



## Zwetschgenknödel

**1** Yeast dough: Sieve the flour into a bowl and make a hollow in the center. Pour the lukewarm milk into the well and add the crumbled yeast. Carefully stir once or twice. Cover bowl with a kitchen towel and let the pre- dough rise for about 15 minutes, the surface will start to look bubbly.

**2** Add the remaining ingredients (sugar, egg yolk, pinch of salt, cooled down melted butter) and knead well, either by hand or with your kitchen machine until dough can be easily removed from the bowl (non- sticky). If it still feels too sticky, add a tad more flour. Let the covered bowl rest again in a warm place for at least 30 minutes.

**3** Meanwhile prepare the plums: Wash and slice them on one side to easily remove the stone, yet try not to cut them in two separate halves (see picture above) - it will make it easier to fill and shape the dumplings later on. Set aside.

**4** You will need a **clean**, sanitized dishcloth. Pick an older (not your most treasured) one and boil it for 5 minutes in simmering water, to get rid of any detergent residues in the cloth. Rinse thoroughly in cold water, don't burn your fingers. Squeeze it.

**5** Take a big pot and fill it about 1/3 with water. Now attach the treated dishcloth to the pot with knots or needles (see picture to the right). The bottom of the cloth should not touch the water. Brush cloth with melted butter to prevent the dumplings from sticking.

**6** Knead dough briefly and toss on a floured pastry board. Cut into ~12 equal pieces and form little discs, then place one plum on top of each, fill each with a sugar cube or half a teaspoon of cinnamon sugar (or vanilla sugar) and surround it with the dough. Form a neat little dumpling and double check that the plum is completely covered by the dough, to guarantee that the fruit juice stays inside.



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*Recipe source: my grandma/ aunt Kate*

Prep time: 1 hour, cooking: about 15min.

### Ingredients (yields about 12 dumplings):

- \* 1/2 cube (~20g) of fresh yeast
- \* 125ml lukewarm milk
- \* 250g all- purpose flour (type 405)
- \* a pinch of salt
- \* 3 tbsp sugar
- \* 1 egg yolk
- \* 25g melted butter
- \* about 12 pitted Zwetschgen (plums)
- \* about 12 sugar cubes/ extra cinnamon or vanilla sugar (for the filling & to serve)
- \* extra melted butter (for preparing the dishcloth & to serve)



**7** Bring the pot of water to a boil (if you don't trust your hearing, you can peek under the cloth) and carefully place a few of the dumplings inside the dishcloth - side by side, not stacked. Close the lid and let the water simmer at medium heat for 10 to 15 minutes, the steam alone will cook the dumplings.

**8** Now separate dumplings and remove with two tablespoons. Arrange on a plate, drizzle with a bit of melted or even browned butter as well as cinnamon or vanilla sugar. **Warning:** consume in small doses, it's highly addictive! ;)



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