

## German Potato Dumplings

I recommend that you follow the recipe and make no modifications. Or you will end up with potato soup. I used two russets and two yellow fin potatoes. It is also important to make a test dumpling before cooking the rest. I made a small one and tasted it, and both times it was okay. To avoid bland-tasting dumplings, don't reduce the salt. If the dough is sticky, add some more flour. Don't over mix the potatoes. If you don't have a potato press, you can use a potato masher. Don't skimp on the salt because you are flavoring the water—first to boil the potatoes and then to cook the dumplings.

### **Ingredients:**

(makes approximately 10-12 dumplings , depending on the size)

- 1 lb. (2) russet potatoes
- 1 lb. (2) yellow fin potatoes
- 2 scant cups of all purpose white flour (250g or a little less than 8 3/4 ounces)  
plus extra flour to roll in the dumplings before cooking
- 1 egg
- 1 tsp. salt to boil the potatoes
- 1 3/4 tsp. salt for the dough
- 2 tsp. salt for the water to boil the dumplings.

### **Croutons:** (optional)

- a cup of day-old bread cut into 1/2 inch pieces
- 2 TB olive oil
- garlic salt

### **Parsley butter sauce:**

- 4 TB butter
- 3 TB of finely chopped parsley

### **Directions:**

Peel the potatoes in halves or quarters (according to size). Cover them with cold water and add 1 tsp. salt, bring them to a boil and cook for 15-20 minutes. They are done when you poke them with a small paring knife and they are soft. It is better to undercook them, so you don't turn them into a potato mush by overcooking them. When the potatoes are done, pour off the water and return the pot to the stove, shake the potatoes in the pot over low heat until all the moisture has evaporated. Cool the potatoes.

While the potatoes are cooling, fill your largest pot with water and bring it to a boil. Add 1 1/2 tsp. salt. When the potatoes are cool, press them through a potato press or use a potato masher. I used my potato press. Add the egg, 2 tsp. salt, and the flour. Mix with a fork and then with your hands, until you have a dough that isn't sticky. According to the German recipe, you are supposed to add more flour when it is sticky. (I didn't have to do it the two times I made the dumplings.) Do not over mix the dough. Form a small test dumpling and simmer it in the water for several minutes. If it doesn't fall apart, you are in business. Otherwise, according to the book you are supposed to add more flour. Mine came out perfect both times, I did increase the amount of salt in my second batch. Form the dough into a 2-inch thick logs and cut into

10-12 pieces. Roll the pieces into round balls. If you add croutons, put the dough in your hand, then put the crouton in the middle and form it into a dumpling.

Put a couple of tablespoons of flour onto a plate. Roll each dumplings in the flour and add them to the boiling water. Reduce the heat to a low simmer and cook the dumplings for about 18 minutes, uncovered. Make sure your dumplings don't stick to the pot and make sure the water stays at a low simmer. Eventually, the dumplings will float to the top. The dumplings are at their best right after they are cooked. I talked to my girlfriend and she told me that she reheats the dumplings the next day by putting them back in simmering water for 10 minutes. She also told me that she freezes them. The only thing I have done with leftover dumplings is to slice and sauté them in butter. It is a special treat.

Each time I made dumplings this year, I made a parsley butter sauce for them. I melted the butter in a frying pan and added the finely chopped parsley. Then I poured the sauce over the dumplings.

*Guten Appetit!*  
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