

# German Food – Chicken Dumplings

Wooden Spoon - March Crown, AS XXXVI

By Lady Beatrix zum Dunklenturm

193 – Das Kochbuch der Sabina Welserin (c. 1553)

## **Wie man kaponerkrapfen machen soll**

*Nempt das bret von 2 hennen, wens gesoten jst, hackt es fein, nempt ain barmisankeß geriben darúnder vnnd gilbts vnnd rierts dúrchainander/ jr solt aúch múscatblie vnnd pfeffer dareinthon, macht darnach ain taig an/ macht ain tinnen blatz vnnd thiet die obgeschribne fille daraúff vnnd formierts zú ainem krapfen vnnd dient die 2 zipffel zúsamem/ siedts jn ainer fleschbrie wie hert gesottne air vnnd gebts warm.*

*My Translation:*

## **How you shall make coney crullers**

Take the breasts(bret) from two hens, whom is boiled, chop it fine, take a Parmesan cheese grated combine and egg yolks(gilbts/eigelb) and stir mixing up / little salt(solt) also mace(múscatblie) and pepper(pfeffer) \_ (dareinthon), make after that a dough / make thin(tinnen) sheets(blatz/blatt) and \_ (thiet) the above described filling on it and form it closed into a cruller and conduct the two points (zipffel/pfeil) together / boil in a broth like hard boiled egg and serve hot.

*My Redaction:*

## **Chicken Dumplings**

### *Filling:*

4 oz Chicken Breast, boiled  
1.5 oz Parmesan Cheese, grated  
2 Egg Yolks  
1/16 tsp salt  
1/8 tsp mace  
1/8 tsp pepper

### *Dough:*

2 eggs  
1 cup flour + 1/8 cup

### *for boiling:*

Chicken Broth

Once the chicken has been cooked, chop it finely.

Mix in the Parmesan cheese. Mix in the egg yolks to moisten and yellow the filling.

Mix in the spices (you can add more spice to taste).

Set aside.

In a small bowl, beat the eggs for the dough. Mix in the flour 1/4 cup at a time. This should be a slightly sticky thick dough. Knead the remaining flour into dough. Roll the dough into thin sheets.

Put a small amount of filling onto each dumpling wrapper and press the edges together to close. You can bring around the two points and press together to form a “diaper” shape.

Boil in chicken broth for approximately 15 minutes. Serve hot.

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This recipe has been previously translated by Valoise Armstrong in 1998. I differed in my translation in two major respects. The first was her translation of the word ‘gilbts’ was to “make yellow” the filling. . Other cooks have interpreted this to mean add saffron, or some other type of coloring. I felt that translating it as “egg yolk” would make more sense. The modern word for egg yolk is *eigelb* (yellow egg). I feel this is a valid interpretation, as the yolk would make the filling a little yellow, as well as give it a softer consistency. My second difference is that in her translation, she doesn’t mention salt at all. Since the word ‘solt’ appears with the mace and pepper, I deduced that salt was indeed added to the filling.

The original recipe does not say how the dough is made, so I had to do a little detective work to see how they would have made it. First I looked for recipes that were similar in that it was a stuffed dumpling boiled in broth. In the same book, there is a recipe for ravioli (#31) which is prepared similarly. In that recipe, it specifies to make “a dough with good flour, as if you would make a tart” (vund macht ain taig mit ainem schenen mel, als welt ain torta machen). Unfortunately, that’s all it says about the dough. So, looking for a tart dough recipe led me to *A tart with plums* (#70) which specifies “...bake the dough for the tart, that is made like so: take two eggs and beat them, afterwards stir flour therein until it becomes a thick dough. Pour afterwards on the table and work it well, until it is ready. ... so every man makes tart dough” (...bachen den taig zu der torten, hept man also an, man nimpt 2 air vnnd erklopffts, darnach riert ain mel daran, bis es dich wirt, schit in darnach auff den disch vnnd arbeit in woll, bis er recht wirt...also macht man all tortentaig.)