



Farmer Cheese Dumplings

 Vegetarian

READY IN



240 min.

SERVINGS



12

CALORIES



158 kcal

SIDE DISH

Ingredients

- 3 tablespoons breadcrumbs fresh fine
- 10 oz cream sour
- 1.5 cups fromage frais
- 0.5 cup water lukewarm
- 0.5 teaspoon salt
- 2 large eggs separated
- 1 tablespoon vegetable oil
- 2 tablespoons parsley fresh chopped

- 1 large eggs
- 0.3 cup butter unsalted melted

Equipment

- bowl
- pot
- baking pan
- hand mixer
- spatula
- rolling pin
- slotted spoon
- skimmer
- cheesecloth
- kitchen twine

Directions

- Stir together flour and salt in a bowl. Make a well in flour mixture and add egg, oil, and water, then gently beat with a fork, gradually incorporating shallow scrapings from inside flour wall to form a dough. Knead on a lightly floured surface, adding just enough flour to prevent dough from sticking, until dough is smooth and elastic, 6 to 8 minutes.
- Rinse a 2-quart bowl with hot water and dry it, then invert over dough.
- Let dough stand, covered, 30 to 60 minutes.
- Stir together farmer cheese, sour cream, egg yolks, salt, and 1 tablespoon bread crumbs in a bowl. Beat egg whites in another bowl with an electric mixer at medium speed until they just hold stiff peaks. Fold whites into cheese mixture gently but thoroughly.
- Bring an 8- to 10-quart pot of salted water (see Tips, page 14
- to a boil.
- Meanwhile, cover table with tablecloth, allowing cloth to hang over edges, and dust cloth lightly with flour (it isn't necessary to dust overhang). Lightly flour dough and roll out on cloth with rolling pin, as evenly as possible, into a 24- by 20-inch rectangle, so that a long side of rectangle is nearest you. Dough should be thin enough for you to see any pattern on

tablecloth.

- Gently brush dough with 2 tablespoons butter and sprinkle with parsley and remaining 2 tablespoons bread crumbs. Divide cheese filling into 2 mounds on dough on left and right sides.
- Spread filling into 2 side-by-side 18- by 10-inch rectangles (with a short side of each cheese rectangle nearest you), leaving a 2-inch space between rectangles and a 1-inch border around outer edges.
- Holding tablecloth edge nearest you tautly, lift up cloth to make dough roll over on itself (away from you). Continue rolling, lifting tablecloth and pulling it toward you until dough is completely rolled (there is no need to use your hands to roll the dough).
- Cut into 2 rolls through 2-inch space between fillings.
- Carefully transfer 1 roll using a metal spatula onto center of 1 piece of cheesecloth. Fold cheesecloth over roll to cover top and wrap roll, then twist ends of cheesecloth and tie with kitchen string about 1 inch from each end. (Excess cloth on ends helps in lifting roll when boiled.) Wrap second roll in same manner.
- Cook rolls in boiling water (rolls will float), partially covered, 15 minutes.
- Transfer with a large slotted spoon or skimmer to a shallow baking pan and cool 3 minutes.
- Cut off kitchen string and unwrap cheesecloth, then transfer rolls to a platter with a metal spatula. Trim off and discard ends of rolls, then drizzle rolls with remaining 2 tablespoons butter.
- Cut into 1 1/2-inch-thick slices.

Nutrition Facts

 **PROTEIN 16.4%**  **FAT 75.94%**  **CARBS 7.66%**

Properties

Glycemic Index:2.67, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:3.2265217381975%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 158.03kcal (7.9%), Fat: 13.33g (20.51%), Saturated Fat: 6.89g (43.06%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.89g (1.05%), Sugar: 1.02g (1.13%), Cholesterol: 80.37mg (26.79%), Sodium: 259.95mg (11.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.96%), Vitamin K: 13.91µg (13.24%), Vitamin A: 389.02IU (7.78%), Selenium: 5.39µg (7.7%), Vitamin B2: 0.11mg (6.42%), Phosphorus: 48.35mg (4.84%), Calcium: 37.85mg (3.78%), Vitamin B12: 0.18µg (2.96%), Vitamin B5: 0.29mg (2.93%), Vitamin E: 0.43mg (2.87%), Folate: 11.12µg (2.78%), Vitamin B1: 0.03mg (2.31%), Iron: 0.4mg (2.22%), Vitamin D: 0.32µg (2.14%), Zinc: 0.29mg (1.92%), Vitamin B6: 0.03mg (1.74%), Potassium: 56.53mg (1.62%), Manganese: 0.03mg (1.53%), Magnesium: 5.47mg (1.37%), Vitamin C: 1.1mg (1.33%), Copper: 0.02mg (1.15%), Vitamin B3: 0.21mg (1.04%)