

Crispy curried spätzle

By Shannon Bennett

20 minutes

Preparation time

10 minutes

Cooking time

6 servings

Serves



INGREDIENTS

2 tbsp vegetable oil
½ cup curry leaves
300 g (2 cups) plain flour
2 tsp salt flakes
2 tsp curry powder
125 ml (½ cup) full cream milk
4 eggs, lightly beaten
? cup extra virgin olive oil
75 g butter
3 garlic cloves, crushed
¼ cup chopped parsley
Micro herbs, to serve

METHOD

1. Heat the vegetable oil in a small saucepan on medium heat, induction setting 5. Add the curry leaves and fry until crisp, be careful as they can spit oil. Place onto a paper towel to drain.
2. Using a freestanding mixer, combine the flour, salt flakes and curry powder and mix together. Add the eggs and milk.
3. Attach a dough hook to the mixer and “knead” the dough for 5 minutes or until the dough starts to activate the gluten and becomes stretchy.
4. Simmer a large saucepan of water, on medium-high heat, induction setting 7. Press the dough through a large holed sieve or ‘spider’ press and drop a few pieces of dough into the simmering water. Whisk gently to separate the pieces and cook for about 2-3 minutes, or until the spätzle floats to the top. Use a slotted spoon to transfer the noodles to a colander and then immerse the spätzle into a large bowl of iced water.
5. Drain the spätzle and toss with 2 tablespoons of extra virgin olive oil.
6. Heat a large frying pan over medium-high heat, induction setting 7, add the butter and remaining extra virgin olive oil. When the butter starts to foam and turn golden, add garlic and cook for 30 seconds then add the spätzle.
7. Fry the noodles until they start to crisp slightly, season with more salt flakes and serve immediately in a large serving dish topped with micro herbs and fried curry leaves.