Potato Dumplings Stuffed with Smoked Meat
with LCMS Missionary Benjamin Helge
Serving our Lord in the Eurasia region in Czech Republic
benjamin.helge@lcms.org
https://www.facebook.com/groups/missionaryhelge
www.lcms.org/helge

Preparation: 45 minutes
Cooking Time: 10-15 minutes
Serving Size: 3 Dumplings (2 servings in this recipe)

Ingredients:
1/2 pound of ham, smoked pork (not lunch meat),
or bacon cut into small cubes
2 Tablespoons pork fat, lard
2 medium onions, diced, separated into two bowls
3/4 pound potatoes, boiled in their skins, then peeled and cooled
1/2 cup + 2 Tablespoons coarse flour (If you can’t find course flour, Wondra flour has been said to be a good substitute. If all you have is all-purpose flour, it should work. You might need to adjust the measurements slightly.)
1 egg
1/2 teaspoon salt
1/2 teaspoon potato/corn starch
Caraway seed (optional)
Bavarian Sauerkraut (optional)

Directions:
1. Using 1 Tablespoon of pork fat, sauté the meat and minced onions. Cook until nicely colored. You can season it with some caraway if you would like and a little salt if needed. (Set aside)
2. Bring a pot of salted water to boil.
3. Peel the cooled-boiled potatoes and either grate or mash them.
4. Dust the potatoes with the starch. Add the flour, eggs and salt. Quickly mix everything together.
5. With floured hands, take a golf-ball sized amount of dough and make a two-inch circle with it. Not too big and not too small. Place a heaping mound of filling in the middle and seal the dumpling up.
6. Boil dumplings for about 8-10 minutes (depending on their size).
7. Crisp up the other onions in a pan with pork fat while the dumplings boil and serve them on a bed of Bavarian sauerkraut if you desire. Or, eat them simply as they are.

Note: You can adjust the recipe to make more dumplings. Everything works exactly the same. Any uncooked dumplings can be frozen for later, place them on a sheet pan lined with parchment paper, and then place them in the freezer. Once frozen, bag them up and then pull them out whenever you want some. Just let them defrost before boiling them.