

German Potato Dumplings

Ingredients

- 1 ½ lbs. russet potatoes (about 2 large)
- 1 ½ teaspoons salt
- ⅛ teaspoon ground nutmeg
- ½ cup all-purpose flour (or more)
- ⅛ cup cornstarch (or potato starch, much preferred, if you can get it)
- 1 large egg
- 2 slices sourdough bread or 2 slices white bread (good quality, not supermarket foam crap)
- 1 tablespoon unsalted butter
- 1 tablespoon corn oil or 1 tablespoon vegetable oil



Method

1. Trim crusts off bread and save them for another use.

2. Cut bread into 1/2-inch cubes and fry in butter and oil mixture until golden brown, transfer to paper towel to dry.

3. Cook scrubbed, unpeeled potatoes in large pot of boiling salted water until tender, about 45 minutes.

4. Drain.

5. Cool slightly.

6. Peel.

7. Cut potatoes into large pieces.

8. Refrigerate until cold, about 30 minutes.

9. Mash potatoes with fork or run through ricer into large bowl.

10. Mix in salt and nutmeg.

11. Add 1/2 cup flour and cornstarch.

12. Using hands, knead mixture in bowl until smooth dough forms, adding more flour by tablespoonfuls if dough is sticky.

13. Mix in egg.

14. Form dough into balls, using 1/4 cupful for each.

15. Insert bread cube into center of each dumpling; roll dumpling between palms to enclose bread cube completely and form smooth balls.

16. Working in batches, cook dumplings in large pot of nearly boiling salted water 10-15 minutes (or until dumplings rise to top).

17. Using slotted spoon, transfer dumplings to large bowl.

18. Keep covered with a damp kitchen towel as remaining dumplings are cooked.

19. You should place no more than 4-5 dumplings in your pot at any one time in order to prevent them from sticking together or touching during cooking, which will cause them to fall apart.

Source: N1c (12 servings)
