

KATES SCHWABIAN DUMPLINGS

Makes ca. 3-4 Rolls

Zutaten

ca. 800g Bread roughly chopped into dice, you can use different types of bread if you like. (The bread has to be at least a day old and can even be hard)

ca. 125g Butter or Ghee (to fry the bread in the pan)

80g Butter (to fry onions and parsley)

2 chopped Onions

1 1/2 Bunches of Parsley, chopped

8 Eggs, roughly whisked with a fork

400g Strong Bread Flour

Ca. 850ml-1000ml lukewarm milk

1 1/2 Teaspoons Salt

1 1/2 Teaspoons freshly ground Pepper

3-4 pinches of Chili Powder

ca. 1/2 Teaspoon of Freshly Grated Nutmeg

Some Clingfilm (only if you are making this recipe in a steamoven)

Or for a normal hob version...

- A clean Teatowel and some Cooking Twine to tie up the ends.

- A Large Stockpot

1. Fry the diced bread in a frying pan using the butter or ghee.
You will need to do this in several lots because it won't all fit in!
2. Put the hot fried bread into a large tupperware with a lid
(or cover with a large plate, because it needs to stay warm).
Keep on adding until you have finished frying all the bread.
3. Melt some more butter in the frying pan and add the chopped onions. Fry until soft then add the chopped parsley for a few minutes.
4. Add the fried onion and parsley mixture to the fried bread and put lid back on.
5. Mix the flour, eggs, warm milk and spices together until there are no lumps, then pour over the warm bread and onion mixture and mix thoroughly. Leave to rest for about 15-25 minutes.

For Steam Oven:

Roll out some clingfilm (as long as your Steam Oven perforated cooking container) and put about 1/3 of the bread onto it in a line, leaving about 10cm each end so that you can tie them together. Do this 3-4 times until all the mixture has been used up.

Roll up the clingfilm and tie the ends together as on the Youtube video. Put all 3 or 4 clingfilm rolls onto the perforated steam oven trays and steam for about 1 hour at 100°C.

For a Normal Hob:

1. Lay out your clean teatowel and spread 1/2 the mixture onto it making sure it will fit into your stock pot!
2. Roll up the tea towel and tie up both ends with the cooking twine. Fill the stock pots with water until 1/2 full and bring to the boil.
3. Turn the hob down until the water simmers and gently put the dumpling into it.
4. Let it simmer for ca. 1 hour.

TIP:

Both versions are great for freezing. Either take out of the freezer 3-4 hours before use or better still the night before. When defrosted cut into slices, fry in butter in a frying pan and serve with mushroom sauce (also one of our youtube videos).

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KATES MUSHROOM SAUCE FOR SWABIAN DUMPLINGS

For ca. 4 Portions

Ingredients

500g Fresh Mushrooms (sliced)
ca. 50g Butter or Ghee (for frying the mushrooms)
1 Onion, chopped
2-3 Dessert Spoons Parsley (chopped)
1-2 Dessert Spoons flour
200ml Whipping Cream
100ml Water
A few pinches of freshly ground Pepper
1/2 Teaspoon Salt
1 Teaspoon Balsamic Vinegar
1 Teaspoon Kates Homemade Raspberry Vinegar
2-3 Dessert Spoons White Wine
2-3 Dessert Spoons of Kates Salad Dressing (instead of Stock)

1. Gently fry the chopped onions in butter (or ghee) until soft.
2. Add the mushrooms and parsley and fry gently
(Oops I forgot to add the mushrooms in the video...!)
3. Add the flour and stir for a few minutes.
4. Take from the heat and add the whipping cream...
STIRR ALL THE TIME WITH A WHISK TO ENSURE YOU GET A
SMOOTH SAUCE. Add water stirring all the time.
5. Add the rest of the ingredients and season to taste.

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