

SIDE DISH

German Dumplings

20 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
15 min	10 min	5 min	4	\$0.80	299 kcal



Forget going out to eat or ordering takeout every time you crave European food.

Ingredients

- ☐ 6 slices bacon, chopped into 1/2-inch pieces
- ☐ ½ teaspoon freshly ground black pepper, plus more for seasoning
- ☐ 2 eggs, beaten
- ☐ ¼ cup milk
- ☐ ¼ cup chopped parsley leaves, for garnish

- ☐ ¼ teaspoon baking powder
- ☐ ½ teaspoon cayenne
- ☐ 1 cup all-purpose flour
- ☐ ¼ teaspoon grated nutmeg
- ☐ 1 teaspoon salt, plus more for seasoning

EQUIPMENT Bowl, Frying pan, Pot, Pie form, Chopsticks

Method

- 1 In a large saute pan, over medium heat, cook bacon until crispy. Reserve bacon in pan with rendered fat.
- 2 In a large bowl, mix flour, salt, pepper, nutmeg, cayenne and baking powder to combine. Beat eggs and milk together in a small bowl and stir into dry mixture until smooth and uniform.
- 3 Bring 6 cups salted water to a boil in a large pot. Poke holes using a pointed chopstick through the bottom of the aluminum pie pan to create a disposable spaetzle maker. Push the dough through the holes into the boiling water. Stir and cook for 3 minutes, or until dumplings float.
- 4 Remove dumplings and immediately toss in pan with bacon. Season, to taste, with salt and pepper and garnish with parsley.
- 5 Serve immediately.

Nutrition per serving

299

KCAL

11 g

PROTEIN

16 g

FAT

27 g

CARBS

Saturated Fat

5.5 g · 34% of daily needs

Fibre

1.7 g · 7% of daily needs

Sugar

1 g · 1% of daily needs

Sodium

285 mg · 12% of daily needs

Cholesterol

105 mg · 35% of daily needs

Vitamin C

5.2 mg · 6% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/german-dumplings-144049