

Fleischkuechle - Rachel Wipf Haisch's Recipe

Maudeen Wachsmith, e-mail message to Michael Miller

This is my favorite German dish. I just love going to North Dakota because so many restaurants have it on the menu.

Dough Ingredients

1 egg
1 tsp sugar
1 tsp. sour cream
1 1/2 c. buttermilk
1 tsp. baking powder
1 tsp. baking soda
dash salt
5 1/2 C. flour

Filling ingredients

2# lean ground beef
1/2 c bread crumbs
warm water to moisten
1 T minced onion
salt and pepper to taste

Make dough as soft as you can and still be able to handle it. Let it set for at least one-half hour. You may save some dough to be used the next day. Mix filling ingredients so it sticks together. Cut dough into 3x3 inch squares. Add 1 T filling got each square. Moisten or pinch tight to seal. Deep dry in lard for two minutes on each side.

This freezes well. To cook frozen Fleischkuechle, heat for 20 minutes in slow oven.