

# International Chill & Chat



## Spätzle recipe

### Ingredients

For 2 portions

240 g or 1 cup of all-purpose flour

1/4 teaspoon salt

3 large eggs

90 ml or 3/4 cups of whole milk

30 mg or 1/4 cup unsalted butter (optional)

Freshly ground black pepper, to taste (optional)

### Kitchen utensils needed:

- 2 large bowls,
- cutting board (preferably wooden),
- wooden spoon or whisk,
- a slotted spoon,
- a pot,
- a knife,
- colander,
- a pan (optional)





## How to prepare them...

- In a large bowl, whisk together the flour and salt. Make a well in the center of the flour mixture and crack eggs into the well along with about 60 ml or a  $\frac{1}{4}$  cup of the milk. Use a wooden spoon or whisk to gradually push the flour toward the center. When the batter becomes dry, add more milk and continue beating until the dough resembles thick pancake batter. (A few lumps are okay.) You may not need to use all of the milk. Cover and let rest at room temperature for at least 15 minutes.
- Meanwhile, fill a large mixing bowl with cold water and set aside. Fill a large pot halfway with salted water and bring to a boil. Once the water is boiling, lower to a steady simmer. Beat the dough a few times with the wooden spoon or whisk to aerate it.
- Shape a quarter of the Spätzle dough by spreading it on the edge of a small cutting board and slicing small pieces off into the simmering water with a knife.
- Boil the Spätzle in a single layer until they float to the top of the water, about 30 seconds to 3 minutes depending on the size of the pieces (if interested, see **variation** below now). Remove using a slotted spoon and transfer to the cold water.
- Return the water to boil and repeat with the remaining dough, working in three more batches. Drain Spätzle in a colander, shaking to remove excess water.
- Optional step: In a large pan, melt butter over medium-high heat. When the butter starts to turn golden, add the drained Spätzle. Season with salt and pepper and cook the Spätzle, stirring occasionally, until lightly browned. Remove from heat and garnish with herbs.

### Variaton Käsespätzle (Cheese-Spätzle):

Additional ingredients: grated cheese, e.g. Emmental and Romadur  
100 ml cream, 1 onion, herbs (all optional)

Proceed as above mentioned....after the Spätzle float to the top of the water, remove them using a slotted spoon and put them directly in a bowl (do not cool them off!). Now, strew a layer of cheese on top of the Spätzle. In the meantime let the next layer of Spätzle boil and put them on top of the cheese. Repeat strewing cheese on top, layer after layer. The heat of the noodles will make the cheese melt. Ready to serve!

### By the way:

Spätzle can be shaped and boiled up to two days ahead. Toss freshly boiled Spätzle in a small amount of oil or melted butter to prevent from sticking.