

Kreplach (dumplings)

INGREDIENTS

2 – 2½ cups unbleached flour
pinch salt
3 eggs, plus 1 egg yolk
water (if needed)

1 large onion, chopped
2 tablespoons oil
1 cup chicken meat
4-6 chicken livers
(option: use beef instead of liver and chicken)
1 teaspoon salt
¼ teaspoon ground cumin
pinch ground black pepper
pinch sugar
1 tablespoon breadcrumbs

METHOD

DOUGH

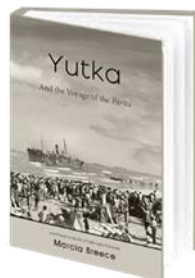
Combine flour, salt, egg, egg yolk, (and water) in a large bowl.
Work into a soft, smooth dough using a wooden spoon (or use food processor fitted with the metal blade)
Cover with plastic wrap and refrigerate for 30 minutes or overnight.

FILLING

Heat oil in a large nonstick skillet over medium-low
Caramelize onions (20 to 30 minutes)
Clear a space at the center of the pan and add the chicken livers
Season with salt, pepper and cumin.
Increase heat to medium
Lightly brown livers (not cooked through)
Transfer half of the mixture to a food processor to cool
Cook remaining chicken livers until done
Remove from the heat to cool
Pulse ½ chicken meat with onion, & liver mixture in the food processor until smooth
Transfer to a medium bowl
Add bread crumbs
Process remaining chicken meat, with fully cooked onion & liver mixture
Combine in bowl
Salt and pepper to taste

ASSEMBLE

Bring large pot of salted water to boil.
Roll out dough as thin as it will stretch on floured surface
Cut dough into three-inch squares (32 squares)
Place half teaspoon of filling in center of each square
Fold squares into triangles and pinch edges closed
Drop finished kreplach into boiling water
Stir gently with wooden spoon to keep separate
Simmer for 20 minutes.
If sticking together, separate gently with wooden spoon.
Remove from pot with a slotted spoon and serve immediately in hot soup, or freeze.



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