



EASY SPAETZLE NOODLES

TIME:
35 MINUTES

CATEGORY:
RECIPE

MATERIALS:
1 CUP ALL-PURPOSE FLOUR

½ TEASPOON SALT

½ TEASPOON GROUND NUTMEG

¼ TEASPOON GROUND
BLACK PEPPER

2 LARGE EGGS

¼ CUP LOW-FAT MILK

1 TABLESPOON WATER

1 TABLESPOON OLIVE OIL

1 TABLESPOON BUTTER

2 TABLESPOONS GRATED
PARMESAN CHEESE

LARGE POT

1-GALLON ZIP-TOP PLASTIC BAG

MEASURING CUPS

MEASURING SPOONS

SMALL BOWL

FORK

SCISSORS

BUTTER KNIFE

LARGE SLOTTED SPOON

PLATE

MEDIUM SAUCEPAN

Spaetzle is a German noodle dish made from wheat flour. It typically requires a spaetzle maker or potato ricer, but it can also be made using a plastic bag. Making noodle dough is easy! Observe how long the raw dough takes to turn into a fully cooked noodle.

Safety First! Ask for permission or help using the stove top.

INSTRUCTIONS:

1. Fill a large pot halfway with water. Place it on high heat and bring the water to a boil (big bubbles). Reduce the heat to low or medium and keep the water at a simmer (small bubbles).
2. Measure the flour, salt, nutmeg, and pepper and combine in a 1-gallon zip-top plastic bag.
3. Combine the eggs, milk, and water in a small bowl and whisk them with a fork.
4. Pour the egg mixture into the plastic bag and seal it with most of the air removed.
5. Gently smooch the bag until it becomes a batter.
6. Move all the batter to the bottom corner. Then cut off a 1/8-inch corner of the bag.
7. Over the simmering water, carefully squeeze out half the batter in 1-inch squirts. The batter should be about as thick as a pencil and squiggly. You can use a butter knife to cut off the batter between squirts.

8. Use a slotted spoon to scrape up any spaetzle off the bottom of the pot.

9. When the spaetzle rises to the top of the water, it's done. It happens fast!

10. Use the slotted spoon to remove the spaetzle and place them on a plate.

11. Once the noodles are cooled, heat the olive oil and butter in a saucepan on medium heat. Add the spaetzle and cook for 3 to 4 minutes, stirring occasionally, until lightly brown.

12. Place the browned spaetzle back on the plate and sprinkle with Parmesan cheese.



CONCLUSION:

You just made noodles! You saw that mixing wheat flour with water and eggs creates a wet, raw dough. By adding it to boiling water, the ingredients cook into a firm noodle.

TIPS

- ➔ Try this spaetzle topped with sautéed veggies or fresh tomatoes and basil.
- ➔ If your batter isn't coming out, try twisting the plastic bag above the batter. This will help squish it out.

THE JOURNAL ENTRY

- 1. Describe the taste, look, and texture of spaetzle. Is it flavorful? Chewy? Smooth or rough?*
- 2. Can you think of other dishes that are made of noodles and cheese? What cultures are they from? Compare those dishes with spaetzle.*
- 3. Press a cooked noodle between your fingers. How firm will it be if you cook it longer? Or for less time?*