Gluten–Free Spaetzle

Serves 1 | Active Time: 45 minutes | Total Time: 45 minutes

Step 1: Preparing the Batter

- 1 1/2 cup all–purpose gluten-free flour
- 1/4 tsp freshly ground nutmeg
- 1/2 tsp sea salt
- 1 cup unsweetened soy milk

See Spaetzle Video Here — just note that the spaetzle in the video was made with gluten; however, the principles are the same.

To prepare the batter, in small bowl, whisk together the flour, nutmeg and salt. Create a well in the center and pour in the soy milk, mixing slowly. Stir vigorously with a wooden spoon or whisk for a few minutes to bind the starches.

Step 2: Cooking the Spaetzel

To cook the spaetzel, bring a pot of salted water to a boil. Add the batter through a spaetzel maker, scraping well. For best results scape the grater in slow strides, forming a larger spaetzel noodle, opposed to quickly scraping that yields noodles much smaller.

Boil for about 3 minutes, stirring frequently to ensure the noodles do not stick.

The dumplings are done when they all float to the surface and are cooked through.

Lastly, strain the noodles and either serve as is, with just a bit of non-dairy butter or olive oil and fresh parsley, or fry the noodles before serving.

Step 3: Frying the Spaetzel | Optional

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

To fry the spätzle, add the non-dairy butter or olive oil to a non–stick pan. Once the pan is very hot, add the spaetzle and let cook for a minute or two before tossing.

Once the noodles are a bit golden in color, season with salt and pepper, and if desired, a touch more non–dairy butter. Lastly, add the fresh parsley and serve immediately.