

Lumpasalot

Vorarlberg sausage and cheese salad

The “Lumpasalot” - a sausage and cheese salad - is a real classic in Vorarlberg and can be found on almost every mountain hut menu. Especially in summer when temperatures are hot, it is the perfect refreshment during or after a hike.

The classic one consists of 4 ingredients: Sausage (Schüblinge, as the “Knackwurst” is called in Vorarlberg), mountain cheese, gherkins and onions. Add a delicious marinade and you have the ideal regional summer dish.



Recipe tip from Dajana

Ingredients:

- 2 Schüblinge (crispy sausage)
- approx. 150-200g mountain cheese
- pickled gherkins
- Onion (red or white - depending on taste)
- Vinegar, oil, salt and pepper for the marinade (tip: light vinegar and herb salt)
- Eggs or tomatoes for the garnish, if desired
- brown bread

Preparation:

- Peel the sausage and cut into thin strips (you can also cut them into slices and halve them).
- Cut the mountain cheese into fine strips (some dairies sell salad cheese already sliced).
- Dice the onion (if you like, you can put a few onion rings to one side for the garnish).
- Cut the gherkins into fine strips.
- Place all the ingredients in a bowl.
- Mix the vinegar, salt, pepper and oil to make a marinade and then pour over the salad and mix together.
- Leave to marinate briefly and serve.
- The salad tastes best with fresh brown bread.