



Einkorn Spaetzle

A Recipe by Lentz Spelt Kitchens

Ingredients:

2-cups Organic Lentz Einkorn Flour

4 egg

1/3 cup milk (can use milk of your choice)

2 tsp salt

Boil large pot of salted water – at least 1 tsp., add more to your taste.

Spray Spaetzle maker with cooking oil and place over your pot of water. Fill Spaetzle maker cup and run back and forth over Spaetzle grate. Boil until it floats – this will happen very quickly.

Pull out and drain.

You can serve with melted butter at this point or sauté' in butter and then serve.

Yields: 6 servings

Spaetzle Gravy

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Ingredients:

Sauté 8 oz. sliced mushrooms and 1 lb. Grass-Fed Organic Ground Beef in Earth Balance, dust liberally with Lentz Organic Einkorn Flour (to thicken). Add 2 cups milk and stir until thickened. Salt and pepper to taste. Serve with Einkorn Spaetzle.