Pizokel with sage butter

Recipe by V-ZUG Ltd.

Preparation	20 Mins
Resting time	30 Mins
Cooking time	20 Mins
Portions	4

Grisons-style pizokel with sage butter and mountain cheese. This dish is nutty, aromatic, rustic, and easy to prepare.

Dough

300 g low-fat quark

3 eggs

50 ml milk

200 g buckwheat flour

100 g plain white flour

1 tsp salt

1 pinch of ground nutmeg

Pizokel

water

salt, for cooking water

Sage butter

50 g butter

1 onion, finely chopped

3 sprigs of sage, Leaves finely chopped

50 g Grisons mountain cheese, coarsely grated

a little chives, finely chopped

some crispy fried onions

Dough

Mix low-fat quark, eggs and milk in a bowl. Add buckwheat flour, plain white flour, salt and nutmeg, then stir with a wooden spoon into a smooth dough. Cover and leave the dough to rest for approximately 30 minutes.

Pizokel

Bring water to the boil in a pot over high heat (level P) and add salt. Reduce the heat (level 7). Place a wire shelf over the pan. Fill a piping bag with the dough, and cut the tip to create an opening of approximately 1½ cm. Pipe the dough in long strands onto the wire shelf, one portion at a time, and carefully press it into the water using a dough scraper. Simmer the pizokel until they rise to the surface, remove with a slotted spoon, drain and keep warm. Repeat until all the dough is used.

Serving

Heat butter in a non-stick frying pan over high heat (level 7). Add the onion and cook for approximately 3 minutes until golden brown. Add sage and sauté for an additional 2 minutes. Add pizokel and toss to mix. Arrange the pizokel on plates and sprinkle with mountain cheese, chives, and crispy onions.

Accessories

Pasta Pot

non-stick frying pan (28 cm ø)

Additional information

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