



## **SCHNITZEL & SPAETZLE w/ CAPER BROWN BUTTER, STEAMED CAULIFLOWER & WILD MUSHROOM CREAM**

Recipe by CYRILLES KOPPERT

### **SCHNITZEL**

*2 - 3oz pork tenderloin or chicken breast pieces*

*1/2 cup - milk*

*1/2 cup - flour*

*2 - whole eggs, beaten*

*1 cup - breadcrumbs*

*Salt & pepper*

*Lemon wedges for garnish*

*Oil for frying*

#### **Preparing the pork / chicken pieces:**

- Pound the pork or chicken pieces between plastic wrap until very thin with a mallet.
- Soak the pork or chicken pieces in milk for 3 - 5 minutes.

#### **Breading the pork / chicken pieces:**

- Place flour in its own bowl.
- Beat eggs, add salt & pepper, and place the mixture in its own bowl.
- Place breadcrumbs in their own bowl.
- Now coat the meat in the flour, shaking off excess.
- Next dip the floured meat in the egg mixture.
- Finally coat the schnitzel in the breadcrumbs.
- Now your schnitzel are ready to pan fry.

#### **Finishing the schnitzel:**

- Oil fry the schnitzel 3 minutes a side.
- Serve with brown caper butter and lemon wedges

## **SPAETZLE** (*Serves 6 to 8 side portions*)

*5 - whole fresh eggs  
2 cups - all-purpose flour  
60 ml - whole milk  
2 tbsp - chopped parsley  
½ tsp - freshly grated nutmeg  
5 tbsp - cooking oil  
Salt & pepper to taste*

- In a large bowl (using a wooden spoon) or mixer (using the paddle attachment), combine the eggs, milk, and all of the seasonings, beating until loose.
- Slowly add the flour, and using a wooden spoon mix until smooth and there are no lumps.
- Let the dough rest for 10 minutes.
- Bring a large pot of salted water to a boil and have a bowl ready with ice water. The ice water will be used later to shock the hot spaetzle.
- Using a plastic dough scraper, rub the dough through a spaetzle maker or a colander into the boiling water. When the spaetzle floats to the surface and the water is boiling again, take out the spaetzle with a slotted spoon and immediately place in the ice bath.
- Repeat until all the dough is used.
- When finished, strain the spaetzle in a colander and toss the spaetzle with 3 tbsp oil.
- Set aside in the fridge for later. It is ready to sauté. You may also freeze whatever you do not intend to use.
- Heat a non-stick pan with the rest of the oil and add the spaetzle. After about 3 minutes, add butter and keep sautéing until fluffy and golden brown. Check the seasoning and serve immediately.

## **WILD MUSHROOM CREAM SAUCE**

*½ cup - chopped white onion or shallots  
2 full cups - sliced mixed wild mushrooms  
1 tsp - chopped garlic  
½ cup - white wine  
1 cup - heavy cream (35%)  
3 tbsp - butter  
1 tsp - chopped fresh herbs  
Salt & pepper*

- Sauté onions in oil, then add the chopped garlic and mushrooms and keep sweating the mix.
- Add white wine and then reduce by half.
- Add whipping cream, reduce by half, and add herbs.  
Check the seasoning and add salt and pepper to taste.

## **BROWN BUTTER WITH CAPERS**

*1 lb - unsalted butter*

*5 tbsp - capers*

- Cut the butter in small pieces and place in a saucepan.
- Cook, stirring regularly so the milk solids don't stick to the bottom of the pot and burn.
- When golden brown, remove from the heat and place in a heat resistant container (because even off the heat it will keep cooking). The butter will have a nutty flavour from toasting the milk solids.
- Add the capers and stir.
- Ready to serve.

## **STEAMED CAULIFLOWER**

*1 - whole head cauliflower*

*½ tsp - freshly grated nutmeg*

*Salt & pepper*

- Cut all greens from the bottom of the cauliflower. Leave the whole head intact.
- Place the whole cauliflower in a large pot and add water to the bottom of the florets. The head of the cauliflower should not be submerged.
- Season the cauliflower with salt, pepper and nutmeg. Cover the pan with a lid and bring the water to a boil. Let simmer until cauliflower is tender throughout.
- Serve!

## **EQUIPMENT/KITCHEN TOOLS**

### **Spaetzle Mix**

Large bowl

Wooden spoon or mixer with paddle

Whisk

Chef's knife

### **Spaetzle Dough**

Spaetzle maker or pasta strainer (mid-size)

Plastic dough scraper

Large pot

Slotted spoon

Bowl for ice water

dish for finished spaetzle

non-stick frying pan

### **Schnitzel**

Chef's knife

Small boning knife

Large nonstick frying pan (preferably)

Plastic wrap

Meat tenderizer

4 bowls for: milk, flour, eggs, and breadcrumbs

### **Wild Mushroom Cream Sauce**

Small pot

Chef's knife

### **Brown Butter with Capers**

Wooden spoon

Medium saucepan

### **Steamed Whole Cauliflower**

Chef's knife

Large pot with lid