



Maultaschen Recipe, GAI Cooking Class

250 grams flour
2 eggs
1 tablespoon olive oil
1 teaspoon salt

Mix eggs with 1 tablespoon water and the olive oil, then quickly add to the flour and salt and knead into a ball of dough. Wrap in foil and let rest while you make the filling (30+ minutes)

300 grams ground beef
300 grams ground pork
150 grams small diced bacon
1 onion
150 grams frozen spinach
1 bunch parsley, chopped
3 slices dry bread, torn into small pieces
1 egg
Salt, pepper, ground nutmeg

Put the meat into a bowl and massage it until it is a little gluey, meaning, that if you take a blob of meat and pull it apart, there are small threads visible. Set aside.

Put the finely chopped onion together with the bacon in a frying pan and sauté until the onion is translucent and the bacon is cooked (not crisp, just cooked). Turn off the burner and add the frozen spinach to rapidly cool down the mix.

Mix in with the rest of the ingredients (meat and spices, bread), and mix thoroughly.

Roll out dough into one millimeter thick sheets, 20 centimeters by however long you can get it. 20 centimeters is approximately the distance from the tip of your thumb to the tip of your middle finger spread as far apart as possible.

Drop a tablespoon of filling per every 5 centimeters along the one long side of the dough, wet the other long side and in between the filling with your fingers and then roll the entire length up, starting with the filling side so we have one very long roll of dough with filling blobs. Take a wooden spoon and press down between each of the fillings, then cut the pressed down part gently in the middle. Make sure the edges are sealed.

You now should have individual *Maultaschen*, that should go into simmering water or broth until the filling is done, approximately 5 to 10 minutes. We do NOT want to have rapidly boiling water, because it will distribute the filling everywhere, just a gentle simmer.

From here on you could serve them in the broth as a type of soup, with a generous helping of parsley on top. You could sauté them in butter and serve them with fried onions and a green leafy salad. You could freeze them before cooking them for when you need a quick dinner. The possibilities are endless...