

GEFULTE-NOODLES

(Filled Noodles)

This is a hearty cold-weather dish, consisting of large squares or triangles of noodle dough, filled with a meat and parsley mixture, folded over and sealed, then boiled in beef broth.





FILLING:

1 or 2 bunches fresh parsley, washed, drained, and heavy stems removed. (Should have about 2 qts.)

1 large or 2 small onions

Chop parsley and onions (or put through a grinder or food-processor.)



Put into a large skillet with
2 Tbs oil.

Simmer until heated through, stirring frequently. Remove into a large bowl.

2 slices bread; put to soak in about $\frac{1}{2}$ cup milk.
1 lb. lean ground beef ; Brown lightly in skillet.



Add to the green mixture in bowl; squeeze the milk out of the soaked bread, crumble bread up and add to the mixture.
(May add a little salt.)



1 egg Break into mixture and mix all together. If filling seems too soft, add a few bread crumbs.

NOODLE DOUGH



5 eggs, plus ½ shell of water for each egg used.
Beat lightly with a fork.
1 tsp. Salt (Optional)



Flour Add, a little at a time, enough to make a moderately stiff dough.



Turn out onto well-floured board. Knead, working more flour into dough, until it is smooth and elastic. (May use Kitchen-Aid mixer for this.)



Allow dough to “rest” for 10-15 minutes, while preparing broth.
Fill a large pot—or two of them—about 2/3 full of water; bring to a boil. Add enough bouillon cubes or other beef base to make a good broth.
Keep simmering while getting noodles filled.



Keeping board well floured, cut off, with metal spatula, a piece about the size of a golf ball. Roll with floured rolling pin until about 1/8 in. thick.



Put a spoonful (about 1 TB) of filling in center.



fold over and seal well.





Drop a few at a time into boiling broth. Repeat until dough is used up.



If there is extra filling, put it into the broth. Simmer at least an hour. (Two hours will be even better. If some of the noodles break up and spill their filling into the broth, it's okay. These noodles are not things of beauty, but they are delicious!)

Grandma Block used to lift out a few nice filled noodles, dry them a bit, and then keep them in the refrigerator to fry in butter for the next day's breakfast!

