



Red Pepper Spaetzle in Mustard Cream Sauce with Sausage

READY IN



60 min.

SERVINGS



4

CALORIES



995 kcal

SIDE DISH

Ingredients

- 1 pinch caraway seed
- 3 tablespoons chicken stock see
- 4 tablespoons chicken stock see
- 2 tablespoons dijon mustard
- 4 eggs
- 3 cups flour all-purpose
- 1 teaspoon parsley fresh minced
- 1 teaspoon thyme leaves fresh minced

- 2 tablespoons goat cheese
- 1 tablespoon grapeseed oil
- 1 pinch ground coriander
- 2 tablespoons gruyere cheese grated
- 0.5 cup heavy cream
- 4 servings oil
- 2 tablespoons oregano fresh
- 2 pounds boston butt pork shoulder (with a good amount of fat), cut into large chunks
- 0.5 cup roasted peppers red jarred
- 0.5 teaspoon salt
- 2 tablespoons salt
- 4 servings salt and pepper black freshly ground
- 1 small shallots minced
- 2 tablespoons butter unsalted
- 0.5 cup water
- 0.5 cup water cold
- 4 servings water ice cold
- 4 servings hog casing
- 4 servings hog casing

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- knife
- pot
- stand mixer
- colander

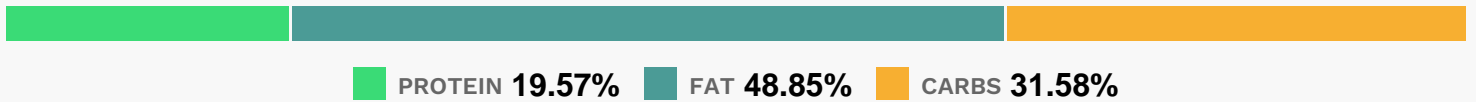
- meat grinder

Directions

- Special equipment: stand mixer with meat grinder and sausage horn attachments
- For the sausage: In a large skillet, heat the oil over medium-high heat.
- Add the sausage and cook until browned on each side, about 5 minutes.
- Add 1/2 cup water to the skillet. (You can add a little more if sausage is large.) Cover and cook until the water is nearly evaporated and the sausage is firm, 15 to 20 minutes.
- For the spaetzle: In a food processor, combine the roasted peppers, cheese, and chicken stock and puree until smooth.
- In a large saucepot over high heat, bring 4 quarts water to a boil. While the water is heating, in a bowl blend 1/2 cup red pepper puree, flour, eggs, parsley, 1/2 cup water, and salt. Stir until just well mixed. Do not over mix! Over mixing will result in a tough dough.
- Once the water comes to a boil, reduce the heat to medium. Squeeze or press the dough through a spaetzle maker or a large holed colander. This pressing needs to be completed in a quick manner, thus allowing the dough to cook evenly. Once the spaetzle has been dropped into the water, cook for 2 to 3 minutes, stirring throughout the cooking time.
- Once cooked, remove from the heat and drain through a colander to retrieve the spaetzle.
- Drain well.
- For the sauce: In a saucepan over medium heat, add the butter and shallots, cooking until shallots are a light brown, and then deglaze with the wine. Once deglazed, add the cream, thyme, Dijon, and salt and pepper, to taste. Reduce the heat to low and continue to cook until the cream has thickened, 5 to 6 minutes.
- Remove from the heat and stir in the cheese. Toss the spaetzle in the sauce.
- Slice the sausage and serve alongside the spaetzle in cream sauce.
- Place the pork shoulder in a bowl and keep cold until ready to use. Fill a large bowl with ice and place the bowl of pork shoulder on top.
- Grind the pork shoulder once through a grinding disk with large holes and again through a disk with medium holes. Grind the meat into the bowl sitting on ice.
- Season the pork with caraway, ground coriander, fresh oregano, and salt.
- Mix to combine well.
- Cook a small amount of the meat mixture to test for seasoning.

- Add more spices and salt, if needed. Thoroughly mix in a splash of cold water. Allow the seasoned pork to chill on ice or in the fridge before stuffing into the casing.
- Replace the grinder attachment with the horn. (Be sure to thoroughly clean the attachment area before proceeding.) Rub oil onto the horn, and then put the casing on, leaving a few inches of slack at the end.
- Stuff the casing, tie off the ends, and prick the sausage with a pin or the tip of a knife.
- Refrigerate the sausage until ready to cook.

Nutrition Facts



Properties

Glycemic Index:76.25, Glycemic Load:52.11, Inflammation Score:-10, Nutrition Score:38.837391189907%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

Nutrients (% of daily need)

Calories: 994.62kcal (49.73%), Fat: 53.59g (82.44%), Saturated Fat: 19.32g (120.75%), Carbohydrates: 77.96g (25.99%), Net Carbohydrates: 73.34g (26.67%), Sugar: 2.5g (2.77%), Cholesterol: 317.18mg (105.73%), Sodium: 4411.74mg (191.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.3g (96.6%), Vitamin B1: 2.03mg (135.33%), Selenium: 91.81µg (131.16%), Vitamin B2: 1.26mg (73.84%), Vitamin B3: 12.25mg (61.24%), Phosphorus: 578.7mg (57.87%), Folate: 215.13µg (53.78%), Iron: 8.51mg (47.26%), Manganese: 0.92mg (45.93%), Zinc: 6.28mg (41.88%), Vitamin B6: 0.83mg (41.36%), Vitamin E: 4.95mg (32.98%), Vitamin B12: 1.74µg (29.08%), Vitamin K: 28.49µg (27.14%), Vitamin B5: 2.47mg (24.69%), Copper: 0.48mg (24.09%), Calcium: 235.99mg (23.6%), Vitamin A: 1167.76IU (23.36%), Potassium: 799.12mg (22.83%), Magnesium: 81.11mg (20.28%), Fiber: 4.62g (18.49%), Vitamin C: 11mg (13.34%), Vitamin D: 1.53µg (10.22%)