

#00 – Spaetzle

Yield: 5 portions

Ingredient	Mass	Volume	Method
Heat Treated Fava Flour		2 Cups	Step # Step Description
Eggs, lightly beaten		4	1) Put a large pot of salted water over high heat, and bring to a boil. Lower heat to a simmer.
Salt		½ Tbsp	2) In mixing bowl, mix together all ingredients to form a batter.
Water		½ Cup	3) Using a flat cheese grater, press the batter through the holes to extrude the spaetzle straight into the simmering water.
			4) In a separate large bowl, prepare an ice bath. Once the spaetzle has floated to the surface of the hot water (about 1-2 minutes), scoop out with a slotted spoon or mesh strainer into the cold ice bath. Once chilled, drain and transfer chilled spaetzle to a new bowl.
			5) Heat a large sauté pan over medium high heat. Add a tablespoon of butter to the hot pan. Add

	half of the chilled spaetzle and sauté until golden brown. Season to taste.
	6) Repeat sauté process with remaining spaetzle.
	7) Serve immediately.
	<i>*Chef's notes: This recipe works well as a side dish to pork schnitzel and braised cabbage. Added herbs, such as thyme, rosemary or lemongrass also bring a nice freshness and beautiful flavour to this dish.</i>