

Spaetzle | Egg & Dairy Free

Swick

Serves 1 | Active Time: 1 hour 30 minutes | Total Time: 1 hour 30 minutes

Chef's Notes

There are other ways of spelling Spaetzle, such as Spätzle.

Depending on the region, it is pronounced differently. Here are some common ways of saying it: SHEPT-slee, SHEPT-sluh and SHEPT –shel.

Step 1: Preparing the Spaetzle

- 1 1/2 tbsp egg replacer
- 4 tbsp water
- 1 tsp sea salt
- 1/2 tsp baking powder
- 1 1/2 cup all-purpose flour
- 1 cup unsweetened soy milk

To prepare the batter, in small bowl, whisk together the egg replacer and water. In another bowl, add salt, baking powder and the all-purpose flour. Mix well.

Create a well in the center of the dry ingredients and pour in the soy milk, mixing slowly. Add the whisked egg replacer. Stir vigorously with a wooden spoon or whisk for a few minutes to release and develop the gluten.

Step 2: Cooking the Spaetzle

Bring a pot of salted water to a boil. Add the batter through the spaetzel maker, scraping well. Boil about 3 minutes, frequently stirring to ensure they do not stick. The dumplings are done when they all float to the surface and are cooked through.

Strain and serve as is with non-dairy butter or olive oil.

If storing for cooking later, toss with a bit of olive oil or non-dairy butter and store in the refrigerator.

Step 3: Frying & Serving the Spaetzle

- 1 tbsp olive oil
- sea salt, to taste
- freshly ground black pepper, to taste
- 1 tsp non-dairy butter
- 3 tbsp fresh parsley, minced

To serve, add the olive oil to a non-stick pan. When the pan is very hot, add the spaetzle, then the salt and pepper, a touch of non-dairy butter and parsley.