yf`]Yfh`Ub`GUZž`gW`fi a dZhi`ni gUa a Yb`i bX
gW`a YW`h`b]W`h"

5i a UYf`_j Yfn]W`hYh`Ui Z`Ni gUhnghc ZZY

5i a UYf`_j Yfn]W`hYh`_cbgYei Ybh`i bX`_ca dfca]gg`cg`Ui Z`Y[`]W`Y
_Øbgh`]W`Yb`Ni g`AhY`i bX`W`Ya]gW`Y` <Y`ZYf``8i fW`X]Y` K Yh
5[YX`_FY]Zi b[`i bX`X]Y`Y]bn][Ufh][Yž`VYgcbXYfg`Ub[Y`XUi YfbXY
i bX`gW`cbYbXY`J YfYXY`i b[`]b`XYf`A Ubi ZU`_hi f`V`Y]Vh`X]Y
NY``ghfi `_hi f`Yf`U`hYb`i bX`XYf': `Y]gW`gUZh`]a `DfchY]bbYhmk Yf`_
[YgdY]W`Yfh``8 Ug': `Y]gW`_j Yf`]Yfh`gca]h`Ui W`_VY]`XYf`Ni VYfY]hi b[
_Ui a `Ub`; Yk]W`h`_X]Y`GUZh][_Y]h`i bX`Ui W`_XYf`cf][]bU`Y
bUhØf`]W`Y': `Y]gW`[YgW`a UW`_V`Y]VYb`V]g`ni a `ZYfh][Yb`; Yf]W`h
Yf`U`hYb"

6Ygi W`Yb`G]Y`i bg`Ui Z.`ZY]gW`i bXW`"Uh