

The Best German Spaetzle Recipe with mega Tips from Peter Manca

Ingredients

400 g	Plain Flour
4	Eggs (M)
1 Teaspoon	Salt
220 ml	Cold Water



Youtube

Preparation

1. Crack the eggs into a large bowl. Sprinkle with salt and gently mix with a whisk. Let it stand for 10 minutes.
2. Gradually add flour and water to the eggs. Work the dough with a wooden spoon until air bubbles appear. This can take some time AND hard work.
3. Fill a saucepan with water and bring it to a simmer. Add 1-2 pinches of salt. Prepare another large bowl with cold water for rinsing the spaetzle after they have cooked.

Most difficult: Scraped Spaetzle (like Great Grandmothers)

1 small wooden chopping board and a dough scraper or a medium sized sharp knife

- 1) Spread some of the spaetzle dough onto the small dry wooden chopping board.
- 2) Carefully dip the scraper into the simmering water using the wet scraper to smooth the spätzle dough again.
- 3) Carefully dip the front of the wooden chopping board into the water and use the scraper to push small amounts of dough into the simmering water.
- 4) When the spaetzle rise to the water's surface, they are cooked. Use a sieve to remove them and rinse in cold water for 2-3 seconds. Drain well.

For Advanced: Pressed Spaetzle in the Spaetzle Press

1 Spaetzle Press

- 1) Fill the spaetzle press with dough and dip the front of the press into simmering water.

- 2) Press the dough into the water, lifting the press up about 20 cms to stretch the dough for longer spaetzle.
- 3) When the spaetzle rise to the surface, they are cooked. Use a sieve to remove them and rinse in cold water for 2-3 seconds. Drain well.

For Beginners: Knoepfle, Buttons

Spaetzle slicer

- 1) Fill the spaetzle slicer with dough. Place the slicer on the saucepan and move back and forth back and forth to let the dough glide into the simmering water, forming button-like spaetzle. Gently tap the slicer on the top of the saucepan to make dough flow easily into the water.
- 2) When the knoepfle rise to the water surface then they are cooked. Use a sieve to remove them and rinse in cold water for 2-3 seconds. Drain well.

TIPS:

- By adding salt directly to the eggs, the eggs turn a really nice yellow. This results in a beautiful yellow spaetzle dough.
- Spaetzle are perfect with Sunday roasts and can be prepared in advance for large gatherings or Christmas.
- for flavoured knoepfle add chopped wild garlic, chopped spinach or fresh herbs to the dough
- Make spaetzle a day in advance and keep them covered in the fridge.
- Both spaetzle and knoepfle can be frozen.
- Knoepfle mixed with cooked vegetables is a really easy vegetarian meal or side dish.

Enjoy your meal and have fun cooking!

KÜCHENSCHMIDE

