

Chnöpfli/Spätzli

By Werner Albrecht



Ingredients

250 g Plain flour
5 g Salt
150 ml Lukewarm water
2 Eggs

Preparation

- add the flour, salt, eggs and the water into a large bowl
- mix with a wooden spoon until you have a smooth mix
- add more water/flour until the consistency is right (the dough should 'drop heavily' but not 'run' from the spoon.
- mix and beat the dough until smooth then let it rest for 30min (or longer)

Cooking

min 2 lt Water
20 g Salt
20 ml Cooking oil

- add a minimum of about 2 litres of water to a large saucepan and bring to the boil
- add the salt and the cooking oil
- place the Spätzli press over the saucepan and put one portion of the dough in the press
- operate the press so that the dough drips into the boiling water in small blobs
- the hob should be on full power and the Spätzli will raise to the surface after about 30 seconds
- cook for approx 3-5 minutes
- remove Spätzli from the saucepan with a sieve and place in a large bowl.
- bring the water to the boil again and proceed with the second batch
- you may add a knob of butter to the Spätzli if you like, mix and serve, or place dish in the oven at 180°C before serving

For dough variations you may:

- add more eggs / less water
- use whole meal flour
- add spinach (grüne Spätzli)
- add tomato puree (red Spätzli)

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Traditionally, amounts of dough are put on a wooden board and scraped into the boiling water using the back of a knife. This is very time consuming and also requires a fair amount of practice - so best use a Spätzli press as shown below.

