

Semmel Knödel (Bread Dumplings)

Makes 6-8 servings

1 loaf dried-out white bread or bread rolls
1 c hot milk
1 small yellow onion, finely chopped
1 T butter
1 handful (1/4 c) chopped fresh parsley
2 eggs
1 t salt

Leave bread or rolls out for a day or two to harden and dry. Dice bread into roughly 1-inch squares, place in a large bowl. Pour hot milk (scalded milk is even better) over bread and allow to sit for five minutes. Stir gently, then allow to sit for another 10-15 minutes or until bread is uniformly softened.

Meanwhile, in a frying pan over medium heat, melt butter and cook onions until translucent, not browned. Add the onions to the bread mixture, along with the parsley, eggs and salt. Mix together first with a spoon, then knead the mixture with your hands until it is thoroughly combined. Bread cubes should break up slightly to form a lumpy but somewhat smooth consistency.

If your dough is too wet, add some breadcrumbs to the mixture. If dough is too dry, add a bit more milk.

Bring a large pot of lightly-salted water to boil over high heat, then reduce heat just to simmer.

Meanwhile, use wet hands to form tennis-size balls of dough, pressing firmly to make sure dumplings will hold their shape in the water. Once water has boiled, gently add knödel to the pot and simmer for 12-15 minutes. Do not allow water to boil, or knödel will break apart.

Remove cooked dumplings with a slotted spoon or strainer, and allow to sit in a strainer for a few minutes to drain any remaining liquid. Serve immediately with butter, gravy, lemon juice or simply as is.

(Semmel Knödel also freeze extremely well! Cool completely, place a cookie sheet to freeze, then transfer them to a freezer bag or container. To reheat, let them thaw and reheat covered (to create some steam) in the microwave.)