



POTATO DUMPLINGS

ALLERGIES:

No grains
No dairy
No gluten
No nuts

Prep time: 20 mins

Cook time: 30-40 mins

Serves: makes 20

INGREDIENTS

- 1.5 kgs potatoes (starchy are best)
- 250g potato starch
- 2 eggs
- 1 tsp pink rock salt
- ground black pepper to taste
- 2 slices of seed bread (optional)
- 2 tbsp olive oil



METHOD

- Place unpeeled potatoes into boiling water, and cook until a skewer inserts easily.
- Drain and cool, then mash by hand with masher. (Not an electric blender).
- Fry seed bread in oil until crisp and golden, then cut into 1cm cubes. (making croutons)
- Bring a large pot of water to the boil.
- In a large bowl, combine potatoes, potato starch, eggs, salt and pepper.
- Knead mixture into a smooth dough.
- Scoop handfuls of mixture up, press 2-3 croutons into the centre, pack mixture around .
- Drop dumplings into simmering water, bring back to a gentle boil, and boil for 15 minutes.
- Remove dumplings and serve hot.

NOTE: Starchy potatoes are better, but any will work.

Croutons in the centre of the dumplings ensures the middle is cooked through, and adds a little crunch in them.