

Spaetzle, Parsnip, Mushrooms and Sunflower seeds

Recipe for 12 Tapas

Description

A vegetarian dish made of spaetzle, roasted parsnip and a wild mushroom vinaigrette with local mushrooms.

Note

Spaetzle is a fresh pasta originating from the Alsace region in France.

Ingredients

Spaetzle

- 3 Unit(s) Egg
- 140 Gr Greek yogurt
- 250 Gr Flour
- 1 Pinch(es) Salt
- 1 Pinch(es) Nutmeg

- Butter
- Salt and pepper
- Olive oil

Parsnip

- 4 Unit(s) Parsnip
- 2 Clove(s) Garlic

- Butter
- Salt and pepper
- Olive oil

Mushrooms

- 1 Pack Shimeji mushrooms
- 10 Unit(s) Oyster mushroom
- 15 Unit(s) Button mushrooms
- 2 Unit(s) Green onion
- 5 Sprig(s) Parsley
- 3 Sprig(s) Tarragon
- 50 Ml Aged balsamic vinegar

- Butter
- Salt and pepper
- Olive oil

Preparation

- Preparation time **60 mins**

Preparation

Peel the parsnip and cut into slices. Wipe or brush the mushrooms to clean them. Cut them in equal sizes. Finely slice the green onions, tarragon and parsley. Mince the garlic.

Parsnip

Cook the parsnip in a skillet with butter. Keep the cover on to cook them faster, that way they steam at the same time. Once cooked, add the garlic and cook for another minute or 2 uncovered.

Pasta

In a stand mixer, place the eggs, yogurt, flour, salt and nutmeg. Mix well with the leaf attachment until you have a nice slightly elastic texture.

Bring a pot of water with salt to a boil. Once simmering, you are ready to make the spaetzle.

Transfer the pasta mix into a colander or an appropriate device with holes at least 5 mm wide.

Using a spatula, help the mixture pass through the holes to make little droplets of pasta. Cook for 1-2 minutes and then remove them with the help of a spider or slotted spoon. Set aside.

Right before serving, sauté them in a hot skillet with melted butter and season with salt and pepper.

Vinaigrette

Heat a skillet with a bit of vegetable oil and then add the mushrooms. Stir on occasion, but as little as possible only to avoid the mushrooms burning. Season with salt and pepper. Add the balsamic vinegar and cook until most of the vinegar has evaporated or been absorbed. Sprinkle with the fresh herbs.

Bon appétit!