

Recipe of the month



I'm Czech and this is my great grandmother's recipe, passed down through the generations. It should be served with roast pork or goose and sauerkraut. A traditional way to eat the leftover dumplings the next day is to chop them up, pan fry in a little butter, add eggs and cook as if you are making scrambled eggs. Delicious!

Ingredients

- 3 cups all-purpose flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- ½ tsp. salt
- ½ tsp. sugar
- 3 eggs, beaten
- 1½ cups milk, or as needed
- 4 cups dry white bread
- 4 bacon rashers finely sliced
- 1 (16 ounce) jar sauerkraut – rinsed and drained
- salt and pepper to taste
- 1 teaspoon caraway seeds
- 2 tsp. cold water
- 1 tsp. cornflour

Serves 8

Petra

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Knedlíky – (Czech Dumplings)



How to prepare

1. In a large bowl, stir together the flour, baking soda, baking powder, salt and sugar. Make a well in the centre, pour in the eggs and 1 cup of milk. Stir to blend and add enough milk to make a moist dough. Use a wooden spoon to beat the dough at least 200 strokes, rolling it over in the bowl until smooth and an occasional bubble appears on the surface.
2. Add the cubes of dry white bread and stir into the dough until they disappear.
3. Bring a large pot of water to the boil. Place the dough onto a cheesecloth or white cotton cloth and form into a loaf shape. Wrap the cloth around the loaf and tie the ends with string.
4. Place the loaf into the boiling water and cook for 45 mins, turning the loaf over about half way through. Remove from water, unwrap and cover with a tea towel. Let it stand for 10 mins.
5. Fry the bacon in a small skillet until evenly browned then set aside.
6. Place the sauerkraut into a saucepan and add enough water to cover the surface. Simmer then add the bacon and season with salt, pepper and caraway seeds. Stir together the corn starch and water; mix into the sauerkraut and simmer for a few minutes before removing from the heat.
7. Slice the dumpling loaf. Drizzle dumpling slices with some of the roast drippings from the pan. Serve with sauerkraut.



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