

Delicious Tyrolean dumplings: Continental kitchen Tiroler Knödl ...

By Risa Pisko Written for The Christian Science Monitor
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When after many years of absence, I visited Vienna recently, I was of course very curious to see the many changes my friends had told me about. I was also eager to see how living in the States for over 25 years had changed my own ways, my thinking, my habits, and of course my cooking.

Through all the years I mixed more and more the Austro-Hungarian way of preparing meals, the way I learned it in my youth, with the American way. I adapted my own recipes.

Now, in Vienna, I wanted to taste again the original and compare. Whenever I went to a restaurant I ordered Austrian specialties. I chose for that purpose small eating places outside of the tourist centers, places where the "people" go. They are called Gasthaus (Guest House).

One of the first things I ordered at such a Gasthaus was beef stew with dumplings, both dishes which I frequently make in my

5 Vienna rolls or ½ loaf of stale white bread
1 very small onion, finely chopped
1 tablespoon chopped parsley
4 ounces lard; or butter; or bacon fat; or combination of any two of these
2 whole eggs
½ teaspoon salt
½ cup milk; or ¼ cup milk and ¼ cup water
½ cup flour, pinch of baking powder
5-6 ounces crisp bacon, crumbled; or thick ham slices, cubed

Procedure:

Cut rolls or bread into small (¾-inch) cubes. Heat fat in a large skillet. Fry onions till they just start to yellow, add parsley and cubed rolls. Continue to fry on low heat till cubes are crisp and lightly browned on all

sides, shake skillet. Add crumbled crisp bacon or cubed ham, mix, and put all into a large bowl. Beat eggs, salt, and milk and pour over the rolls mixture. Let soak for about 15 minutes. Sprinkle on the flour, mix well.

With damp hands form balls about two inches in diameter. Drop balls into a large pot with briskly boiling salted water; when all dumplings are in and water boils again, lower heat, cover and boil 10-12 minutes. The dumplings will grow in size and swim on top of the water. They should be light and fluffy. If you want to be sure they have cooked long enough, take one out (with a slotted spoon) and try for doneness. Serve right away in a preheated dish.

Continental
kitchen

home in Boston. The beef stew was not much different from the way I prepare it and in my judgment no better.

But the dumplings were better, far better than mine, definitely fluffier and tastier. I did not ask for the recipe in the restaurant, trusting that I would recognize it if I saw it in a cookbook. And I searched for it in a few cookbooks I could find in Viennese bookstores, but came up with nothing to resemble the delicious dumplings I had eaten.

But then at the airport, as we were ready to board the plane, a cousin of mine rushed up to say good-bye and slipped me a small package. Imagine my surprise when I unwrapped the gift high up in the sky and found a pretty dishtowel with the very dumpling recipe printed on it.

The original recipe reads as follows:

Tiroler Knödl

Zutaten:

5 Semmeln
10 g Zwiebel
Petersilie
40 g Schweinefett
2 Eier, Salz
½ l Milch
40 g Mehl, Salzwasser
150 g Speck oder Selchfleisch

Zubereitung:

Semmel in kleine Würfel schneiden und mit Petersilie, Zwiebel und dem würfelig geschnittenem Speck, bzw. Selchfleisch rösten. Milch mit Eier und Salz absprudeln, damit Semmelwürfel übergießen und anziehen lassen. Mehl nach Bedarf dazugeben. Knödel formen und in siedendem Salzwasser 10 Minuten kochen lassen.

Translation of the text:

Tyrolean dumplings

Ingredients:

5 Vienna rolls
10 grams onions
Parsely
2 eggs, salt
½ liter milk
40 grams flour, salted water
150 grams salted pork or smoked pork

Preparation:

Cut rolls into small cubes and fry them with parsley, onion, and cubed, salted, or smoked pork. Beat eggs with milk and salt and pour over cubed rolls, let soak, add flour as needed. Form balls and boil 10 minutes in salted water.

For your convenience I give you the ingredients in American measurements, adjusted somewhat, and a more detailed description of the preparation.

American measurements for Tyrolean dumplings:

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