



Shaved pasta Spaetzle

This is the easiest and quickest way to make pasta, and it is by far not as messy as the making of other homemade pastas. This pasta is well known under its Swiss name “Spaetzle.” We eat this pasta a lot in Austria, and we call it “Nockerln.” As both of these names are a real tongue twister in English, I call them “Shaved pasta.”

To mould the pasta, you can either use the rough blades of a grater, a chopping board or a colander with very large holes like that of a steamer.

How long you need to work on it: 25 minutes

How long it takes from the beginning to the end: 25 minutes

How many serves: 4 serves

Ingredients

250gm wholemeal flour from either wheat or spelt

4 large sized eggs

8-10 tablespoon of milk, use water if you are lactose intolerant

2-3 pinches salt

Method

1. Bring a pot with plenty of water to boil
2. Place salt and flour into a mixing bowl
3. Open eggs add with the milk to the flour and mix to a smooth dough
4. Beat the liquid dough for approx. 5-6 minutes

Three ways to shape the pasta, please refer to the video

Note: To reheat the pasta melt a little butter (use palm fruit oil or coconut fat if you are lactose intolerant) on a medium heat in a saucepan.

Add a little water and heat the pasta through, when the water is evaporating, you can roast the pasta slightly crisp and season.

What can you serve with the pasta? The pasta goes well as a side garnish to braised meat, soups and stews.

How I make a simple and quick dish out of shaved pasta: I roast a chopped onion (and 1-2 chopped garlic cloves) together with the freshly cooked pasta in a little butter or palm fruit oil or coconut oil until golden brown. I season it and add some chopped herbs before I serve the pasta with some grated Parmesan cheese.

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