

Knoephla Soup

Bonnie Whillock, e-mail message to Michael Miller

Here is my recipe for Knoephla Soup. It is one of my favorites. I am of the latest GR generation and have no memories of my own except of family vacations to my Grandparent's farm in ND. The discussion of GR food with my Dad has brought forth the sharing of his memories with me, though, and has really meant a lot!

Dough Mixture

2 1/2 c. flour
2 eggs (beaten)
1/2 c. milk (luke warm)
2 t. salt

Meat Mixture

1 lb. hamburger
1/2 onion (chopped)
salt and pepper to taste
dash of Accent

Knead dough. Section off and roll out a small section at a time until thin (individual preference on the thickness of the dough). Take a knife and make 1 to 1 1/2 inch squares. Place a small amount of meat mixture on square, fold diagonal corners over and press tight, take other two diagonal corners and fold below and twist. When done place all Knoephla in large pot of boiling water with 2 T. beef boullion, 1 bay leaf and salt and pepper to taste. Let boil about 20 minutes, until meat is completely cooked. Dish out and add sour cream. This will feed my family of 4.

I would love to see other variations of this recipe.