

Fleischkeukle/Food & Culture

Carmen Rath-Wald, Logan County Extension Agent

Food goes way beyond nourishment for the body. Food helps nurture family traditions and connects us with other cultures. Food can help different groups of people understand and appreciate each other's differences.

I invite you to enjoy the recipe below for fleischkeukle, and if you would like a copy of, ND Food and Culture, A taste of World Cuisine cookbook, FN-1513, call the office and request one. This offer is good until our local supply runs out.

Dough Ingredients

1 egg
1 tsp. sugar
1 tsp. sour cream
1½ c. buttermilk
1 tsp. baking powder
1 tsp. baking soda
Dash salt
5½ c. flour



Fleischkeukle Photograph by Peter Baer

Filling ingredients

2 lb. lean ground beef
½ c. bread crumbs
Warm water to moisten
1 Tbsp. minced onion
Salt and pepper to taste

Oil for frying

1. Make dough as soft as you can and still be able to handle it. Let it sit for at least one-half hour. You may save some dough to be used the next day.
2. Mix filling ingredients so they stick together.
3. Cut dough into 3- by 3-inch squares.
4. Add 1 Tbsp. filling to each square.
5. Moisten or pinch tight to seal.
6. Deep fry for two minutes on each side.

This freezes well. To cook frozen Fleischkeukle, heat for 20 minutes in slow oven (300 to 325 degrees F).

Makes 12 servings. Per serving: 420 calories,
9 g fat, 31 g protein, 49 g carbohydrate, 2 g fiber and
290 mg sodium