

CHEF'S TIP

Rinsing the cooked spätzle in cold water will remove some of the starch and prevent the spätzle from sticking together.

SPÄTZLE

1½ cups (375 mL) flour

¼ tsp. (1 mL) salt

dash nutmeg, optional

2 eggs, slightly beaten

½-¾ cup (125-175 mL) milk

salt

8 cups (2 L) water

¼ cup (60 mL) butter

1 small onion, chopped

**salt and freshly
ground pepper**

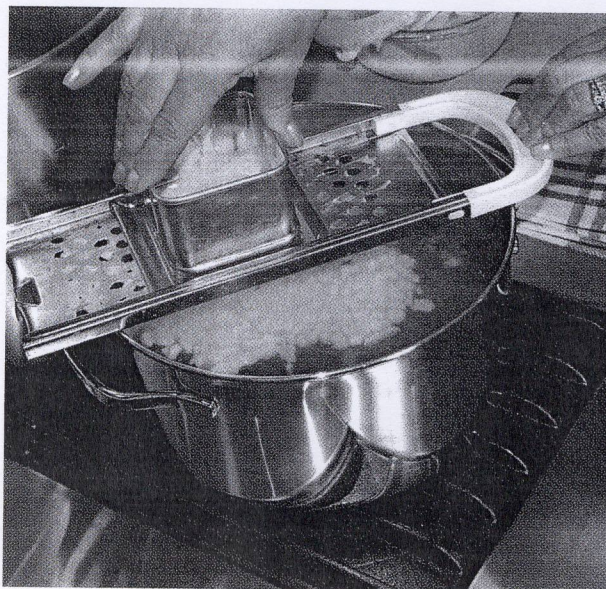
Mix together flour, salt and nutmeg.

Add eggs and milk to flour mixture and stir to make a medium-thick batter.

Add salt to water and bring to boil. Push batter through a spätzle maker and drop into boiling water. Simmer until tender, about 4-5 minutes, and drain.

Melt butter in frying pan. Lightly sauté cooked spätzle with onion and seasonings, until golden.

A Bavarian staple! Serve with Rib-Eye Steaks on page 50 and a jug of beer!
Serves 6.



*A spätzle maker
is a must –
inexpensive and
amazing!*